



PRK/LASEK POST-PROCEDURE INSTRUCTIONS

Days following your procedure:

- Try to rest and keep your eyes closed as much as possible.
- Wear the protective shields all day on the day of surgery including while resting. They may be removed the following morning before your appointment.
- The bandage contact lens will be removed at your 3-4 day post-operative appointment. Although very unlikely, the contact lenses may fall out. **Call the office immediately if the contact(s) falls out – do not put it back in your eye. After hours, listen to the prompts to be directed to the on call service.**
- **DO NOT RUB OR BUMP THE EYE FOR THE FIRST WEEK.**
- Take precautions not to get your eye(s) wet when you shower or bathe for the first week. We suggest using a dry wash cloth or hand towel to shield your eye(s) in the shower.
- Take your medications exactly as prescribed by Dr. Visco/Dr. Benz.
- At home you may use an ice pack for 5 minutes intermittently on the day of surgery, then as needed for pain. Avoid applying pressure on the eyes.

For the next week following your procedure:

- You should expect blurred vision for one week and then a slow gradual improvement. ***Please arrange for transportation while your vision is distorted during your healing period. Your vision may compromise safe driving practices.
- You may experience some discomfort and pain for the first week. Take your medications as prescribed to relieve any discomfort.
- Though an eye infection is very rare, during the first week, be careful not to get anything in your eye (including soap and water) and **do not use eye makeup or mascara**. We recommend purchasing new products after surgery.
- Normal activities can be resumed after the first day, except for swimming or using a hot tub. The doctor will advise you when it is safe to resume swimming. Wear your shields or eye protection if you engage in contact sports or any activity where your eye could be bumped.
- During the first week, wear your clear plastic shield(s) while you are sleeping or resting.

Following your Procedure:

- Protect your eyes from sun radiation with a good pair of sunglasses that provide 100% UV protection. Overexposure can cause regression problems any time during the first year after surgery.
- It is very important that you keep all of your follow up appointments during the post operative period!

Contact our office at 717-767-2000 if you have any change of symptoms or notice a decrease in your vision.