

**Coal Harbour Eye Centre**  
**2788 – 1177 West Hastings Street**  
**Vancouver B.C. V6E2K3**

**604-682-4900 Or 1-866-682-4900**  
**Fax # 604-682-0707**  
[www.seewell.ca](http://www.seewell.ca)

**Post-operative Appointments**  
**Must be scheduled for:**

24 hours
6 days after surgery
2 to 3 weeks after CL removal
4 to 6 weeks later
3 months later

**Please Note:**  
**Your post-operative appointments are very important for the healing of your eyes. Please ensure you attend each appointment.**

**IN CASE OF EMERGENCY DURING THE FIRST 24 HOURS PLEASE CALL DR. STEVEN KIRZNER'S ANSWERING SYSTEM AT 604-779-7750 HE WILL RETURN YOUR CALL. IF YOU DO NOT HEAR BACK FROM HIM WITH IN 30 MINUTES GO TO YOUR NEAREST EMERGENCY ROOM**

**ZYMAR (antibiotics)**

1 drop every 3 hours until the doctor determines that the surface has fully healed.

**ACULAR (anti-inflammatory)**

1 drop, 3 times a day for 3 days then stop.

**FML(corticosteroid)**

1 drop, 3 times daily until contact lenses are removed and then CONTINUE to use as follows:

Date	# of times per day	Duration
	5 times	1 week
	4 times	2 weeks
	2 times	1 weeks
	1 time	1 weeks

**TETRACAINE (pain relief drops)**

If you have pain, please use 1 drop per eye every 2 to 3 hours.  
**If in pain please do not be afraid to use!!**

**LUBRICATE - LUBRICATE – LUBRICATE!!!**  
**Shake bottles well before use.**  
**Wait 1 minute between medicated drops.**

**ARTIFICIAL TEARS**

**BION Tears (foil package)**  
**Day of surgery: 1 – 2 drops every half hour for the next 4 – 6 hours, then use as needed when experiencing discomfort.**

**Genteal or Refresh Tears**

After CL out – and your Bion Tears **are all gone.** 1 drop every 2 to 4 hours as needed.

**TearGel/Liquigel**

After contact lenses are removed, use the Teargel at night starting

**DO NOT RUB YOUR EYES**

**No restrictions with PRK except No hot tub or swimming for 2 weeks. After 2 weeks pass you can continue these activities but you must wear goggles. After 4 weeks no goggles are necessary.**

**100% UV protection for the first 6 months following surgery.**

**Sunglasses must be worn when you are outside.**  
**No driving for 3 to 10 days after surgery.**

**If you experience increasing pain or loss of vision please call our clinic or after hours number.**

**Avoid eye make-up for 1 full week after surgery. Avoid environments where debris could get in your eyes, such as dusty, or smoky areas.**