

**Womack Army Medical Center
Warfighter Refractive Eye Surgery Program
2817 Reilly Road, Fort Bragg, NC 28310
Location: Reilly Road Entrance, 5th floor (5-South)
Phone number: (910) 907-6033 or (910) 907-6001**

PRK & LASEK 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.

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

- A driver
- ID card
- Bring **ALL** prescribed medications (do **NOT** take any medications until directed)
- Bottle of water (otherwise cups are provided for tap water).

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.
- If you become sick, call (910) 907-6033 or (910) 907-6001 to reschedule the appointment.

What to expect:

1. The surgeon will ask you to state your full name, social security number, date of birth, type of procedure, and which eye(s) to be treated.
2. You will receive several anesthetic eye drops (Alcaine) 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. PRK and LASEK are similar procedures. The preparation slightly differs. 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 place a tiny sponge soaked with Mitomycin-C on the eye for 20 seconds prior to rinsing the eye with sterile water. The surgeon will instill two different eye drops and then place a soft contact lens 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 but could remain for several weeks.
9. Following the procedure, you must remain in the waiting area until your driver arrives.

*** If you have questions or concerns, please call (910) 907-6033 or (910) 907-6001.**

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****Wait 5 minutes between each eye drop****



Moxifloxacin (Vigamox):

1 drop three (3) times a day to operative eye, until two days **after** the contacts are removed. *Begin the day of surgery.*

Fluorometholone 0.1%: Shake bottle before each use

1 drop four (4) times a day to operative eye(s) for two weeks, then:
1 drop three (3) times a day for two weeks, then
1 drop two (2) times a day for two weeks, then
1 drop one (1) time a day for two weeks, then **STOP.**

Begin the day of surgery.

*** Note: There is a refill available for Fluorometholone (info on the box).**



Systane lubricating eye drops:

1 drop every 1 hour while awake until contact lens is removed, **then** 4-6 times a day for 3-4 months. *Begin the day of surgery*

*** Note: There are refills available for Systane (info on the box).**



Tetracaine:

1 drop every 2 hours **as needed** for pain. **No more than 8 drops in a 24 hour period.**

Ibuprofen (Motrin) 600mg: 1 tablet every 8 hours as needed for headache. **Take with food or milk (yogurt) to help prevent stomach upset.**

Oxycodone (Percocet) 5mg/325mg: 1-2 tablets every 4 to 6 hours as needed for pain. **Take with food or milk (yogurt), to help prevent stomach upset.**

Promethazine (Phenergan) 25mg: 1 tablet every 6 hours as needed for nausea. **No more than 4 tablets in a 24 hour period.**

Diazepam (Valium) 5mg: 1 to 2 tablets as needed for sleep.

Vitamin C 500mg: Take 2 tablets every day for 3 months.

PHARMACY HOURS

MONDAY - FRIDAY 0800 - 1800

SATURDAY CLOSED

SUNDAY CLOSED

