

Eye LASIK Austin



Welcome to Eye LASIK Austin. We are delighted that you will be joining the ever-increasing number of people who have chosen Eye LASIK Austin to restore their vision.

To assist in preparing for your visit to Eye LASIK Austin, we have included some instructions about the procedure and post procedure medication usage.

PRIOR TO YOUR PROCEDURE

You must see your Eye Care Professional for a full-dilated examination at least one week prior to your procedure to gather the necessary data in preparation of your procedure day. Please be sure you have scheduled this exam; we cannot perform the procedure until it is completed. If you have any problems scheduling the examination, please call us at **512-346-EYES** and we will be happy to assist you in scheduling.

Examinations for the day(s) following your procedure will be scheduled with your Eye Care Professional.

CONTACT LENS WEARERS

If you wear contact lenses, you will need to remove the lenses at some point prior to your procedure to allow your corneas to stabilize their shape. Your Eye Care Professional will advise you specifically when to remove them and when your corneas are stable. But as a general rule:

- Gas permeable or hard contact lenses will be removed a **minimum** of 4 weeks prior to the laser vision correction procedure and another 4 weeks per decade of use. **Example:** 18 year RGP or Hard lens wearer will be out of contacts a **minimum of 3 months** prior to having Laser Vision Correction.
- Soft contact lenses should be removed at least 2 weeks prior to the laser vision correction procedure.
- You will be asked to verify compliance with these requirements as a condition to proceeding with your laser vision procedure.

WHAT TO DO THE DAY OF THE PROCEDURE

It is understandable to feel a little nervous or apprehensive as well as excited when the time for your procedure finally arrives. This mixed emotional response is completely normal and natural.

You may eat and drink whatever you want prior to the procedure. In addition, if you are on any medications, you may take them as you normally do. Of course, you should have already advised your **Eye Care Professional** or **Eye LASIK Austin** staff member about your use of these medications. However, do not consume alcohol or take any sedative or similar medication that could make you drowsy before or during the procedure. Please also refrain from any **antihistamines** for 4 days prior to your procedure.

Be sure to wear something comfortable. The laser room is kept cool please dress accordingly. Typically the laser room is kept at 68 degrees.

Do not wear any facial or eye make-up, hairspray, scented lotion, cologne or perfume. These things can damage our equipment. It may be necessary to reschedule your procedure if you do not comply with our request. Do not wear your hair in a ponytail and please remove any earrings. You will need to have someone available to drive you to and from the procedure. The person you choose will have to **stay with you the entire time** you are in the center for your procedure. Please do not have someone drop you off and return later to pick you up. **No cell phones or pagers are allowed to be in use while in the building.** If you or anyone in your party has a cell phone or pager it must be turned off until you leave the building.

THE PROCEDURE

Before the Procedure

Please arrive 1 hour before your scheduled appointment to provide an adequate period for paperwork and pre-procedure medication. **Please read and sign your consent form prior to your arrival. If you have not read and signed the consent form prior to your arrival you will not be allowed to have the procedure that day.** It is important that you fully understand the consent form. Your **Eye Care Professional** or **Eye LASIK Austin** can answer any questions regarding this consent form.

After all the paperwork is complete, you will be consented by the surgeon then the pre-procedure medication is administered, you will be taken to the laser room and you will be seated in the patient chair. At this point, the laser will have already been programmed with your prescribed correction. You will be given anesthetic eye drops then; an instrument called an eyelid speculum will be placed between your upper and lower eyelids to prevent you from blinking. After your eyes are numb, we will begin the surgical procedure.

During the Procedure

The procedure is done in steps. Each step takes several seconds. Total laser time for most patients is less than one minute per eye, but you can expect to be in the laser room for approximately 15 minutes.

During the procedure, you will notice distinctive sounds and smells. For example, the machine makes a buzzing noise whenever the laser is in use. Your **Eye Care Professional** will let you know before the pulses begin so that the noise will not startle you.

Use of the laser also produces an odd odor. Some patients have described it as the smell of burning hair. However, there is no burning with an excimer laser; the excimer laser is a “cold” laser, which produces an ultraviolet beam of light and does not generate heat.

Once reshaping of the cornea is complete, the eyelid speculum is removed. Your **Eye Care Professional** will keep you informed throughout the procedure, and you will be free to ask questions at any time while the laser is not in use.

