



WHAT TO EXPECT

LASIK screening: First, we will perform a screening to determine whether you are a candidate.

LASIK examination: This includes determination of your glasses prescription (refraction), measurement of your vision with and without glasses (visual acuity), evaluation of eyelids, pupils, eye muscle balance, and confrontational visual fields, measurement of the pressures inside your eye (tonometry), measurement of the curvature of your cornea (keratometry), measurement of the thickness of the corneal pachymetry), microscopic examination of the anterior segment (cornea, anterior chamber, iris, lens, and anterior vitreous) of your eye (slit-lamp examination) and a dilated examination of the retina and vitreous.

Preparing for LASIK:

Contact lens wearers: Do not use your contact lenses for the appropriate time prior to exam and procedure

- Soft lenses, 2 days
- Soft Toric, 7 days
- Gas-permeable: 2–3 weeks
- Hard lenses: 3–4 weeks

Hygiene: Do not wear face or eye makeup, facial moisturizer, perfume, cologne, or body sprays from the neck up. Wear loose-fitting, comfortable clothing. The laser room is kept at 68° so bring a sweatshirt. Please do not bring a sweater because they bring in lint.

Food: You may eat and take all your medications as usual unless otherwise instructed. However, please do not eat two hours prior to your arrival time at the laser center. The sedative will have less of an effect on a full stomach.

Parking: The parking lot is adjacent to the building and is valet only. Laser Eye Associates offers validation for parking up to two hours.

Arrival: Arrive one hour prior to surgery. Traffic conditions in the area can be very unpredictable, so please allow yourself extra travel time to make it to your appointment on time. Upon arrival, you will complete surgical center registration forms. Then you will take a sedative.

Location: Surgical Center

Length of stay: Plan to be at the facility for up to two hours. You will need someone to drive you home.

LASIK Surgery: Dr. Oyakawa creates a flap in the cornea using the Intralase® for the critical first step. After a short wait you will be taken into the excimer laser room. Then Dr. Oyakawa folds the flap back and second step of the LASIK procedure begins to reshape the cornea. An excimer laser removes (ablates) tiny bits of tissue from the cornea.

After LASIK surgery: You may experience some mild discomfort following your treatment, which may include sensation of a foreign object in the eye, burning, itching, light sensitivity, scratchiness, and tearing—these are all normal. When you get home: You may eat. We recommend that you sleep. This will make you more comfortable. Medication will be given to

you to help you relax. We would prefer you refrain from watching television, reading, or working on the computer on day of surgery. Also try to remember to fully blink your eyes every few minutes for moisture.

Protective eyewear: You will need to sleep with protective eyewear goggles for three nights after the LASIK procedure. On the first night of surgery, you will sleep with hard shields taped on and goggles on top. The following two nights, be sure to sleep with goggles.

Eye drops: You will be using antibiotic and antiinflammatory eye drops four times a day for five days after surgery starting the day after your procedure.

Artificial tears: The surgery center will provide an eye kit that contains Refresh/Systane tears. Your eyes may feel dry due to the laser; you may use artificial tears as often as needed. If you purchase artificial tears yourself, make sure that they are preservative-free.

Contaminated water: Avoid getting non-sterile water into your eyes for 14 days, including water from swimming pools, hot tubs, jacuzzis and the ocean. It's okay to shower and wash your hair and face, as long as you keep your eyes closed as you normally would. Do not rub for four weeks after your LASIK procedure.

Makeup: Do not use eye makeup for five days following your LASIK procedure.

Pets: Do not sleep with pets for 24 hours following your treatment. Their fine hair may get into your eyes. We recommend laundering bed linens prior to your LASIK procedure.

Back to work: Most people return to work the day after surgery.

Exercise: You may return to your exercise routine after five to seven days. DO NOT get sweat into your eyes. Use a sweatband and wash your face before and after exercising.

When to call your doctor: Call if you notice any of these eye problems after surgery:

- Increasing pain
- Discharge or increased irritation
- Abrupt changes in vision 24 hours or more after surgery

Remember, always feel free to call us with any questions regarding your eyes.