

PRK: What to Expect the First Week and Beyond

- í It is **normal for one eye to see slightly better than the other eye** and for your vision, although functional, to not yet be crisp for a few weeks to months.
- î Initially, **your clarity of vision will diminish** as the “skin” of the eye that we removed with the brush grows back to the center of your vision underneath the bandage contact lens. This usually occurs 36-48 hours after surgery, but can vary.
- ï **Pain after PRK surgery can vary widely.** You have medicines to control the pain. Increased sensitivity to light, tearing (watery eyes) and burning are common and expected in the first few days. It is normal to have more pain in one eye than the other. The eyes will often feel like they have sand in them and water significantly, until day 3 or 4 after surgery. The **tetracaine** will numb your eyes and bring 20 min of relief from pain, however it should **NOT** be used more often than **ONCE** every two hours.
- ô **Use your medications as directed**, including the Fluor-Op/FML (anti-inflammatory; shake this medicine before placing in your eyes), Vigamox (antibiotic) for one week, and artificial tears. Wait at least 1-2 minutes in between drops to maximize effectiveness and diminish dilution.
- ñ **Eat regularly, since some of the medications (Percocet and Ibuprofen) can cause stomach irritation if taken on an empty stomach.**
- ò **Activities:** Your eyes are healing and need rest over the next few days. You MAY read, and work on a computer or cell phone as you can for BRIEF periods of time, but use your artificial tears frequently and DON'T overdo it. This is your time to rest, take your medications and heal.
- ó If the contact lens falls out **AND you are in pain**, please call the emergency number so it can be replaced. Use the tetracaine to relieve pain until you see the doctor.

If the contact lens falls out and you are **NOT in pain**, continue with your normal medication protocol.

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