

LASIK Operative Instructions



養和醫院
陳蔭樂視力矯正中心

Guy Hugh Chan Refractive Surgery Centre
Hong Kong Sanatorium & Hospital

OPERATION DATE & TIME

Operation Date: ____/____/____ Time: _____

Arrival Time at RSC: _____

* Please bring along your HKID Card / Passport on the day of surgery.

Patient Information

Purpose :

The purpose of this procedure is to eliminate or decrease your dependency on corrective lenses.

Procedure :

Topical anaesthetic eye drops will be given before the surgery. Then a corneal flap is created with microkeratome or laser, after which the corneal flap is folded back and the laser treatment begins.

Upon laser completion, the corneal flap is replaced to its original position. Eye shield will then be used for protection.

LASIK Advantages :

1. Highly precise.
2. Little surgical trauma.
3. Rapid visual recovery.
4. Can correct relatively high myopia, astigmatism and moderate hyperopia.
5. Minimal pain or redness, most discomfort will disappear after 3 to 6 hours after the surgery.

Commonly Encountered Symptoms after Surgery:

1. You will have temporary hazy initially, light sensitivity and glare around lights may be noticed, and it usually improves after a few weeks.
2. Your eyes may feel dry initially and this usually improves after a few weeks to a few months.
3. Night vision may be blurry.
4. Vision in the morning may be slightly foggy.
5. Reading glasses may be required for patient in presbyopic age (usually after age 40).
6. Potential complications :

- * Irregular astigmatism due to irregular healing of the cornea may cause a decrease in best corrected vision.
- * Increased light sensitivity, glare, halos, variation of vision and double vision.
- * Over correction, under correction or induced astigmatism are possibilities which may require further surgery, or corrective lenses after surgery.
- * Interface debris, flap movement or epithelial in-growth may require further surgery.
- * Corneal infection or inflammation may occur and may lead to astigmatism and overcorrection, these refractive errors may require further surgery or corrective lenses.
- * Incidences may occur during the procedure that may require the surgery to be stopped, and you may need to return at a later date to complete the planned procedure.
- * Cornea degeneration is very rare but may lead to corneal transplant.
- * If you are wearing bifocals or reading glasses now, you are likely to need reading glasses after the procedure.

Pre-Operative Instructions

1. Discontinued wearing contact lenses before the operation:

Soft lens for 3 - 7 days;
Hard lens for 2 - 3 weeks.

2. A family member / friend should accompany you to go home after surgery.

3. You can have your normal meal on surgery day.

4. Do personal hygiene, e.g. hair wash is preferable before arriving at the hospital.

5. On surgery day, please dress comfortably. (preferably with trousers and no jumpers).

6. On surgery day, please do not wear jewelry.

7. On surgery day, please do not use perfume, cologne, hair spray, etc.

8. On surgery day, please do not use facial cream, lotion, mascara, eye shadow or eye-liner. Please clean your forehead with soap and water before you come.

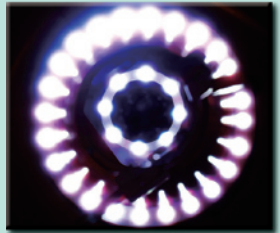
9. For your pleasure, you can listen to MP3 or iPod during the surgery.

10. Payment can be made by cash, EPS, VISA, Master, Diners or American Express.



Intra-Operative Instructions

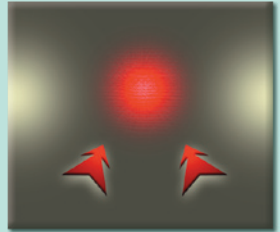
1. Creation of corneal flap
 - a) For laser flap cutting: Please keep looking at the dark centre of the circle light.
 - b) For blade flap cutting: Please keep looking at the red/green light.



(a)

2. Excimer Laser Treatment

When laser treatment starts, please concentrate on the red/green light. If the red/green light is blurred and not sharp as a spot, please focus on the bright spot within the red/green light.



