

# OUT OF TOWN PATIENT GUIDE



# WELCOME TO TORONTO

The team at Herzig Eye Institute is excited to provide you with a world-class experience, and help you achieve your best possible vision.

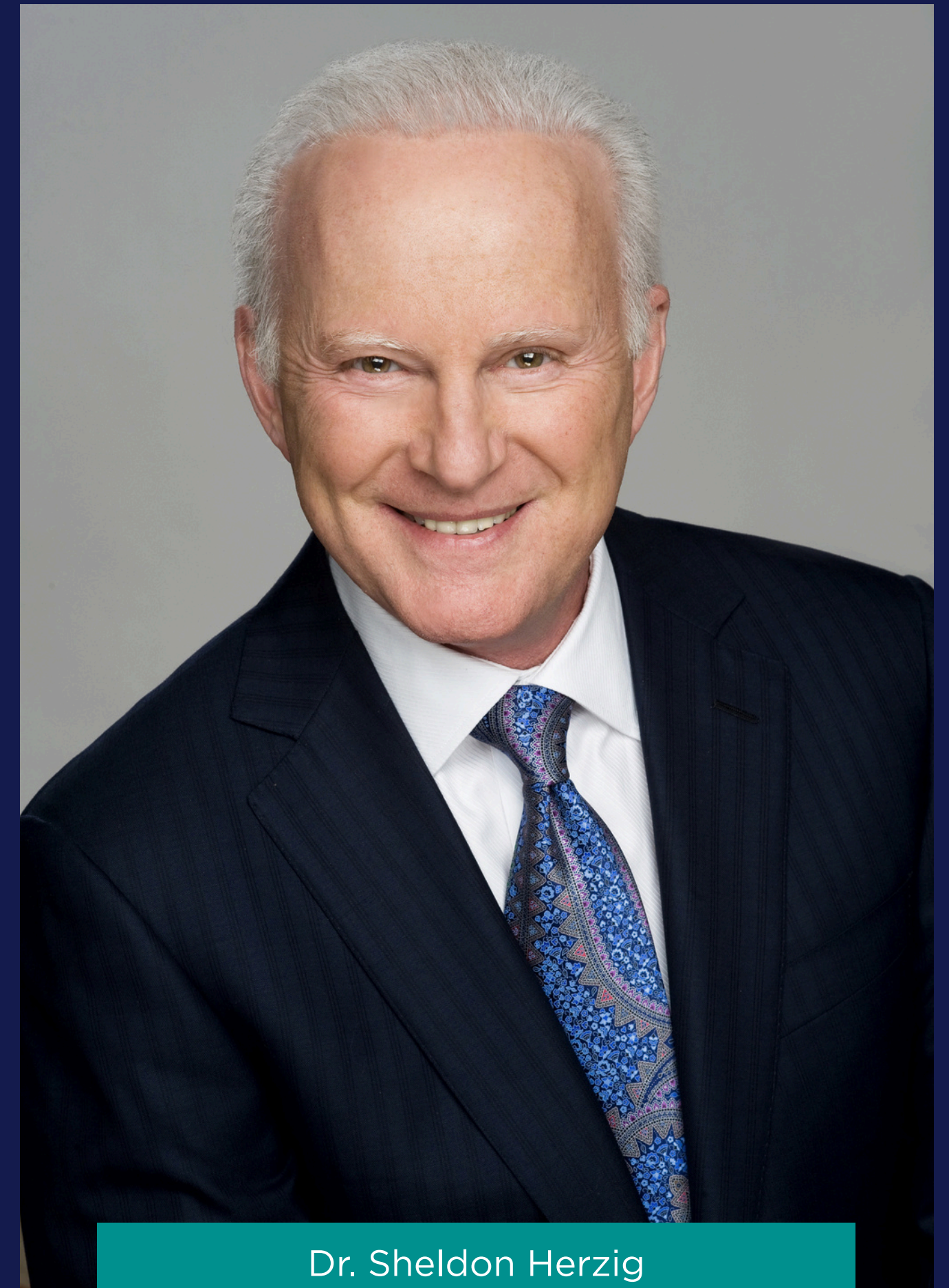
This guide is designed to help make your journey as comfortable and enjoyable as possible. Please don't hesitate to contact your Refractive Consultant with any questions.





