

A FEW DO'S AND DON'TS FOLLOWING YOUR LASIK PROCEDURE

- ❖ Please go directly home after your LASIK treatment. You will probably feel best if you rest for a few hours. Keep your eyes closed as much as possible and avoid vents that blow either hot or cold air. This may cause your eyes to become dry.
- ❖ It is important that you do not rub or touch your eyes at all for the first three days following your procedure. If your eyes tear or drops roll down your cheeks, just dab gently underneath the eye, no higher than the cheekbones.
- ❖ Please avoid any eye makeup or creams, for 7 days following your procedure.
- ❖ Avoid swimming, hot tubs and gardening for two weeks.
- ❖ Avoid getting water directly into your eye(s). You may shower the day after your LASIK procedure.
- ❖ You may return to work and your usual exercise routine the day after your procedure.
- ❖ At your first post-operative visit, your doctor will tell you when you may resume driving. Most patients are able to see well enough to drive the day after their procedure, with the doctor's approval.
- ❖ It is not unusual to feel as though there is an eyelash in your eye. If you experience this discomfort, please use the *Celluvisc* drops provided in your "*post-operative care kit*". You may use these drops as often as needed.
- ❖ The *Celluvisc* drops will dry and crust on your lids and lashes. If you are careful, you can clean this with a cotton swab soaked in warm water.
- ❖ A pair of eye shields is provided in your "*post-operative care kit*". The shields are to be worn for the first 2 nights following your procedure, with the pointed part of the shield pointing towards the nose. A roll of tape is included in the kit to apply the shield for the second night.
- ❖ You may experience increased sensitivity to light for the first few hours after your LASIK procedure. The sunglasses provided in your "*post-operative care kit*" will help with this. Sunglasses should be worn for at least 3 days following your procedure.
- ❖ It is normal for the eyes to feel dry for several weeks following your procedure. It may feel like you have grit or sand in your eyes. The *Celluvisc* drops will help.

Please do not drive on the day of your surgery. Use your preservative free lubricating drops frequently. Do not rub your eyes.

WHAT TO EXPECT ON THE DAY OF YOUR LASIK PROCEDURE

You will be at Herzig Eye Institute for approximately 1.5 to 2 hours. Please help yourself to refreshments while you are here. Please turn off any cellular devices, as these might interfere with laser frequencies. Make sure that all your eye make-up has been removed.

A clinical assistant will perform a series of measurements including iDesign wavefront technology and repeat corneal topography. Information from these tests will be used to deliver a customized, High Definition laser treatment.

Your surgeon will meet with you, measure your vision and perform your Laser Vision Correction.

The experience of Laser Vision Correction is not difficult or painful. However, it is normal to be nervous – you will be given the option of a mild sedative to help you remain calm. The procedure itself takes about 15 minutes. Your surgeon will operate on one eye at a time, while the other eye is covered. We will put anaesthetic drops in your eyes, so you will feel no pain. Each eye in turn will be held open, so there is no need to worry about blinking. As well, the laser has an eye-tracking capability, which allows it to adjust to the movements of your eyes.

Your surgeon will use the Intralase laser first to create a thin flap on both corneas. A suction ring will be positioned on your eye to help centre the Intralase. You will feel some pressure on your eye and you will not be able to see for about 20 seconds. When the flap has been created, the pressure will be released and your vision will return.

Next, your surgeon will use the excimer laser to re-shape the cornea and correct your vision. This takes about 30–60 seconds per eye, depending on the strength of your prescription.

Please note it is cool in the laser suite – the lasers require a controlled environment. Do not hesitate to ask for a blanket.

When the procedure is finished, you will be given your first set of eye drops. A surgical assistant will then escort you out of the laser suite, where our clinical assistant will discuss the post-operative instructions with you and answer any questions. Approximately 15 minutes after your procedure, your surgeon will examine your eyes once more and then you are free to go. If you have not already done so, please arrange for your one-day follow-up appointment as you leave.

The anaesthetic drops will begin to wear off within 15–20 minutes after your surgery. You might then begin to experience some discomfort: increased sensitivity to light or a feeling that there is something in your eye. This tends to subside within 2–5 hours. Your vision will be foggy or hazy for the rest of your surgery day – this is normal. You may notice some bruising (red spots on the white of your eyes). This is normal and will go away.

Do not hesitate to speak to any one of our staff if you have any questions or needs. Our goal is to ensure that you have the best experience possible.