

☐ Left Eye

☐ Right Eye

PRK Surgery

Please follow this bubble sheet. Mark off each dose.

It is **IMPORTANT** to take the eye drops according to directions.
 You may also use artificial tears or lubricating drops as needed
 Which may help healing and reduce irritation.
 Wait 5 minutes between any 2 drops.



Moxifloxacin "Moxi"



"Pred" Acetate



"FML"



Preservative Free Tears

Tears: Very Important!

We encourage you to use Preservative-Free artificial tears or lubricating drops frequently which will help healing and reduce irritation.

After 1 month, you may switch to Preserved or Bottle Tears, but stay with Brand names such as Refresh, Systane, BioTrue, Thera Tears or Genteal.
 Wait 5 minutes between any two drops

BR = Breakfast
 L = Lunch
 D = Dinner
 Bd= Bedtime

First Week Wear eye shield at bedtime	Wear Eye Shield at Bedtime x 1 week						
	Surgery Day	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Moxifloxacin	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
	Every 2 Hrs	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
Prednisolone	Every 2 Hrs	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○	○ ○ ○ ○
Tears every 2 hours							

Stop
Moxi
and
Pred

2nd Week	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
"FML" 3x/day	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○	○ ○ ○
Tears at least 4x/day							

3rd & 4th Week	Day 15	Day 16	Day 17	Day 18	Day 19	Day 20	Day 21
	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
"FML" 2x/day	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
"FML" 2x/day	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○	○ ○
Tears at least 4x/day							

5th-8th Week	Day 22	Day 23	Day 24	Day 25	Day 26	Day 27	Day 28
	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd	Br L D Bd
"FML" 1x/day	○	○	○	○	○	○	○
"FML" 1x/day	○	○	○	○	○	○	○
Tears at least 2x/day							

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

Blurry or hazy vision for the first several days, but blurry vision may last for a couple weeks.
A foreign body or scratchy sensation in the eye for weeks to months (use Artificial Tears periodically 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 makeup for at least 1 week (being careful not to rub eyes hard when removing make-up for 4 weeks)
No swimming and avoid splashing water directly 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 ACTIVITIES: 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 (one) week
Participate in most exercise routines, except avoid straining to lift/bend for 1 (one) week
Have your hair styled at barber/beauty shop (being careful not to get hair o hair product in eyes)

CALL OUR OFFICE IMMEDIATELY IF YOU EXPERIENCE:

SEVERE PAIN
SIGNIFICANT REDNESS
INCREASED FLOATERS OR FLASHES OF LIGHT (like lighting streaks or flash bulb)
SUDDEN LOSS OF VISION or NEW DOUBLE VISION
SUDDEN CHANGE IN EYE COLOR OR PUPIL SIZE

Office Numbers

Kent/Stow/Akron : 330.678.0201 Medina/Wadsworth: 330.722.8300

Canton/North Canton: 330.966.111 After Hours Number: 330.475.7385

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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 during post op phone call the day after surgery
If your doctor indicates that you are "legal to drive", we ask that you:

- 1) Limit driving to day-time only and familiar areas for at least the first several days
- 2) Please use YOUR best, safest judgement on whether you are safe to drive.