# OUR MISSION

“Our mission is to transform the way you see by providing you with your best possible vision. By combining exceptional surgical skill with the most advanced and proven vision correction technology available, we aim to give you vision that is better than you can achieve with glasses or contacts. Your eyes are priceless and deserve the best care possible. Our goal is 100% patient satisfaction.”



Dr. Sheldon Herzig  
Co-Founder & Chief Medical Officer



# OUR CLINIC

Our dedicated staff are  
here to support you and  
can be reached at:

150 Bloor St W Suite #210,  
Toronto, ON M5S 2X9

**Local: 416-929-2020**

**Toll Free: 1-888-782-8000**

[Visit Our Website](#)







# PRE-ARRIVAL INFORMATION

We are looking forward to your arrival!

Please ensure that you have discontinued contact lens use for the appropriate amount of time prior to your arrival.

If you are unsure about this timeline, kindly reach out to your refractive consultant.



# AIRPORT TRANSIT

- UP Express Train: Direct service from Pearson to Union Station (25 minutes), then transfer to TTC Subway Line 1 to Bloor-Yonge Station
- Toronto Airport Limo
- Pearson Airport Limo offers pre-booked rides



**TORONTO PEARSON  
INTERNATIONAL AIRPORT  
(YYZ)**



# PUBLIC TRANSPORTATION

TTC Subway: Bloor-Yonge Station  
(Line 1 & Line 2 interchange)

Use the [TTC Trip Planner](#) for real-time  
routes and service alerts





# DRIVING FROM TORONTO PEARSON

1. Take ON-427 S to Gardiner Expressway E
2. Exit at Spadina Ave, head north
3. Turn right on Bloor Street West
4. Destination will be on your right near Avenue Road



# PARKING



## 148 Cumberland St.

Underground Green P parking lot, 2 minute walk from our centre



## 55 Avenue Rd.

Underground lot with hourly and daily rates, direct access to Bloor St Shops



# InterContinental Toronto Yorkville

- Address: 220 Bloor St. W
- 4 Star Rating
- 2 minute walk, located adjacent to the Royal Ontario Museum
- Amenities: Indoor pool, fitness centre, on-site dining
- Booking [Website](#)





# W Toronto

- Address: 90 Bloor St. E
- 4 Star Rating
- 8 minute walk, walk east on Bloor St. W past Yonge St.
- Amenities: Rooftop bar & restaurant, fitness centre
- Booking [Website](#)





# The Hazelton Hotel

- Address: 118 Yorkville Ave
- 5 Star Rating
- 5 minute walk, walk north on Avenue Rd, then east on Yorkville Ave
- Amenities: Luxury spa, fine dining, valet parking
- Booking [Website](#)





# NORTH AMERICAN CUISINE



Hemmingway's  
142 Cumberland St



Mandy's  
110 Bloor St W



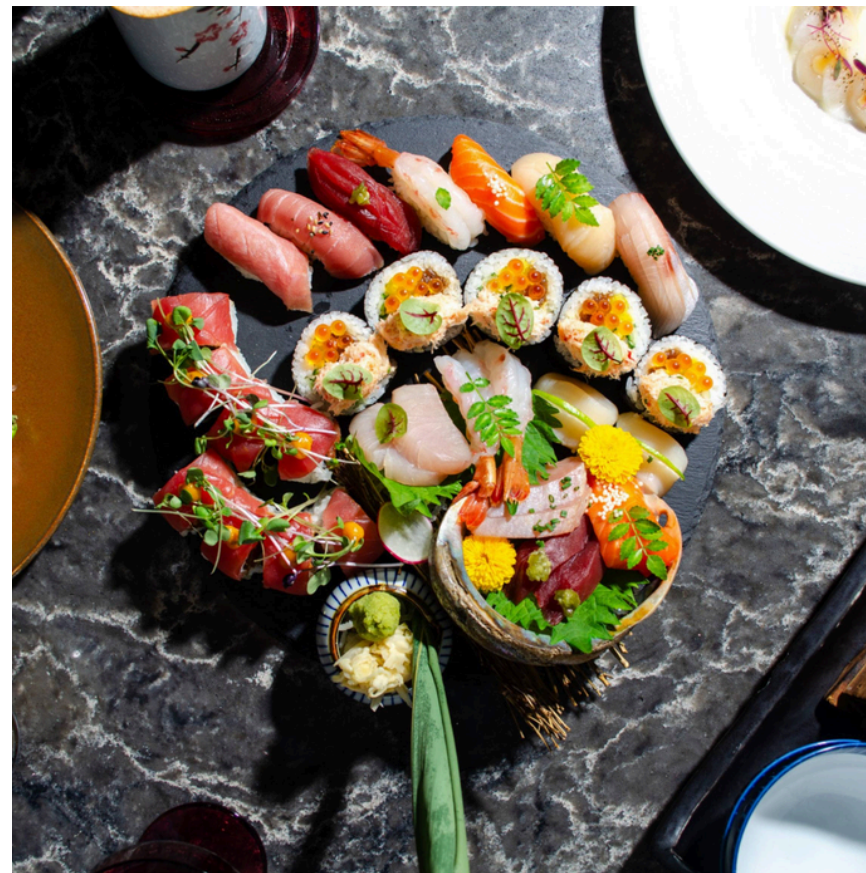
Earl's Kitchen + Bar  
55 Bloor St W Unit 113



