



CANBERRA
EYE LASER



POST-OPERATIVE PRK INSTRUCTIONS

This pamphlet explains what you should expect, and what is expected of you, following PRK refractive surgery. If you have any queries or concerns, please contact us.

Contact
1800 10 20 20

DAY OF SURGERY

Following surgery you will be advised on how to care for your eyes, and will be given a medication pack to use. Please ensure all medications are taken as directed.

It is important to rest your eyes as much as possible during the first 24 hours.

An eye shield is provided for you to wear at night, or when sleeping, during the first week following surgery.

It is recommended that eyelid make-up be avoided for one week after surgery.

Do not rub or squeeze your eyes for one week post laser surgery.

You can shower normally, but dry carefully around the eyes.

Don't drive after surgery until you are accustomed to your changed vision, especially distance judgement (usually days).

Fluctuating vision, glare sensitivity and reading difficulties are common during the first post-operative week. Sunglasses are recommended when outdoors for protection from glare, trauma, and extreme drying of the eyes.

Vigorous exercise should be avoided for about two weeks and contact sports for the first month.

POST-OPERATIVE MEDICATIONS

A variety of drops are provided for use following your laser refractive surgery (instructions provided). If you have any queries on using the drops, please do not hesitate to contact Canberra Eye Laser.

One well placed drop inside the lower eyelid delivers more than an adequate dose. With blinking, some drop will run out, so wipe gently with a clean tissue. Allow five minutes minimum between drops so as not to wash out the previous drop.

Pain Relief

The need for this varies greatly between individuals. Rarely, some people can experience severe pain. Do not be afraid of this, it is part of the healing process and WILL improve in the first 24-48 hours. Sleep is the best cure of all, but to assist with this, ensure all medication is taken as prescribed and Panadeine Forte, (Not prescribed), or Panadeine can be used as required. Regular dosage on day 1 and 2 reduces discomfort from the healing cornea.

Voltaren

An anti-inflammatory drop to reduce pain and the initial inflammatory response.

Ocuflox

An antibiotic drop which is needed until the corneal epithelium has completely healed.

FML

A mild cortisone based drop for longer term control of inflammation and healing. The dosage regimens may alter to suit individual healing responses. Your doctor/orthoptist will advise any change.

Lubricant Drops and Gel

These are mechanical ocular lubricants to prevent both drying and corneal deformation from eyelid movement.

USE OF DROPS FOR PRK

Voltaren

- Use hourly for the first 24 hours then cease.

Ocuflox

- Use three times daily for the first three days.
- Use once in the morning for the second three days, then cease.

FML

- Use three times daily for the first two weeks.
- Use two times daily for the second two weeks.
- Use once daily for the next two weeks.

Lubricant Drops and Gel

- Use lubrication as often as required, but a MINIMUM of four times daily.
- Use gel at night for prolonged lubrication, and in dry environments, such as strongly air-conditioned buildings and on aeroplanes.

Usage

	VOLTAREN	OCUFLOX	FML	LUBRICANTS
Laser Day			nil	1-2 hourly
Day 1, 2, 3		8, 2, 8	8, 2, 8	1-4 hourly
Days 4, 5, 6	nil	8am	8, 2, 8	1-4 hourly
Week 2	nil	nil	8, 2, 8	4-8 hourly
Week 3+4	nil	nil	8, 8	4-8 hourly
Week 5+6	nil	nil	8am	

Wear shield at night time for 1 week

Post-op visits

- These are requested by your doctor and generally occur at one day, and ten days for treatment follow-up
- Additional visits are arranged whenever necessary.

Emergency Contact

Should a problem develop, please contact Canberra Eye Laser during office hours.

After hours, contact either:
 Dr Dunlop 0418 448 718
 Dr Khannah 0416 053 352