PRK PREOPERATIVE INSTRUCTIONS

THREE DAYS PRIOR TO YOUR PROCEDURE:
- Start using lubricating drops four times a day (Refresh Plus / Preservative Free).
- Discontinue the use of all soaps, oils, and lotions around your eyes.
- Start OcuSoft lid scrubs (enclosed) once a day as instructed.
- Start warm compresses – take a wash cloth, roll it up like a Chinese eggroll and put in the microwave to heat through and then lay it across your closed eyelids for 5 minutes. **Be careful not to heat the washcloth to a temperature that would burn your skin.

THE DAY OF YOUR SCHEDULED PROCEDURE:
- Wear comfortable clothing, as you will not be required to change out of your clothes into a patient gown.
- No one is allowed to drive following eye surgery. It is necessary to make transportation arrangements ahead of time.
- Do not use eye make-up, perfume, or cologne.
- You may eat a regular meal up to one hour before surgery.
- Plan to be at the surgery center for approximately 2 hours “door to door”
- Bring your filled Neurontin prescription with you to Our Office.
- Please report to Our Office, 1 Wilson Drive, Sparta.

ONCE YOU ARRIVE ON SURGERY DAY:
- Pre-operative eye drops will be given to anesthetize your eye.
- The procedure takes approximately 20 minutes; however the actual laser correction is usually under 60 seconds.
- You will receive a post-operative medication kit.
- You will need to wear a plastic shield or safety glasses over the operated eye(s) for 1 week. These protective glasses/shields will be provided on the day of surgery.

CONTACT LENS WEARERS:
- Dr. Liegner will give you instructions on when to discontinue contact lens wear. If you have any questions regarding this, please contact our laser vision correction coordinator. If you are having one eye treated you may continue wearing the contact lens in the eye not being treated and bring your contact lens case in the event Dr. Liegner needs to remove the contact lens.
PRK POSTOPERATIVE INSTRUCTIONS

Your post-op medication kit includes several drops you will need for the next week or more. Follow these instructions unless otherwise directed by Dr. Liegner. Use one drop per eye allowing 3-4 minutes in between drops. Keep the medication kit in the refrigerator – the cold drops are soothing.

**Lotemax (tall pink bottle):** SHAKE WELL -- This white “milky” medication will aid in the healing of your eye(s). Use this medication four times per day for five days.

**Besivance (small beige bottle):** This medication is an antibiotic used to prevent infection. Use four times per day, once before each meal and at bedtime, for five days.

**REFRESH PLUS (turquoise box):** Use this lubricating drop whenever your eye is dry. Only use preservative free lubricating drops for the first week four times a day.

**Neurontin (generic Gabapentin pills):** Take this pill four times per day for four days, unless Dr. Liegner prescribes longer

**DO NOT RUB OR SQUEEZE YOUR EYES FOR ONE MONTH UNDER ANY CIRCUMSTANCE!**

**DAY OF THE PROCEDURE:**

- After about 30 minutes, the anesthetic drops used for the laser will begin to wear off and some discomfort may begin. It is normal to have the following symptoms: Watery eyes with a runny nose, light sensitivity, redness and swelling of the eye and eyelids, a sandy or gritty sensation, blurry and fluctuating vision (like looking through a greasy window). It is rarely necessary to take medication for these symptoms, but should it be needed, Tylenol, Advil or any non-aspirin pain reliever can be taken.

- Sleep at least 2-3 hours immediately after surgery. It is NOT the same if you are just lying down with your eyes closed; you should sleep. You may have been given some relaxation medicine before the laser procedure. Or you can take a Benadryl (an antihistamine) after the procedure. If needed, Dr. Liegner can even prescribe something for you to help induce sleep.

- DO wear protective eye shield and sunglasses as provided by your doctor at all time.

- DO take recommended oral pain medications. Two Tylenol will usually be sufficient.

- DO feel free to shower or bathe. Avoid long, hot showers and keep eyes closed. Avoid getting water directly in the eyes for five days. Dry around the eye(s) but don’t rub the eyes.

- DO NOT drive or operate machinery the day of your surgery. You can drive to your postoperative visit on the following day.

- DO NOT perform tasks that strain your eyes or exercise in the first week.

- DO NOT swim for one week.

- DO NOT wear eye make-up for one week. Consider purchasing new eye make-up to avoid possible contamination.

- Wear the eye shield at bedtime for 1 week.

**CONTACT THE OFFICE IMMEDIATELY @ 973-579-2020 IF YOU HAVE ANY QUESTIONS OR PROBLEMS.**

Post Op Appointment Day 1/Week 1 : ________________________ ______________