# INTERNATIONAL CUISINE



**Eataly**  
**55 Bloor St W**



**Kasa Moto**  
**115 Yorkville Ave**



**Trattoria Nervosa**  
**75 Yorkville Ave**





# OTHER ESSENTIALS

## **Guardian Bloorcourt Pharmacy**

936 Bloor St W

## **Whole Foods Market**

87 Avenue Rd

## **Metro Grocery Store**

425 Bloor St E



# RECOVERY INSTRUCTIONS

- Go directly to where you are staying and rest
- Avoid hot/cold air vents blowing directly on the eyes
- Lubricate your eyes as much as possible
- Avoid rubbing/touching the eyes for 1 week
- Avoid swimming, saunas, hot tubs and gardening for 2 weeks
- Avoid showering or water directly in the eyes for 24 hours







Relaxation  
Destination

# Queen's Park





**Relaxation  
Destination**

# **Bloor-Bedford Parkette**





**Relaxation  
Destination**

# Village of Yorkville Park



# REFRESHMENTS

Zaza Espresso Bar



Nut Bar



Starbucks





# SHOPPING

**Aritzia**

50 Bloor St W

**Holt Renfrew**

50 Bloor St W

**Mango**

1 Bloor St E

**Harry Rosen**

82 Bloor St W





# EXPERIENCE TORONTO

ROYAL ONTARIO MUSEUM (ROM)	CASA LOMA	RIPLEY'S AQUARIUM OF CANADA	HOCKEY HALL OF FAME	CF TORONTO EATON CENTRE
<ul style="list-style-type: none"><li>• Address: 100 Queens Park</li><li>• <a href="#">Plan your trip</a></li><li>• <a href="#">Directions</a></li><li>• Dinosaurs, ancient civilizations, ark and natural history</li></ul>	<ul style="list-style-type: none"><li>• Address: 1 Austin Terrace</li><li>• <a href="#">Plan your trip</a></li><li>• <a href="#">Directions</a></li><li>• Gothic revival castle with gardens, tunnels and towers</li></ul>	<ul style="list-style-type: none"><li>• Address: 288 Bremner Blvd</li><li>• <a href="#">Plan your trip</a></li><li>• <a href="#">Directions</a></li><li>• Expansive, modern aquarium with many species &amp; habitats on display</li></ul>	<ul style="list-style-type: none"><li>• Address: 30 Yonge St</li><li>• <a href="#">Plan your trip</a></li><li>• <a href="#">Directions</a></li><li>• Vast collection of hockey memorabilia including the Stanley Cup</li></ul>	<ul style="list-style-type: none"><li>• Address: 220 Yonge St</li><li>• <a href="#">Plan your trip</a></li><li>• <a href="#">Directions</a></li><li>• Array of shops &amp; restaurants in a historic mall with a glass ceiling</li></ul>



# **FOLLOW-UP CARE**

1 day in person follow-up at Herzig Eye Institute,  
remaining follow up care can be completed at  
home.

Please note that you will need to schedule the  
remaining follow-up appointments independently.



# Thank You

We appreciate you choosing Herzig Eye Institute and look forward to welcoming you in Toronto.

Please do not hesitate to reach out to your refractive consultant with any further questions.