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AFTERCARE GUIDE

After PRK or TransPRK

What to expect, what to do, and when to call — on one page each.

Eye treated

☐ **Right** ☐ **Left** ☐ **Both**

Procedure

☐ **PRK** ☐ **TransPRK**

Date of treatment

Bandage lens removal

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YOUR RECOVERY

What happens, and when

	WHAT'S NORMAL	WHAT TO DO
Day 0 treatment day	Hazy vision and watering. A soft bandage contact lens protects each eye.	Rest at home. Start drops. Take painkillers regularly as advised. Sunglasses help.
Days 1–3 healing	Stinging, watering and light sensitivity peak as the surface skin regrows. Vision blurry.	Keep up pain relief. Chilled lubricants soothe. Rest — audiobooks rather than screens.
Days 4–5 lens out	Comfort improves quickly once the surface has healed.	Bandage lens removed at clinic. Never remove or put it back yourself.
Weeks 1–4 improving	Vision improves but fluctuates, often hazier at the end of the day.	Most return to work after 5–7 days. Drive only once advised. No swimming for 2 weeks; goggles until week 4.
Months 1–3 sharpening	Vision keeps sharpening; the final result is usually reached by about 3 months.	Keep using steroid drops exactly as charted. Attend your reviews.

Why it takes longer

No flap is made, so the thin surface skin regrows over a few days. The trade-off: a stronger, untouched cornea.

Protect from the sun

Strong UV light can make healing hazy. Wear sunglasses and a brimmed hat outdoors for 6 months.

YOUR EYE DROPS

Drops and comfort

Every drop: 1 · Wash hands | 2 · Tilt head back | 3 · Lower lid down | 4 · One drop in, tip off the eye | 5 min between drops

Your drops

Start on the day of treatment, with the bandage lens in place

	Week 1	Week 2	Week 3	Week 4
Moxifloxacin antibiotic	4× a day for 7 days		stop	
FML steroid · shake well	4× a day	3× a day	2× a day	1× a day
Lubricants preservative-free	Often — every 1–2 hours if gritty	4 times a day for at least a month, then as needed		

FML course: ☐ Standard — 1 month, as above ☐ Extended — _____ weeks

Higher corrections may need FML for longer to reduce the risk of haze. Never stop early unless advised.

Managing discomfort

Worst in days 1–3, then eases quickly

Painkillers

Paracetamol, ibuprofen or co-codamol, following the packet. Take regularly for the first 3 days.

Cool compress

A cool pack over the brow — not pressing on the eye — eases aching.

Chilled drops

Keep lubricants in the fridge: cold drops soothe stinging.

Acular (optional)

Only if prescribed: 1 drop up to 3× a day for the first 2–3 days.

☐ **Prescribed**

No numbing (anaesthetic) drops at home — they slow healing. Pain that gets worse after day 3? Call us.

Do

- Leave the bandage lens in until clinic removes it
- Rest with eyes closed — audiobooks help
- Wear sunglasses outdoors for 6 months

Don't

- Rub your eyes or touch the bandage lens
- Put a fallen lens back in — call us
- Stop your FML drops early

BACK TO LIFE

When can I…?

A cautious guide to getting back to everyday life. Everyone heals differently — if in doubt, wait, and ask at your check-up.

A few days · About a week · 2 weeks · 4 weeks

Screens & TV 1 week	**Reading** 1 week	**Washing hair** 1 week	**Walking** 2–4 days
Desk work 1 week	**Driving *** 1–2 weeks	**Gym & jogging** 2 weeks	**Cycling & racket sports** 2 weeks
Eye make-up 1 week	**Swimming pool** 2 weeks	**Sea, sauna & hot tub** 4 weeks	**Contact sports & martial arts** 4 weeks
Gardening, DIY & dust 2 weeks	**Flying** 2 weeks	**Hair dye & lash tint** 4 weeks	**Skiing & diving** 4 weeks

*** Driving** only once your vision meets the legal standard and you have been told it is safe. Wait until the bandage lens is out before flying or exercise. Sunglasses outdoors for 6 months.

WHEN TO CALL

Getting better, or getting worse?

Each day should be a little better than the last — after PRK or TransPRK, from day 3 onwards. If things are going the other way, call — don't wait for your next appointment.

⚠ Call the same day

- **Pain getting worse after day 3**, or not eased by painkillers
- **Bandage lens falls out** — keep the eye closed; do not put it back
- **Yellow or green discharge**, or a white spot on the eye
- **Vision suddenly worse**, rather than slowly improving

ⓘ Common, and usually settles

Watering and stinging
Strongest in days 1–3 while the surface skin regrows.

Hazy, changing vision
Normal for several weeks — it keeps sharpening for up to 3 months.

Light sensitivity
Sunglasses help; it fades as the eye heals.

IN HOURS

Mr Deshmukh's practice

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Call or WhatsApp · secretary@rajeshdeshmukh.co.uk

OUT OF HOURS · 24/7

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For eye emergencies. Bring this guide, your drops and any bandage lens case.

General guidance only. Always follow the specific instructions given to you on the day of treatment. Mr Rajesh Deshmukh, MBBS, FRCOphth, FRCS (Glasg), FWCRS, Cert LRS, PG Dip Cataract & Refractive Surgery · GMC 6097561 · rajeshdeshmukh.co.uk