

## **INFORMATION FOR PATIENTS HAVING PRK**

- Please wear no eye make-up for three days prior to surgery. Wear no eye or face make-up on day of surgery. LEAVE OUT RIGID CONTACT LENSES FOR 4 WEEKS AND SOFT LENSES FOR 1 WEEK PRIOR TO SURGERY.
- Use Zymar eyedrops 1 drop 4 x a day 1 day pre op. (You will continue this for 5 days post op)
- On arrival you will be asked to sign your consent form, if this has not been done previously.
- Anaesthetic drops will be administered before the procedure. You may request a mild sedative to help you relax.
- You will be brought into the Excimer laser suite and will then lie down under the laser microscope.
- An eyelid speculum will be inserted to keep your eye open.
- You will be shown a green fixation light. It is important to look into the center of the green light when the laser treatment is being carried out. The laser has a tracking mechanism and will track your minor eye movements during the surgery.
- The surface lining of the eye is then brushed aside. This is painless.
- Dr Perrott will then ask you to look at the center of the green fixation light and will activate the laser. The laser produces a clicking sound, lights and a burning smell (this smell is not burning, but the laser gas). This is a cold laser and there is no heat.
- The eye is then rinsed with sterile saline.
- A contact lens is then placed on the eye.
- The speculum will be removed and you will have antibiotic eyedrops instilled into the eye.
- Both eyes will normally be treated at the same session. Do not drive home.

- You will have some pain and discomfort following the procedure. Most people experience a scratchy, burning feeling which can range from being mild to quite sore. The lids may become slightly swollen. This is normal.
- You will be very light sensitive for the first 2 – 3 days.
- The drops will relieve some of the discomfort.
- Your vision will be most blurred on day 2, 3 and 4 post op, then starts to improve.
- Do not get water into your eye on the first night.
- Usually you will not be able to drive for the first week or possibly up to 2 – 3 weeks after laser treatment depending on the amount of laser needed.
- No eye make-up for 7 days. No diving/swimming/saunas/jacuzzis for 2 weeks.
- If your vision suddenly deteriorates or your eyes become red or increasingly sore, please report immediately to Dr Perrott.
- You will normally be seen 1 day after surgery, 1 week and then 1 month and subsequently 3 months and 6 months later.

**Feel free to ring us if you any queries.**

### **POST LASIK MEDICATIONS**

- Zymar : 1 drop 4 times per day for 5 days**
- Tobradex : 1 drop 4 times per day till bottle finished**
- Acular : 1 drop up to 4 times per day if eyes painful**
- Cellufresh : To be used 2 – 4 times daily for 1 MONTH as required .**

**Dr Andrew Perrott**

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