

Photorefractive Keratectomy (PRK) Take Home Instructions

It is very important that you see your eye doctor for the following post-operative appointments:

DAY 1, 2 & 3*
DAY 4**
WEEK 1
MONTH 1
MONTH 3
MONTH 6
MONTH 12

* As requested by your doctor

** Only if bandage lens not removed on day 3

The first 3-4 days you will be wearing bandage contact lenses to protect your eyes as they heal. During this time, you will need to see your optometrist daily until you have healed enough for the bandage lenses to be removed. You should not attempt to remove or replace these on your own. If one should fall out, please contact your optometrist or the doctor at the Lumea for re-insertion of the lens.

You should have a driver for your post op appointments, as legally you cannot drive until advised by an eye doctor. As you resume care with your own optometrist, we will be monitoring your progress along with your doctor at each visit.

You may require more frequent visits if your eye doctor is monitoring you for changes. It is very important to remember that there is an adaptation period, which varies from patient to patient. Your eye has to heal, and your

brain has to adapt. It will occur much quicker if you do not stress and over analyze the visual changes you will be experiencing.

You should not feel any severe pain following your procedure; however, if you experience any sudden increases in pain or decreases in vision during the first few days, please contact the Lumea team at **416.663.3160** as soon as possible for an evaluation.

In the case of an after-hours emergency, your call will be triaged by our on-call team, and if needed, re-directed to our on-call doctor. In the highly unlikely event that you are unable to contact a Lumea team member, please attend your nearest hospital Emergency Department

FOLLOW-UPS

Post-Operative Visit #1

Date: _____

Time: _____

Dr: _____

Location: _____

Post-Operative Visit #2

Date: _____

Time: _____

Dr: _____

Location: _____

If you experience any severe pain, please call your eye care professional.

Photorefractive Keratectomy (PRK) Take Home Instructions



Expectations of Visual Recovery

1. Sleep is the most important part of your visual recovery during the first 3-4 days following your procedure. You will be provided with safety shields that should be worn while asleep during the first week to prevent accidental injury to your eyes. Sunglasses are recommended during the day. Sleep definitely speeds your visual recovery and assures that your eyes heal quickly.
2. Immediately following your procedure, your eyes will feel gritty, and it is common to feel a foreign body sensation. The eyes will also feel dry, be more light sensitive, and your vision will be quite hazy while the bandage contact lens is in place (3-4 days).
3. Excessive TV viewing, computer use, or reading will strain your eyes and increase dryness and should be done in moderation the first week.
4. You may experience some discomfort following your procedure, however any sudden increases in pain or decreases in vision during the first week should be reported to your eye care professional or a Lumea doctor as soon as possible for evaluation. Visual fluctuations are common following a PRK procedure.
5. Do not rub your eyes. Small children and pets are notorious for poking eyes and great care should be taken around both.
6. Patients may shower the next morning but avoid having the shower spray directly at your eyes. It is also important to avoid getting shampoo in your eyes.
7. Eye make-up should be avoided during the first week.
8. During the first week avoid exercise or sports, and dusty or dirty environments. Wait one month prior to any contact sports, swimming, or entering a hot tub.
9. Symptoms of visual fluctuation, blurriness, dryness and night glare are very common during the first month and typically clear over 3-6 months as the eyes heal.
10. It is important to remember that everyone heals differently and has different prescriptions, therefore, do not compare your results with others. Your optometrist will monitor your progress and will keep Lumea informed every step of the way.
11. It is important to follow your recommended eye drop regimen, post-operative instructions and attend all your scheduled eye doctor visits.

LUMEA TORONTO - THE WELL

SF43-486 Front St. W.
Toronto ON M5V 0V2
P 416 663 0377 F 416 663 0208
toronto@lumea.io

LUMEA VAUGHAN

9135 Keele Street, Unit A7
Vaughan ON L4K 0J4
P 416 663 3160 F 416 663 8778
info@lumea.io

LUMEA BARRIE

5 Quarry Ridge Road, Suite 206
Barrie ON L4M 7G1
P 705 300 0741 F 705 300 0771
barrie@lumea.io

Photorefractive Keratectomy (PRK) Post-Operative Instructions



Week 1

MEDICATION*	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Antibiotic – Zymar Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
Steroid – Maxidex Use one (1) drop to the operated eye 4X per day	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime	Breakfast Lunch Dinner Bedtime
HYLO or REFRESH PLUS (non-preserved) Use one (1) drop to the operated eye 4 - 6X per day			Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Week 2

MEDICATION*	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Steroid – Maxidex Use one (1) drop to the operated eye 3X per day	Breakfast Lunch Dinner	Breakfast Lunch Dinner	Breakfast Lunch Dinner	Breakfast Lunch Dinner	Breakfast Lunch Dinner	Breakfast Lunch Dinner	Breakfast Lunch Dinner
HYLO or REFRESH PLUS (non-preserved) Use one (1) drop to the operated eye 4X per day	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day

*Your pharmacist may substitute above medications with similar generic brands. If this happens, please ask the pharmacist to verify that the same drop schedule applies as instructed above.

See things differently.

Photorefractive Keratectomy (PRK) Post-Operative Instructions



Week 3

MEDICATION*	DAY 15	DAY 16	DAY 17	DAY 18	DAY 19	DAY 20	DAY 21
Steroid – Maxidex Use one (1) drop to the operated eye 2X per day	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening	Morning Evening
HYLO or REFRESH PLUS (non-preserved) Use one (1) drop to the operated eye 4X per day	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Week 4

MEDICATION*	DAY 22	DAY 23	DAY 24	DAY 25	DAY 26	DAY 27	DAY 28
Steroid – Maxidex Use one (1) drop to the operated eye in the morning per day	Morning	Morning	Morning	Morning	Morning	Morning	Morning
HYLO or REFRESH PLUS (non-preserved) Continue to use as needed	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24	Hour 4 Hour 8 Hour 12 Hour 16 Hour 20 Hour 24

Eyedrops: allow a few minutes between drops to allow for absorption and space your drops evenly throughout the day

**Your pharmacist may substitute above medications with similar generic brands. If this happens, please ask the pharmacist to verify that the same drop schedule applies as instructed above.*

See things differently.