

# PRK Post-Op Drop Schedule

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<p><b>4. Zymar PF</b></p> 	<p>Use one drop in operated eye(s) four times a day for one week, then discontinue.</p>
<p><b>5. Comfort Drops</b></p> 	<p>Use one drop in operated eye(s) <b>no more</b> than once per hour as needed for pain.</p>
<p><b>2. Pred Forte</b></p>	
<p><b>3. Artificial Tears</b></p> 	<p>Use one drop of Thera Tears, Refresh or a non-preserved artificial tear in the operated eye(s) every two hours while awake for the first post-operative week. After the first post-operative week, use your artificial tears four times a day for six months, or more often as needed.</p>

- **When instilling drops**, wait 5 – 10 minutes between multiple drops in the same eye so that the last drop doesn't wash out the previous drop.
- **Toradol tablets (pills) are to be taken, by mouth, if needed, one (1) pill every 4-6 hours for pain.**
- Wear the supplied eye shields for the first week after your PRK whenever you sleep. This includes naps and sleeping at night.
- Wear the supplied sunglasses whenever you are awake on the day of your PRK.
- **Today, the day of your PRK, keep your eyes closed as much as possible.**
- Go home following your PRK and sleep until your next meal. Awake to eat your next meal, place the appropriate drops in your eye(s), then go back to sleep. When sleeping on the night of your PRK, and thereafter, do not set an alarm to wake up for you appropriate drops. Sleep all night long. The more you keep your eyes closed during the day of your PRK, the better your eyes will feel tomorrow.
- Your vision may appear blurred / distorted and may vary day to day, or during the day, for as much as three weeks or more following your PRK. This is normal and part of the healing process.
- Your eyes may also feel extremely dry for six or more months after PRK. This is also normal and part of the healing process. Please use your artificial tears as directed. You may use your artificial tears more often than prescribed, i.e. every 10 to 15 minutes, every 20 to 30 minutes, etc., if needed.
- Do not sleep under a ceiling fan for two (2) weeks.
- If you are over 45 years old and/or have a high amount of nearsightedness, farsightedness or astigmatism your healing process may be longer. Your variable blurred vision and dryness may be more pronounced.
- Should you have any questions or concerns about your PRK and/or post-op care, please give us a call. Your post-op doctor will provide your follow-up care, or we can see you here at Eye Center of Texas should you choose to return to our office.

**Please call your doctor if you have any questions regarding your drops.**