

**Womack Army Medical Center
OPHTHALMOLOGY CLINIC
2817 Reilly Road, Fort Bragg, NC 28310
Location: Reilly Road Entrance, 5th floor (5-South)
Phone number: (910) 907-6423**

PRK Pre-Surgery Instructions

Pick up your medications from the outpatient pharmacy ONE business day before your surgery date or your surgery will be cancelled.

Female patients: Please report to the laboratory for a pregnancy test ONE business day before your surgery date. The lab is located on the 1st floor of Womack Army Medical Center.

DAY OF SURGERY:

- Report to Womack Army Medical Center, Ophthalmology Clinic, for your surgery appointment. Use the **Reilly Road Entrance** and park in the inpatient parking lot.
- You will arrive along with a group of surgery patients. Plan to be in the clinic for 1-4 hours.
- You will be required to have a driver.
- Your driver will need to meet you in the Ophthalmology Clinic (5-South) following your procedure. We will not be able to release you until your driver arrives.
- You may wear appropriate civilian attire.

Things you will need to bring with you on the day of surgery:

- A driver
- ID card
- **ALL** prescribed medications (**Do NOT take any medications until directed**)
- Bottle of water (otherwise cups are provided for tap water)
- You may bring food, books, headphones for personal use while waiting.

Other important information:

- Do **NOT** wear earrings.
- Do **NOT** wear make-up or false eyelashes.
- Do **NOT** wear lotion.
- Do **NOT** wear aftershave, cologne or perfume as this interacts with the laser optics.
- Please eat prior to arriving for surgery.
- You will have 7 days of convalescent leave, starting day of surgery. Form is given to you before leaving the clinic.
- You will have a 30 day profile from surgery date (No Airborne OPS, no field duty, no gas chamber, no scuba/swimming, no tactical night OPS, no driving military vehicle for 2 weeks). Profile for Army located in MEDPROS, all other branches will receive hard copy on day of surgery.
- Sunglass wear in sunlight is mandatory for 90 days.
- If you become sick, call (910) 907-6423 to reschedule the appointment.

What to expect:

1. The surgeon will ask you to state your full name, date of birth, type of procedure, and which eye(s) to be treated.
2. You will receive several anesthetic eye drops to numb the eye.
3. The non-operative eye will be lightly patched. This will better enable you to concentrate on the light when instructed.
4. A speculum will be placed on the operative eye to help keep the eyelid open.
5. You will be asked to focus on the light and the procedure will begin.
6. The surgeon will then prepare the operative eye for laser treatment. This usually takes approximately one to four minutes. During the procedure the light will become blurry.
7. Once the operative eye is prepared the laser treatment will begin. The length of the laser treatment will depend upon your prescription (approximately 30 seconds or less).
8. After the laser treatment, the surgeon will rinse the eye with sterile water. If you require Mitomycin-C, it will be applied prior to rinsing the eye. Next, two different eye drops will be instilled and a soft contact lens placed on the eye. The purpose of the contact lens is to serve as a bandage and not to help you see. You will experience blurred vision following the procedure. A technician will remove the contact lens at your one week appointment. Once your contact lens has been removed the blurred vision will gradually improve over the next few months.
9. Following the procedure, you must remain in the waiting area until your driver arrives.

*** If you have questions or concerns, please call (910) 907-6423.**