



Phototherapeutic Keratectomy (PTK) Post-Operative Instructions

IMMEDIATELY AFTER SURGERY

You should plan to go straight home and take a nap. Upon arriving home, you should take one sleeping pill. If you are unable to sleep, try to rest and keep your eyes closed. If you are uncomfortable, take one pain pill, which can be repeated once every 4 – 6 hours. After surgery, you should not drive a car or operate machinery for the remainder of the day. You should not attempt stairs unaided immediately following surgery. Following your PTK procedure, you will be wearing a "bandage lens" on your operative eye to help with postoperative discomfort. Dr. Koenig will determine when this bandage lens should be removed. It is normal for your eye to be sore. **Do not rub your eye.**

MEDICATIONS

- You will be given one sleeping pill to take when you get home.
- You will be given one pain pill to take before you leave the laser center and seven pills to take home, taking one tablet every 4 – 6 hours as needed for discomfort.
- You will be given a prescription for a tube of antibiotic/anti-inflammatory ointment. You need to have this prescription filled prior to your surgery. You will begin using this medication after your surgery, four times a day until instructed otherwise by Dr. Koenig.
- **Artificial tears** may be used as needed, however they **must be preservative free.**
- Avoid taking the medication Isotretinoin, brand name Accutane[®], for six months following surgery. (This medication is typically prescribed to treat acne.)

GENERAL CLEANLINESS

Do not get anything in your eye during the first several days after surgery, especially particulate matter, such as sand, eye make-up or facial scrubs. If you do, your eye will hurt and you will greatly increase the risk of infection. Keep all foreign matter out of your eye, including soap and water. Avoid swimming pools and hot tubs for 2 weeks. **Do not rub your eye the first month after surgery.**

FIRST DAY AFTER SURGERY

You will have an appointment with Dr. Koenig at the Eye Institute on the day following your surgery. It is normal for your eye to be sore and your vision to be hazy. Please do not touch your eye. If the bandage contact lens falls out, leave it out. Do not attempt to replace it yourself. Call Dr. Koenig's office at 414-955-2020 and select option # 4 to make arrangements for the bandage lens to be replaced as soon as possible.

(continued on back)

THE FOLLOWING DAYS

Expect your vision to be hazy for the first 1 – 2 months. You may notice some light sensitivity or glare. The immediate post-operative pain you feel will begin to subside in 3 – 5 days. You will need to get plenty of rest.

FOLLOW-UP VISITS

Dr. Koenig will need to see you at the Eye Institute for follow-up appointments one day, one week, one month and three months after your surgery. Additional appointments will be decided upon at that time. During the earlier visits, your medication instructions may change somewhat. If you are experiencing any unusual problems, please call Dr. Koenig's office **immediately** at 414-955-2020, and select option # 4 to speak with a nurse.

Please call to schedule follow-up appointments with Dr. Koenig:

- One day following surgery
- One week following surgery
- One month following surgery
- Three to four months following surgery

Location: The Eye Institute
925 N. 87th Street
Milwaukee, WI 53226

Questions: Call Lisa at 414-955-5274 with any scheduling or billing questions. Medical questions should be referred to a nurse, who can be reached at the number listed below.

WHO TO CALL IN CASE OF AN EMERGENCY

MONDAY – FRIDAY: 414-955-2020, & select option # 4 to reach a nurse
(8:00 AM – 4:30 PM)

AFTER HOURS: 414-805-6700