



## Post-Operative Instructions for LASEK/PRK

### Post-Operative Eye Drops

*shake all drops before use*

*wait at least 2 minutes between each drop*

Lotemax (or FML)	Week 1: 4 times a day Week 2: 3 times a day Week 3: 2 times a day Week 4: 1 time a day
Prolensa	1 time a day until contact lens removed
Ocuflox	4 times a day for 7 days
Tylenol 3	as needed for pain 1 tab every 6 hours as needed
Vitamin C	2500 mg per day for 2 weeks
Preservative Free Artificial Tears (available OTC)	4 times a day for 30 days

### Additional Instructions:

- Please use your prescription drops after surgery and continue any other ocular medications as directed.
- Your vision will be foggy immediately after the surgery. It is important to keep your eyes closed for 3-4 hours on surgery day. The best thing is to take a nap for 3-4 hours.
- You will have eye discomfort/stinging for 2-4 hours after your surgery. To minimize the discomfort we recommend sleeping for 3-4 hours.
- No rubbing your eyes for 1 month.
- No eye makeup for 5 days.
- Use the eye shield provided to you for the first few nights after surgery.

**\*Call the office M-F 8a-5p with questions or concerns: 512.927.2020**

**\*\*Dr. Osterman is on call for emergencies after hours and weekends: 614.638.9796**