

Aftercare following a PRK procedure

AT HOME

- It is advisable to **rest with your eyes closed** or to sleep during the first few hours after the treatment.
- For the first **3 nights** you will have to wear **protective glasses**, which you will be provided with.
- **Avoid rubbing** the eyes.
- Start **applying eye drops** as soon as you get home.
- You **can move around as normal**. Gentle exercise (gym) can be restarted after 1 week.
- Strenuous efforts, and contact sports, swimming (wear swimming goggles) and saunas should be avoided for the first month.
- Do **not wear make-up** during the first 2 weeks.

PAIN MEDICATION

Paracetamol 1 g (Dafalgan)	Maximum 4 x /day (every 6 hours)	E.g. 08.00 - 14.00 - 20.00
Ibuprofen e.g. 400 mg tablet	Maximum 3 x /day (every 8 hours)	E.g. 08.00 - 16.00 - 24.00
Tradonal 50 mg odis (fast-release tablet) for acute pain	Maximum 3 x /day (every 8 hours)	E.g. 08.00 - 16.00 - 24.00

EYE DROP SCHEDULE

Trafloxal edo:	3 x a day for 1 week
Dexamethasone monofree:	3 x a day during week 1 and 2 2 x a day during week 3 and 4 1 x a day during week 5 and 6
Artificial tear drops:	every 2 hours during the first week, frequently thereafter
Vitamin C:	1 g for a period of 3 months

Further information on how to apply eye drops can be found in the brochure entitled 'Eye drops and ointment' at www.uzleuven.be/brochure/700730.

IN THE EVENT OF PROBLEMS, OR IF YOU REQUIRE ADDITIONAL INFORMATION

- You can contact the switchboard on 016 33 23 70 at any time during the day. They will connect you to the ophthalmologist.
- From 18.00 and at weekends you can contact the ophthalmologist on call via the switchboard on 016 33 22 11.