

Capital Eye Consultants

John C. Baldinger, M.D.

PRK Pre-Procedure Care

Contact lenses: Discontinue contact lenses as directed by your doctor.

Eye Drops: Have your prescription for antibiotic eye drops (Vigamox) filled. Put one drop in each eye the night before surgery and one drop before leaving home for surgery. **BRING THE DROPS WITH YOU TO THE SURGERY CENTER ON SURGERY DAY.**

Clothing/Makeup: Comfortable, loose-fitting clothing is recommended.
No make-up should be worn.
No hair spray.
No perfumes, cologne or aftershave.
No jewelry.

Diet: There are no dietary restrictions.

PRK Post-Procedure Care

Take your medications as follows:

- Take one 75 mg capsule of Lyrica in the morning before you go to the Laser Center, and later that night; then take Lyrica twice a day for three (3) more days following surgery.
- One drop of the antibiotic (Vigamox) five times a day. Continue until your doctor tells you to discontinue the drops.
- One drop of the anti-inflammatory (Pred Forte) five times a day for one week, four times a day for one week, three times a day for one week and two times a day for one week, then discontinue.
- One drop of Acular (generic ketorolac OK) up to four times a day, but only if needed for pain.
- Do not remove the contact lens.
- Take one Tylenol #3 if your eyes hurt. If Tylenol upsets your stomach, take it with food. You may take two tablets if the pain is severe, but this will increase your risk of vomiting.
- To help with healing, take vitamin C tablets, 500 mg, twice a day for 3 months.
- Avoid exposure to intense UV light (bright sun) for the first 6 months.
- Use artificial tears at least eight times a day for two weeks to prevent dryness. The contact lenses will make your eyes feel dry.
- Use artificial tears should you experience significant discomfort upon waking in the morning. Start only after the contact lens has been removed. Artificial tears are available at the drug store.
- Do not rub your eyes. Should you experience itching, use artificial tears.
- Avoid eye make-up during the first week...longer if advised by your doctor.

- Avoid water in your eyes. Shower with your back to the stream, and be extra careful when washing your face. Do not swim or use a hot tub.
- You may resume daily activities when you feel visually comfortable, unless they put your eyes at risk of injury or in contact with water. You may exercise, but avoid getting perspiration in the eyes.
- Use sunglasses when outside, especially in the wind, to avoid getting something in your eyes and to avoid exposure to sun light.
- Call the doctor should you experience severe pain, sudden but persistent decrease in vision, or have concerns about the health of your eyes.

