

Aftercare following PTK treatment

AT HOME

- It is advisable to **rest with your eyes closed** or sleep during the first few hours after the treatment.
- For the first **three nights** you must wear **protective glasses**, which will be provided to you.
- **Avoid rubbing** your eye.
- Start using **eye drops** as soon as you get home.
- You **may resume normal** daily activities. Light exercise (e.g. gym) may be resumed after one week.
- Avoid strenuous efforts, contact sports, swimming (wear swimming goggles) and saunas during the first month.
- **Do not wear make-up** during the first two weeks.

PAIN MEDICATION

Paracetamol 1 g (Dafalgan)	Maximum 4 times a day (every 6 hours)	E.g. 8.00 - 14.00 - 20.00
Ibuprofen (e.g. 400 mg tablet)	Maximum 3 times a day (every 8 hours)	E.g. 8.00 - 16.00 - midnight
Tradonal 50 mg Odis (fast-release tablet) For acute pain	Maximum 3 times a day (every 8 hours)	E.g. 8.00 - 16.00 - midnight

EYE DROP SCHEDULE

Trafloxal edo:	3 times a day for 1 week
FML:	Start only after your follow-up appointment 4 times a day during week 1 3 times a day during week 2 2 times a day during week 3 1 time a day during week 4
Artificial tear drops:	every 2 hours during week 1, then regularly thereafter

Further information on how to apply eye drops can be found in the brochure entitled 'Eye drops and ointment' at www.uzleuven.be/brochure/700730.

IN CASE OF PROBLEMS, OR IF YOU NEED ADDITIONAL INFORMATION

- You can contact the switchboard at 016 33 23 70 at any time during the day. They will connect you to the ophthalmologist..
- After 6:00 p.m. and during weekends, you can contact the ophthalmologist on call via the switchboard at 016 33 22 11.