

## LASEK/PRK Instructions

### Pre-operative Instructions

- Cease all contact lens wear two weeks before surgery
- **Xanax**: Fill prescription and bring it to the laser center on the day of surgery
- **Vigamox/Zymar**: Use 1 drop 4 times per day starting two days before surgery
- Start taking 500mg of **Vitamin C** twice a day, and continue for 1 month

### Post-operative Instructions

Please follow these directions carefully. If you have any questions, contact Dr. Steinfeld.

- **DO NOT RUB OR SQUEEZE YOUR EYES FOR ONE WEEK**
- **Do not** remove contact lenses, even if you think this will make you more comfortable
- **Do** wear sunglasses outdoors at all times for 6 months
- **Do** get plenty of rest in a dark room. Your eyes will feel light sensitive and have a foreign body sensation
- **Do** take pain medicines if you need them. Two Tylenol or Advil is generally sufficient
- **Do not** shower the first day
- **Do not** operate machinery or drive until you have been cleared to do so by Dr. Steinfeld
- **Do not** swim for at least two weeks
- **Do not** wear eye make-up until cleared by Dr. Steinfeld

Your post-op medication kit will include all the drops you will need for the next several days. Take all drops as directed until changed by Dr. Steinfeld. Use one drop per eye allowing three minutes between drops. Refrigerating the kit will make the drops more soothing.

1. **Steroid (Econopred, Pred Forte)**: This prevents inflammation. SHAKE WELL. Use 4 times per day.
2. **Antibiotic (Vigamox, Zymar)**: This prevents infection. Use 4 times per day.
3. **Anti-inflammatory pain medicine (Nevanac, Acular)**: This helps with pain. Use 4 times per day.
4. **Artificial tears (Systane, Refresh)**: Use EVERY HOUR while awake for lubrication.
5. **Proparacaine cocktail**: This is to be used for pain only if above measures fail to alleviate pain. This drop is to be used SPARINGLY on an as needed basis.