

DURRIE VISION

See a dramatic difference.

ADVANCED SURFACE ABLATION (ASA)

Photorefractive Keratectomy (PRK) / Laser Assisted Subepithelial Keratomileusis (LASEK) / Epi-Lasik
Post Operative Instructions

Post Operative Instructions:

- ✓ Your bandage contact lens should remain in place until you are seen tomorrow. The lens will be removed at your doctor's discretion.
- ✓ You may experience varying degrees of discomfort. An ice pack placed around the eye may help to relieve discomfort (20 minutes on, rest quietly for 40 minutes). We recommend using a bag of frozen corn or peas wrapped in a dish towel.
- ✓ Remain quiet the evening of surgery. You may watch TV. Increase activity as your comfort and vision allow.

If the bandage contact lens should fall out:

- ✓ **DO NOT attempt to replace it! Call (913) 491-3330 for instructions.**
- ✓ Expect increased pain. Keep both eyes closed and rest in a dark room for the rest of the day.

Particular Precautions:

- ✓ **Do not rub or bump your eye for 2 months after surgery.** (Use particular caution for the first 2 hours following surgery while your eye is still numb.)
- ✓ You must not attempt to drive until 3-4 days after your procedure, then drive only if you feel confident with your current level of vision. Your vision may fluctuate for the first several weeks. **Use good judgment.**
- ✓ Do not wear make-up or apply lotions or after-shave until the eye is healed. Use extreme caution when applying and removing make-up. Your depth perception may be affected.
- ✓ You may bathe or shower with caution. Avoid getting soap or water in your eyes.
- ✓ No swimming for one month.
- ✓ Protect your eye from bright sun or wind for 3 months with the use of sunglasses.
- ✓ After the bandage contact lens is removed, do not wear a contact lens in your surgery eye unless instructed by your physician.
- ✓ Wear your shield while napping or sleeping for 1 week following surgery.

Medications: It is important to follow the instructions on your medications exactly. Any prescription medication may have severe side effects if used other than prescribed.

- ✓ Please eat before taking your pain medications. Take **Vicodin**, 1 or 2 tablet(s) by mouth, every 4 to 6 hours as needed for discomfort. **Do not take more often than prescribed. Do not drink alcohol or take acetaminophen (Tylenol) while taking Vicodin.**
- ✓ Today you may use 1 drop of **Nevanac** every 4 to 6 hours up to 4 times per day, **ONLY** if you are experiencing pain. STOP after 48 hours.

Vigamox **Omnipred (*Shake)** **Other** _____

- ✓ Start one drop in the **RIGHT / LEFT** eye at **12 NOON 5:00 P.M. 10:00 P.M. TODAY.**
- ✓ Tomorrow you will start one drop in the **operative** eye(s) **4 times a day until instructed to stop.**
- ✓ Instill drop in the lower lid away from the cornea.
- ✓ Separate drops by 5-10 minutes.
- ✓ Use **Preservative Free Tears (individual vials)** a minimum of 6-8 times per day, or more often as needed for at least 2 months after surgery. These may be refrigerated to help alleviate discomfort.
- ✓ If you are over the age of 40, you may experience difficulty with near/intermediate vision for approximately 4-6 weeks. A dime store pair of reading glasses (+1.50) should be of assistance.

Your appointment tomorrow is: Time: _____ **Location:** 2nd Floor (Do not drive yourself to the office)

Your 3-4 day post-op exam is: Date: _____ **Time:** _____ **Location:** _____

Patient or significant other signature

Counselor signature

Date

Time

Dismissed to

If you have a concern and need to speak to a doctor, please call (913) 491-3330.

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