

Your PRK After-Care Guide



Follow this plan for a smooth recovery and the best possible results.

This guide covers your medications, what's normal, and when to reach out.

1 Immediately After Your Procedure



Getting Home

- Driver takes you straight home
- Keep eyes closed in the car
- Wear sunglasses for the ride



Bandage Lens

- Protects the healing surface
- Removed at follow-up visit
- Falls out? Don't reinsert — call us



Rest

- Rest eyes as much as possible
- Sunglasses/shields all day & night while to prevent accidental rubbing



What to Expect

- Tearing, burning, light sensitivity for 3–5 days
- Blurry vision is normal and will fluctuate
- Normal to be more blurry days 3–5



Comfort

- Refrigerate drops to cool
- Cold compress over closed eyes
- If uncomfortable, take over-the-counter pain relief medicine (Advil, Tylenol, Aleve, etc)
- Days 2–3 typically hardest

2 Your Medications



Pred-Moxi

Prednisolone Acetate 1% / Moxifloxacin 0.5%

DOSE

1 drop, 4 times a day



Shake well before use.

DURATION

7 days



Optase® PF Tears

Preservative-Free Lubricant Eye Drops

DAYS 1–7

Every 30 min

DAYS 8–30

Every hour

Use as often as needed during waking hours for comfort. After 1 month, continue to use 4 times or more daily for 3–6 months.



IF PRESCRIBED

HydroEye Vitamins

4 pills daily for 2 months, for tear production. Begin the day after your procedure; take all at once or split AM/PM with food.

IF PRESCRIBED

Bedtime Ointment

Protects & soothes the eye surface overnight. Typically used after bandage lens removal.

3 What to Expect, Day by Day

1

Today

- Rest and relax
- Keep eyes closed while resting
- Do drops as directed

2

Days 2–7

- Continue drops as directed
- Attend your follow-up appointment
- Avoid water in eyes
- No eye makeup

3

Days 8–30

- Resume your normal activities
- Continue drops as directed
- Avoid rubbing your eyes

4

Month 2–6

- Continue lubricant drops as directed
- Continue supplements if prescribed
- Enjoy your new vision!

Things to Remember

- ✓ Do not rub your eyes. If a lens falls out, do not re-insert it — call us
- ✓ Wear sunglasses or shields while sleeping for 7 days
- ✓ Wear sunglasses outdoors
- ✓ Avoid water in the eyes (pools, hot tubs, lakes) for 1 week
- ✓ If monovision, vision may take longer to adjust and adapt
- ✓ Don't miss your Days 5–7 follow-up — it activates your Lifetime Advantage Plan

What's Normal

Blurry vision, day-to-day fluctuation, night glare/halos, and a gritty foreign-body feeling eases gradually over several months. Exercise is fine once ready; avoid contact sports for 1 week.

Call Us Immediately If You Notice

Severe pain, sudden vision loss, flashing lights, or increased redness. Call/text 1-833-903-2020.

We're here if you need us

Our team is one call or tap away throughout your recovery.



CALL OR TEXT
1-833-903-2020



PATIENT PORTAL
my.lasik.com/login

Your Personalized Care Additions



Your medical team may recommend one or more additional medications or care steps alongside your standard post-op plan. These additions are tailored specifically to your eyes and healing needs — they do not replace any instructions on the previous page, but work alongside them. Your provider will complete this section, if applicable.

 MEDICATION / TREATMENT	 HOW OFTEN	 HOW LONG	 ADDITIONAL NOTES



Provider Notes
