



ALABAMA VISION CENTER

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PHOTOREFRACTIVE KERATECTOMY (PRK) PRE-OPERATIVE INSTRUCTIONS

We are so pleased you chose the Alabama Vision Center for your vision correction surgery. Please adhere to these pre-operative instructions:

- You are scheduled for laser vision correction on this date: _____.
- Report to the Alabama Vision Center at this time: _____.
- There is no need to arrive earlier. The entire process should take approximately one and a half hours. Your time may be slightly adjusted the week of surgery.

	MEDICATIONS	PURPOSE	DOSAGE
	VIGAMOX (Ocuflox)	PREVENTS INFECTION	1 DROP 4X DAILY STARTING 1 DAY PRIOR TO SURGERY
	VALIUM (or DIAZEPAM)	PROVIDES RELAXATION BEFORE SURGERY	TAKE 1-2 PILLS 30 MINUTES BEFORE SURGERY AS DIRECTED <u>-only after signing consents-</u>

- ✓ Wash eyelids with baby shampoo or Ivory soap for 2 days before surgery
- ✓ Avoid make-up around your eyes for 2 days before surgery
- ✓ No cologne or perfume on the day of surgery
- ✓ Make sure your soft contacts are out 2 weeks before custom PRK and 3 days before conventional PRK surgery. (3 weeks for gas-permeable)
- ✓ You must bring someone with you to drive the day of surgery
- ✓ Read (but do not sign) the entire PRK consent form. Bring it with you the day of surgery
- ✓ \$250 will be due on the day of your pre-operative exam (check, cash, credit card) and deducted from your total PRK cost.
- ✓ \$ _____ total cost.

We thank you for choosing us for your surgery. We look forward to caring for you.

(Over for Additional Instructions)

PHOTOREFRACTIVE KERATECTOMY (PRK) POST-OPERATIVE INSTRUCTIONS

Wear the eye protection provided while sleeping for the first 24 to 48 hours. Blink fully and completely without squeezing. Ask your doctor about resuming normal activities.

What symptoms are normal immediately after surgery?

- Mild discomfort and a “scratchy or burning sensation”
- Slight redness
- Excess tearing
- Slight swelling or puffiness of the eyelid
- Sensitivity to light
- Hazy or blurry vision; some ghosting or double images

Vision will fluctuate some for several months. After 1 week, most of these symptoms will diminish. Most patients can return to work 3-4 days after surgery.

What medications should I take and when?

	MEDICATIONS	PURPOSE	DOSAGE
	EXTRA STRENGTH TYLENOL	Reduces Pain	Every 4-6 hours as needed for pain
	VIGAMOX* (Ocuflox)	Prevents Infection	1 drop 4x a day as directed
	FML (Fluoromethalone) (Shake well!)	Reduces Inflammation	1 drop 3x a day as directed. <u>Following taper schedule</u>
	ACULAR* (Ketorolac)	Reduces pain and inflammation	1 drop 2x a day **Use day of surgery and the day after then STOP.**
	SYSTANE PF* (Can be purchased over the counter).	Lubrication	1 drop 4x a day for 2-3 months (start after surgery)

**Close your eyes for 2 minutes after taking any eye drop*

<p>FML or Fluoromethalone / TAPER SCHEDULE</p> <p>1 drop 3x day for 2 weeks; 1 drop 2x day for 2 weeks; 1 drop 1x day for 2 weeks</p> <hr style="border-top: 1px dashed black;"/> <p>TETRACAINE can be used 1 drop every 6-8 hours if needed, <u>less is better.</u></p>
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PHOTOREFRACTIVE KERATECTOMY (PRK) POST-OPERATIVE INSTRUCTIONS

What precautions should I take immediately after surgery?

- Do NOT rub your eye(s) for 2 months.
- Do NOT resume driving until instructed by your doctor to do so.
- Avoid swimming and hot tubs for 7 days following surgery. Normal showering and bathing is acceptable. Try to keep water from entering the eyes.
- Avoid irritating chemicals such as shampoo, smoke, etc.
- Avoid wearing eye makeup for 4 days following surgery. We recommend that any partially used eye makeup be discarded because it may harbor unseen bacteria that could cause infection.
- You may exercise normally. Perspiration in the operated eye(s) may cause stinging, but it will not be harmful.
- If you already use eye drops of any kind, ask your surgeon when you should start using them again. Discard partially used bottles of medication you have been using prior to surgery because they may contain harmful bacteria.

What should I do if there is a problem?

Have questions regarding these instructions?

Experiencing pain outside of what is described here?

Noticing a significance loss in vision?

CALL THE Alabama Vision Center at 888-841-EYES (3937)

Follow Up Appointment : _____@_____

Location: One Nineteen Location / Montclair Location.