

## Photorefractive Keratectomy (PRK) Take Home Instructions

### Before Your Procedure

1. Please ensure that you do not wear your soft contact lenses for 24 hours prior to your procedure and 1-3 months for rigid gas permeable lenses.
2. You will need to book your procedure day and the following 3 - 4 days off of work. (In some cases, a full week may be necessary).
3. Have your prescription filled prior to your procedure day and bring your eye drops with you on your procedure day.
4. Please return your informed consent, read and initial all paragraphs although we ask you to sign the document at the clinic.
5. Ensure that your day one, day two and day three appointments are arranged with your optometrist.
6. Arrange for a driver for your procedure day and for your first 3-4 post-operative appointments or until your optometrist advises that you are legal to drive.

### On Your Procedure Day

1. Please wear comfortable clothing. Avoid sweaters (preferably a button down top/shirt that is lint free).
2. Do not wear eye make-up of any kind and avoid any moisturizing face cream on your procedure day.
3. No perfume or cologne on the day of your procedure.
4. You should eat prior to your arrival and take any medications as you normally would (please advise prep staff of any medications you may have taken on the day of your procedure).
5. While we only schedule one patient at a time, we schedule you to arrive 30 minutes prior to your actual procedure time, so that any additional tests that are required may be repeated or performed and you have adequate time to meet with your surgeon. In general, while the procedure itself takes less than 15 minutes for both your eyes, patients should plan on being at the clinic for 1-2 hours on their procedure day. It is important that you arrive on time so as not to make other patients wait. This is both an emotional and exciting day, we want each patient to feel genuinely cared for and have a memorable life changing experience.
6. You will require a driver to take you home (you will not be permitted to leave by bus or walk alone).