(b)

3. You may hear machine noise and get burning smell during surgery. Do not get distracted. Please try to relax and steady your eyes.
4. You may have some sensation but it should not be painful. Just relax and follow doctor's instruction.

Post-Operative Instructions

A. On Surgery Day

1. Refrain from driving motor vehicles or operating machinery. Take caution with stairs to avoid accidents.



2. Return home and rest for six hours. Lying down in "Face Up" position is recommended.

3. If there is discomfort in your eyes, you may try the pain relieving medications provided. Take the medications according to instructions. Most discomfort will disappear within 3-6 hours.



4. Keep the eye shields on until the next day. In case of excessive tearing, please wipe it off at the edge of the eye shields. **DO NOT RUB THE EYES.**
5. The eye shields can be removed on the following day after surgery when you wake up. (Please keep the eye shields).
6. When using eye drops, please follow doctor's instructions.

7. If a bandage contact lens was placed over your operative eye by doctor after surgery, do not take off the bandage contact lens by yourself. If the bandage contact lens falls off accidentally, do not put it back by yourself but bring it back on Fu day. If you experience extreme eye discomfort, please call on 2835 8899(in office hours) or 2572 0211(after office hours)

B. Follow Up Examination

1. Please make an appointment to see your doctor.
2. You should return for eye examination the day after surgery, then at one week, one month, three months, six months or whenever your doctor deems necessary.
3. Annual optometrist check up for 5 years following the operation can be scheduled on an optional basis. If joined, each check up should take place in that calendar month, which the operation is performed. Otherwise, it will be forfeited.

C. General Information

1. Start antibiotic and anti-inflammatory eye drops provided according to instructions of your doctor. Some patients may have a slight burning sensation after instillation of the eye drops.
2. Artificial tears can be used anytime when your eyes feel dry.



3. Keep the eye shields on for protection for one week when you are sleeping to avoid accidental trauma to the eyes.



4. Avoid using eye make up, especially mascara, for 1 month to lessen the chance of infection.

5. Avoid irritation of the operated eyes with soap, unclean water from shower for one week.

6. Avoid swimming for one month.

7. To prevent foreign bodies getting into the operated eyes and decrease the ultraviolet light, you can put sunglasses on when you are outdoors for one month.

8. Avoid Steam Sauna for at least three months.

9. Avoid rubbing or contusion to the operated eyes for at least six months.

10. If you have any questions, please contact Guy Hugh Chan Refractive Surgery Centre at 2835 8899 in office hours.

11. For emergency, after office hours, please contact Hong Kong Sanatorium & Hospital at 2572 0211 and the operator will help you to call for your doctor.

D. Instructions for using Eye drops / Eye Ointment

1. Eye drops / ointment are sterile before opening. Please keep them in a cool place after each application. Avoid direct sunlight.
2. Eye drops / ointment should be discarded 1 month after opening, or you should follow the instructions of the manufacturer.
3. Please wash your hands before applying eye drops / ointment.
4. Tilt back your head when applying eye medications.
5. Pull the lower eyelid down gently with the eyes looking up.

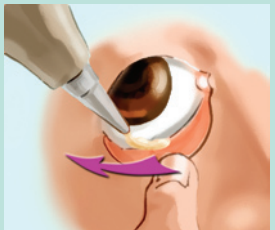
a) Instill eye drops into lower and medial fornix. (fig. 1)

b) Squeeze 2-3mm eye ointment and apply it on the lower fornix. (fig.2)

6. After applying medications, close the eye and use clean facial tissue to wipe off any excess medication. Then keep eyes closed and press inner canthus lightly with your index finger tip for about one minute.



(fig.1)



(fig.2)

7. Do not touch the eye with the tip of the container when using eye medications.
8. Wait for at least 5 minutes before using another medication.
9. When you need to use eye drops and eye ointment, please apply eye drops first, and then eye ointment after 5 minutes.
10. Vision will be blurred temporarily when eye ointment is used.
11. Close the cap of the container after each application.

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