

RECOMMENDATIONS FOR

# PRK SURGERY TRANS PRK

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# INSTRUCTIONS FOR PATIENTS BEFORE SURGERY

- The patient must arrive at the indicated time on the confirmation sheet.
- It is recommended that the patient arrives wearing comfortable clothing, please do not use jewelry.
- The day of the surgery, the patient must not use any kind of make up, cream or sunscreen on the face, do not use any kind of fake lashes.
- The patient must not use perfume or cologne, they can only use deodorant.
- In case of using any kind of contact lenses, the patient must suspend it's use 3 days before the surgery.

- The patient must arrive with a companion for the day of the surgery. We would really appreciate it if only one person accompanies the patient, this is due to a limit regarding physical space available.
- Please bring a pair of clean socks, the patient is going to use them the moment we say it.
- If you are going to make the payment with a credit or debit card, please take into consideration that some banks have a limit in daily transactions. Verify this topic with your bank and ask for the release of the restriction for this transaction. Also, you must have the card's PIN in case the card terminal asks for it.
- The patient must take into account the they will stay at the clinic for approximately 3 hours due to the induction process, information that must be completed, payment procedures, preparation for surgery, questions or comments.

- The total investment for this surgery includes post surgery appointments without additional cost for the next 30 natural days after the procedure. After the 30-day period, the appointments require the stipulated payment for each consultation.
- The post surgery check ups are going to be done by any of the available doctors from our team.
- If you need a medical note, it is necessary to indicate it the moment you arrive and report for your surgery at the reception (the day of the surgery).
- It is important to eat well, please keep your normal diet the day of the surgery.
- In case of questions or consultations out of a regular working hours please contact us via WhatsApp **83857525**.

# POST PRK – TRANSPRK SURGERY INSTRUCTIONS

## **The kit contains:**

- Transparent protective cover
  - Sterile gauze to clean the glasses and the protective cover
  - Black glasses with UV protection
  - Antibiotic and anti-inflammatory drops
  - Lubricating drops
  - Relaxing pills (causes sleepiness)
  - Transpore surgical tape
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- The protective covers must be used to sleep during the first 8 nights. Fix them in place with the surgical tape from the kit. Every time you are going to use them, clean them with alcohol, alcohol gel or soap and water.

- The gauze must be used to clean the protection covers (do not use any material that leaves lint).
- Use the drops based on what is said in the prescription.
- The patients priority after the surgery is to rest and to keep their eyes closed, for that a relaxing pill is given. The patient must take it when they arrive home.
- If the patient feels any discomfort or pain after the surgery, they can use any painkiller of their preference during the first 5 days after surgery.
- It is not necessary to wake up the patient while they are sleeping during the night to apply the drops, the treatment will begin in the morning.
- The black glasses from the kit must be used whenever the patient is exposed to the sun (outside) for at least 15 days. If another kind of glasses are to be used different from the ones from the kit, you must make sure they have the same UV protection as the ones from the kit.

- After the surgery, the patient will have therapeutic contact lenses on for protection. It is recommended to not squeeze the eyes too hard nor to rub the eyes to avoid the contact lenses to come out of their position. A special appointment to take off the lenses will be given on the fourth day after the surgery.



# CUIDADOS POST OPERATIVOS

## PRK - TRANSPRK

- The day after the surgery, take the protecting covers off and put them away before showering, you can take a normal shower, avoiding any shampoo or soap near your eyes.
- Do not scratch or rub your eyes. (In case of any discomfort use the lubricating drops).
- Avoid smoking during the first month after the surgery. (If you smoke, increase the usage of lubricating drops).
- Do not allow any pets in rest areas like beds or couches, so that no pet hair can get inside of the eyes, this during the first month after surgery. Always wash your hands after any kind of physical contact with your pets, these precautions are to avoid exposing yourself to an infection.
- Do not go inside pools, jacuzzi, the ocean, rivers, hot springs, etc.; for a month after the surgery.

- Use the medicine just as it is indicated, in case the doctor gives any additional instructions, the patient must follow them to guarantee the success of the recovery.
- Avoid direct exposure to the smoke from cigarettes, fireplaces, barbeques, etc.
- In case of having contact with the air conditioner and the frequent use of electronic screens, increase the usage of lubricating drops.
- Avoid direct hits to the eyes or face.

# FREQUENTLY ASKES QUESTIONS FROM POST OPERATED PATIENTS

Can I watch TV?

- **Yes, you can watch TV.**

Can I raise my hands?

- **Yes, you can raise your hands.**

How long after the surgery can I drive?

- **You can drive until the doctor recommends it, ask this question to your doctor on the follow up appointments.**

How long after the surgery can I lift weights?

- **A day after the surgery.**

Can I practice sports with physical contact?

- **You can practice contact sports 15 days after the protection contact lens has been removed.**

Can I dye or apply any chemical product on my hair after the surgery?

- **Yes, you can.**

After the surgery, can I travel?

- **Yes, ideally after the 8-day check up.**

After the surgery, can I go to the dentist?

- **Yes, you can.**

Can I do activities like sewing, embroidery, reading?

- **Yes, you can.**

Can I cook?

- **Yes, you can cook.**

Can I go up and down the streets?

- **Yes, you can.**

Can I open the refrigerator?

- **Yes, you can.**

¿After the surgery can I have sex/intercourse?

- **You can have sex/intercourse 15 days after the surgery.**

Can I drink alcohol?

- **You can drink with moderation.**

**Reminder: your vision can fluctuate during the first 4 to 6 weeks after surgery, and in some especial cases it can take up to 6 months to stabilize.**

**If you present blurry vision, use the lubricating drops.**