



CLEAR SIGHT EYE CENTRE

*Eye Specialists and Surgeons
Cataract, Glaucoma, Refractive Laser Surgery*

DR MICHAEL STEINER

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Provider No 116782K

PRK / PARK EXCIMER LASER TREATMENT

POST-OPERATIVE INSTRUCTIONS

- A contact lens has been inserted into your eye following Excimer laser treatment. This is to make the eye more comfortable and to minimise pain, however, you may still experience some pain and/or discomfort.
- At the onset of pain take: Panadeine 1 or 2 tablets
These can be repeated 4 hourly as required. (Take care as they can cause constipation)

Prior to going to bed take: Phenergan 25mg (to help you sleep)
As Phenergan can cause drowsiness it is important to rest or go to bed after taking it.

If you experience gastric or other symptoms stop all medications.
Do not drink alcohol while taking these tablets
- This evening instil one drop of Ocuflax
- From tomorrow, instil eye drops as follows:
 - Ocuflax - 4 times a day
 - FML - 4 times a dayContinue using these drops as prescribed until told to reduce or stop by your surgeon.
- Apply the clear plastic eye shield at night for the next 3 nights.
- You have also been given local anaesthetic drops (i.e. Amethocaine 1%) to use if the eye becomes painful. Use 1 drop as required. If the pain is adequately controlled with Panadeine, it is advisable not to use the local anaesthetic drops as they can delay healing.
- Should the contact lens fall out of your eye or need to be removed, do not attempt to re-insert. Leave the lens out.
- Once your cornea has healed, which usually takes 2 or 3 days, your doctor will commence you on artificial teardrops. Use 1 drop 5 times a day for 3 months.
It is important to keep the eye adequately lubricated during this period. These drops can be purchased without prescription.
- Do not wash your hair until after your follow-up visit. Avoid soap and water in the eye for 1 week.
Do not drive until your vision has recovered adequately.
No eye makeup for 1 week.
No swimming for 14 days.
- It is important that you keep your follow up appointments.

After hours contact number – Dr Michael Steiner (02) 9428 3045