## BRING THIS SHEET WITH YOU TO ALL POST-OPERATIVE APPOINTMENTS.

# Northeast Ohio Eye Surgeons—Eye Drop Summary RIGHT EYE LEFT EYE

Advanced Laser Surfacing Refractive Procedure (aka PRK) Please follow this bubble sheet. Mark off each dose. It is IMPORTANT to take the eye drops as instructed. The following schedule is a guideline, but your doctor may change the regimen through the course of healing. Wait approximately 5 minutes between the different "FML" (Gray Cap) (white cap) medications. Prednisolone Moxifloxacin **Acetate** (Tan Cap) (White or Pink cap) Refresh **Tears: Very Important!** Br = Breakfast We encourage you to use Preservative-Free artificial tears or lubricating L = Lunchdrops frequently which will help healing and reduce irritation. Refresh D = Dinner After 1 month, you may switch to Preserved or Bottled Tears, but stay with ADVANCED **Bd** = **Bedtime** Brand names such as Refresh, Genteal, Thera Tears, or Systane. Again, wait 5 minutes between any 2 drops. 30 Single-Use Containers 0.01 fl oz (0.4 mL) each Sterile Wear Eye Shield at Bedtime x 1 week **Surgery Day** Day 2 Day 3 Day 5 Day 6 **First Week** Day 4 Day 7 Br L D Bd 4x/day Every 2 Hrs Moxifloxacin  $\mathbf{C} \cdot \mathbf{C} \cdot \mathbf{C}$  $\mathbf{C} \cdot \mathbf{C} \cdot \mathbf{C}$ OOOO $\mathbf{O} \mathbf{O} \mathbf{O} \mathbf{O}$ OOOOOOOOEvery 2 Hrs  $\mathbf{c} \cdot \mathbf{c} \cdot \mathbf{c}$  $\circ \circ \circ$  $\mathbf{O} \mathbf{O} \mathbf{O}$  $\mathbf{C} \mathbf{C} \mathbf{C} \mathbf{C}$  $\circ \circ \circ$  $\circ \circ \circ$ Pred 4x/day 1x/day Prolensa 0 O O O 0 0 Tears every 2 Hrs Day 9 Day 10 **Day 11** Day 12 Day 13 Day 14 2nd Week Day 8 No Moxifloxacin, Pred, Prolensa Br - DBd Br -D Bd Br -D Bd D Bd Br - DBd Br - DBd Br - DBd "FML"  $\mathbf{C} \cdot \mathbf{C} \cdot \mathbf{C}$ O - O O  $\mathbf{O} - \mathbf{O}$ O - O O O - O O O - O OO - O O3x/dav Tears at least 4x/day 3rd & 4th wk Br BrB<sub>d</sub> Br Br BrBrBrBdBdBdBdBdBdO O O O 0 O O  $\mathbf{O}$ 0 0 0 0 O O "FML" 2x/day

5th—8th Wk	Br	Bd												
"FML" 1x/day	0		0		O		O		O		O		0	
Tears at least 2x/day														

Tears at least 4x/day

#### TYPICAL Post-Op SYMPTOMS: You may notice...

Blurry or Hazy Vision for the first several days, but fluctuating vision may last for a couple weeks. A foreign body or scratchy sensation in the eye for several weeks. (use Artificial Tears often for relief)

## **ACTIVITIES TO AVOID:**

Avoid activities such as Yoga and weight training for 1 week

Avoid contact sports for 1-2 weeks

Avoid dusty/dirty environments - wear protective eye wear if you must be around dust/dirt

No eye make-up for at least 1 week (being careful not to rub eye when removing make-up for 4 weeks)

No swimming and Avoid splashing water into eye for 2 weeks

#### PRECAUTIONS:

Wear Eye Shield at bedtime for 1 (one) week

Take a shower or bath, but cautiously wash your eyelids — no splashing

Wear sunglasses if light sensitive

Wear eye protection when needed

## APPROVED ACTIVITES: You may...

Sleep on either side, but use the eye shield for the first week after surgery

Watch TV, read, or work on computer, etc

Perform most household activities, but minimize "STRAINING" for 1 week

Participate in most exercise routines, except avoid straining to lift/bend for 1 week

Have your hair styled at barber/beauty shop (being careful not to get hair or hair product in eyes)

## CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:

**SEVERE PAIN** 

SIGNIFICANT REDNESS

INCREASED FLOATERS OR FLASHES OF LIGHT - like lightning streaks or flash bulb

SUDDEN LOSS OF VISION

SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

STOW LOCATION	KENT LOCATION	AKRON LOCATION	AFTER HOURS: 330.475.7385
330.928.0201	330.678.0201	330.836.8545	

Lawrence E. Lohman, M.D. Marc F. Jones, M.D. Matthew C. Willett, M.D. Elizabeth Shanika Esparaz, M.D.

Rachel S. Davis, M.D. Elizabeth D. Muckley, O.D. William R. Rudy, O.D. Katie L. Greiner, O.D.

Katherine Hastings Zajac, O.D. Marcella E. Pipitone, O.D. David B. Beckett, O.D.

Jennifer S. Vincent, O.D. Emily Reynolds, O.D. Samantha R. Zaczyk, O.D.

## **DRIVING:**

You will NOT be allowed to drive home from the Surgery Center—please make arrangements.

We ask that you do NOT drive until you discuss with your doctor at your one day post op visit.

If your doctor indicates that you are "legal to drive", we ask that you please use YOUR best, safest judgment on whether you are safe to drive.