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INSTRUCTIONS AFTER SURFACE TREATMENT (ASA, PRK)

Vitamin C: Take 500mg twice a day for a week before treatment, and continue for 1 - 2 weeks afterwards.

Prednisone (20mg tablets): Take 4 pills (80 mg) when you get to our office (before surgery), and 4 pills again the next morning with breakfast. Then take 2 tablets (40 mg) the next morning; 1 tablet (20 mg) the following morning; half a tablet (10mg) the morning after that; then stop.



Anti-inflammatory drop - Durezol: Instill one drop two times per day until the contact lens is removed. Leave a few minutes between this drop and the antibiotic drop. After contact lens removal, use 1 drop 2 times a day for 1 week, then 1 times a day for 1 week, then stop.



Antibiotic drop - Vigamox – has a **tan cap**: Instill one drop three times per day until the contact lens is removed, then stop.



Non-Steroidal Anti-Inflammatory drop - Bromday- may be used once a day for aching or eye discomfort for the first several days after treatment, if necessary. Think of this as Aspirin or Motrin (Ibuprofen) in eye drop form.



Artificial Tears: Use 1 drop about every three hours while awake, after treatment. We recommend **Thera-Tears** but any brand will work (**GenTeal**, **Systane**, **Soothe**, **Blink**, etc.). A preservative-free preparation or one with a “vanishing preservative” is preferred. Artificial tears come in a standard form and a slightly thicker, more viscous formulation such as **Thera-Tears Liqui-Gel**, **CelluVisc**, or **GenTeal Gel**. The thicker preparation may be helpful at night, but it does tend to ‘gunk up’ vision if used during the day.

When possible, keep eye drops in the refrigerator. Cold soothes the eye, and feels good!



Sunglasses with good UV protection must be worn for 3 to 6 months after treatment, whenever you go outside in bright sunlight. The UV rays of sunlight can trigger a type of undesirable healing response associated with increased tendency to microscopic scar (“haze”) formation that can adversely affect vision. Please take care to protect yourself from the potentially harmful effect of UV, particularly if you travel to tropical latitudes, or work or play extensively outdoors.

Aspirin, Motrin (Ibuprofen), or Tylenol may be used for relief of mild to moderate pain.

Pain pills such as Vicodin may be used to relieve severe discomfort or pain. Use 1 to 2 tablets every 4 to 6 hours as necessary. These can cause stomach upset, so we advise that you take these with milk or a small bite of food. Most people do not need to use Vicodin after this treatment, but we make it available ‘just in case’. On occasion, we may advise use of **Lyrica**, another good medication for pain control.

Band-Aid Soft Contact Lenses will be placed at time of treatment, and will be removed within several days. These lenses help promote healing of the surface lining cells over the laser-treated tissue, greatly reducing aching, light sensitivity and pain. If a lens falls out, or if you experience increased discomfort, call our office.

Cold Compresses (a washcloth dipped in chilled water, for instance), will reduce discomfort or pain, and helps promote healing. Apply for several minutes every few hours on the day of surgery, and then at least 5 minutes twice a day thereafter for about a week. You can buy eyeglass-shaped **gel packs** (Cold-Pack Cold Therapy, eye size) from any pharmacy as an alternative, which can be stored in the refrigerator or freezer between uses.

Follow-Up Visits (with our office or your optometrist) after the bandage lenses are removed should be at one week, one month, and three months after laser treatment, at a minimum. You will be advised about adjustment in your medications when you return for your follow-up care. Obviously, you are encouraged to come in between these intervals if you have any unanticipated problems, questions, etc. After that, follow-up is provided as necessary or appropriate. If you will be receiving care outside our office, we would appreciate a copy of your records as you progress.

On occasion we may advise use of additional medications or treatment options, including:

Autologous Serum Tears – in rare patients, when necessary, we will prepare a special mixture of tears combined with natural proteins. If this is warranted, you will be instructed in their use.

Concentrated salt-water eyedrops (Muro 128 5%) may be advised if we notice any dry spots or irregular healing of the surface lining cells. These drops do sting when instilled, but the stinging goes away after about 20 seconds. They are available “over-the-counter” (without a prescription) at almost any pharmacy. Most pharmacies do not stock this drop as it is seldom used, but can special-order it and have it available within a day or two of a request.



Thank You!