



Dear _____

Your Phototherapeutic keratectomy (PTK) procedure will be performed on _____.

Right Eye

Left Eye

Both Eyes

PTK TAKE HOME INSTRUCTIONS

NORMAL HEALING SYMPTOMS:

The epithelium (the cornea's protective layer) heals during the first 3-5 days after your PRK surgery. During this time it is normal for your eyes to appear a little red and swollen and for your vision to be blurry. Vision may even get worse before it gets better.

Your eyes will be light-sensitive and watery while the epithelium heals. You will also experience a foreign-body (eyelash-in-the-eye) sensation. These symptoms are all normal and will disappear in a few days.

BANDAGE CONTACT LENSES:

Soft, overnight-wear, contact lenses have been inserted into your eye(s). They will remain in your eyes day & night for 3-5 days to protect them while they are healing and to reduce discomfort.

Your eye doctor will take them out when the protective layer (epithelium) of your cornea has completely healed.

DO NOT RUB YOUR EYES OR ATTEMPT TO REMOVE THE CONTACT LENSES YOURSELF.

The contact lenses are inserted for your comfort and not for healing. If a contact lens falls out at any point, do not attempt to re-insert it yourself. A new lens will be inserted by your eye doctor at your next appointment.

ORAL PAIN MEDICATIONS:

You may experience discomfort while the contact lenses are in your eyes. The level of discomfort varies significantly from patient to patient after PTK.

Over-the-counter pain medications such as ibuprofen (Advil®, Motrin®) or acetaminophen (Tylenol®) can be taken as required.

EYE DROPS DURING CONTACT LENS WEAR:

Use only as directed below. Do not follow the directions on the bottles.

Note: Separate the drops by 2-3 minutes to allow for absorption.
The order in which you use them does not matter.

IF YOU DEVELOP ANY OF THE FOLLOWING SYMPTONS PLEASE CONTACT OUR OFFICE IMMEDIATELY AT 519-646-6369.

IF THE EMERGENCY IS OUTSIDE OF OFFICE HOURS (Monday – Friday 8-4) page Dr. Nichols immediately at 519-430-9425, leave a voicemail message with your name and phone number, then hang up. Your call will be returned.

- Intense eye pain
- A pus-filled discharge
- Increase in eye redness
- Sudden dramatic change in visual acuity.

Eye Drop Instructions (for operated eye)

Your bandage contact lens removed on your follow-up visit scheduled for

	Zymar	Lotemax	Nevanac
	QID x 14 days 5 mL (Breakfast, Lunch, Dinner, Bedtime)	QID x 14 days 5 mL (Breakfast, Lunch, Dinner, Bedtime)	TID x 2 days 5mL
	Stop when epithelium is intact. (Typically 14 days)	QID for 4 weeks and then discontinue (may require longer use if dense scar)	

_____ at _____ with Dr. _____.

EYE PROTECTION:

Sunglasses:

TLC will provide protective sunglasses that are to be worn inside & outside of the house for 4 days to protect your eyes from dust, dirt, accidental injury and to prevent eye-rubbing. If you have clean, clear safety glasses at home, they may also be used as an alternative to the sunglasses provided.

Night Shields:

Use while the bandage contact lenses are in your eyes to protect them during sleep. Tape & shields will be provided in your take-home kit.

Artificial Tear/Lubricating Drops:

Once the bandage contact lenses have been removed, you can usually switch to *preserved* artificial tears. These drops can be used as often as needed and long as needed for dryness after surgery.

There are many over-the-counter artificial tear lubricants available. Please check with your eye doctor or with TLC for a recommendation.

SUGGESTIONS:

1. **SHOWERING:** Avoid getting shampoo or soap in your eyes during bandage contact lens wear. Consider using baby shampoo until the contact lenses are removed.
2. **WASHING YOUR FACE:** Pat gently around eyes with a clean, warm face cloth. No soap or creams near eyes for 1 week.
3. **MAKE-UP:** Avoid for 1 full week. Then new mascara and eyeliners are recommended.
4. **ACTIVITIES:** No swimming, pools, beaches, spas, hot tubs or gardening for 2 weeks. No sports, weights or heavy exercises for 1 week.
5. **HOCKEY:** You can play hockey with a cage or visor 1 week after the contact lenses are removed. Without eye protection, you must wait one month to return to the sport.
6. **CONTACT SPORTS:** Martial arts, boxing, wrestling etc. must be avoided for 1 month.
7. **DRIVING:** Driving is not permitted until advised by your eye doctor or a TLC doctor that it is legal to do so. Your doctor will remove the bandage contact lenses and test your vision. Then he/she will let you know if you are legal to drive or if you must wait a bit longer.

VISUAL RECOVERY & EXPECTATIONS:

After the contact lenses are removed, your vision will initially be distorted/blurred. This will gradually improve over the next 4 weeks. **Complete recovery takes 3 to 6 months.**

It is not unusual to experience dryness, tearing or a foreign body (eyelash-in-the-eye) sensation for a day or two after the contact lenses are removed. Your vision will fluctuate while you are healing and your depth perception may be off for 7-10 days, so take special care.

*** Remember that everyone heals at their own pace, so please have patience.*** Your optometrist will monitor your progress and keep TLC informed. If you have any questions or concerns, please do not hesitate to call us.

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Sincerely,

Dr. Bruce Nichols BSc, MD, FRCSC, FACS