When the laser vision correction procedure is complete, you will have eye drops placed in your eyes. Before you leave Eye LASIK Austin, the Patient Consultant or your **Eye Care Professional** may supply you with a prescription for some eye drops as well as a kit containing eye drops, along with a schedule for their use.

After the Procedure

~~A~~fter the laser vision correction procedure, you should plan to rest. You should also use your eye drops as instructed.

Your eye may water excessively and you may start feeling some discomfort 30 to 90 minutes after the procedure as the anesthetic drops wear off. Some patients experience discomfort following the procedure although patient reactions range from no discomfort at all to moderate pain. Most patients who have discomfort describe it as the sensation of having something underneath a contact lens or of having an eyelash or sand in their eye.

You may also experience a runny nose, a gritty sensation in your eye, an increased sensitivity to light, general eye irritation, redness or swelling of the eye. You can ease these symptoms by resting in a darkened room with your eyes closed.

Day One Following the Procedure

~~O~~n the day after the procedure, continue using your eye drops as instructed. You will return to your **Eye Care Professionals** office for a follow-up examination. Your vision will probably be blurry but better than it was before without glasses or contacts.

While some patients resume their normal schedule by the second or third day, it is perfectly normal to still feel the need to rest. Remember that the healing process is different for everyone.

With an **Advanced Surface Ablation** like **Epi-LASIK** or **PRK**, vision generally starts to improve once the epithelium has grown back, which will typically take 3-5 days. However, vision can continue to be blurry for a number of days or weeks, and in some cases longer. While a 20/20 result isn't likely right away -- and in some cases may not be possible -- you should see an improvement in visual acuity over time.

With **iLASIK**, **CustomView**, and **Intralase**, vision generally improves within 24 hours. However, your vision may continue to be blurry and you may have fluctuation in your vision for up to a month or longer.

Some patients, especially those who have had severe myopia corrected often experience night glare after the procedure. Night glare generally disappears over time.

If you have had an **Advanced Surface Ablation**, you will need to see your **Eye Care Professional** 3-4 days following your procedure to have your protective lenses removed. Please schedule that appointment prior to your procedure.

ACTIVITY RESTRICTIONS

You should comply with the following activity restrictions following your laser vision correction procedure:

- Refrain from driving until you are sure your vision does not create a safety concern.
- **Never, ever rub your eyes!** Rubbing your eyes can cause loss of vision.
- Do not swim or use hot tubs or whirlpools for 2 weeks
- Avoid any activities that could cause you to get dirt or dust in your eyes, like yard work.
- Avoid getting shampoo in your eyes while bathing or showering. And if you do, no rubbing.

It will be normal to be excited about the new vision you are about to achieve, and it will be normal to put your new vision to the test to see how improved your uncorrected vision has become.... Just keep in mind your eyes will still be adjusting...seeing even better as far out as 4-12 weeks after the procedure. Based on our thousands of satisfied patients, we fully expect you to enjoy your new uncorrected vision quickly. Experience indicates that most patients have stable vision between **six weeks** and **six months** following the procedure.

IMPORTANT PHONE NUMBERS

If you have any questions or think that you may need help, we encourage you to call your **Eye Care Professional**. Eye LASIK Austin's phone number is 512-346-3937.

INFORMATION REGARDING PAYMENT

An invoice and payment instructions will be provided when you arrive for check-in the day of your procedure. We would like to remind you that payment in full is required on the day of the procedure. If you wish to charge your payment, we accept Visa, Mastercard, American Express or the Discover card. You may also pay with a cashier check or money order. **Personal checks cannot be accepted as payment for your Laser Vision Correction Procedure.** If purchasing a cashier check or money order in advance, please call the above number during business hours to get the exact amount for this check.

Most of the time insurance will not cover any portion of a Laser Vision Correction Procedure. If you believe your insurance will cover part of your procedure, you must have all the necessary paperwork filled out and filed with Eye LASIK Austin and your insurance provider at least 2 weeks prior to your procedure date. This will allow sufficient time to get pre-authorization approval. You will be responsible for any amount your insurance will not cover. That amount will be due at the time of the procedure.

Please contact one of Eye LASIK Austin's representatives should you have any questions or desire clarification. Don't hesitate to call – we are here to help.