

What To Do BEFORE Your LASIK Procedure

After your evaluation, if you are an ideal LASIK candidate, the next step before the procedure is to schedule a more detailed, dilated exam called a “measurement exam”. Your LASIK treatment is based on the results from this exam.

Rigid Gas Permeable (RGP) lens wearers:

- Discontinue wearing your RGP contact lenses one month prior to the measurement exam and surgery.

Soft contact lens wearers:

- Discontinue soft contact lens wear one week prior to the measurement exam. After the measurement exam, you may wear your contact lenses until one week prior to surgery.

One day prior to surgery:

1. For your convenience, at the time of your measurement examination you will be given and/or prescribed the following prescriptions that will be needed before and after surgery;
 - **Antibiotic / anti-inflammatory drops.** These may include:
 - Vigamox and Maxidex
 - Zymar and Pred Forte
 - Tobradex (combination antibiotic and anti-inflammatory)**Start these drops the day before surgery. Instill four times per day in each eye.**
If you are using two brands of drops (e.g.: Vigamox/Maxidex):
 1. Instill drops from first bottle in each eye
 2. Wait 5 minutes
 3. Instill drops from second bottle
 - You will need to use the drops for several days after surgery. You may experience an odd taste in your mouth from the drops. There will be an additional cost for prescribed drops. Your procedure will not be cancelled if for some reason you do not receive these prescriptions.
 - **Preservative-free tears-** It may also be useful to purchase a supply of preservative-free tears (eye drops) to use after surgery. Frequent non-preserved tears should be started the day after surgery, especially during the early and late hours of the day, when tear production is normally decreased. Examples include Bion Tears and Refresh.
 - After the first week, you may switch to most any brand of artificial tear, thicker drop or ointment. Very dry eyes may require a thicker drop or gel such as Genteal or Refresh Liquigel. For extremely dry eyes, an ointment such as Refresh P.M. or Celluvisc may aid in lubrication.
2. Arrange for transportation home after your surgery. Plan on being at Nebraska Laser Eye for 3 to 3 1/2 hours.

On the day of surgery:

- Do not use any drops. All drops will be instilled by staff at the clinic.
- **Please do not wear perfume or eye makeup (mascara, eye shadow or eye liner).**
- Wear comfortable clothing to the clinic. A sweatshirt or sweater is recommended due to the cool temperature in the laser room.
- Eat a normal diet.
- When you arrive at the clinic, you may go through a series of exams prior to your procedure.

One day after surgery:

You will need to be seen the next day by your family eye doctor or at Nebraska Laser Eye Associates (see “What to do After your LASIK Procedure”).

What To Expect DURING Your LASIK Procedure

For detailed information about the procedure, including an **animated video**, please visit www.nebraskaeye.com.

1. Valium will be given prior to the procedure to help you relax.
2. A series of eye drops will be given. You may experience an odd taste in your mouth from the drops.
3. You will enter the Laser Room and be positioned at the laser.
4. Testing of the laser and other equipment will be ongoing and can be somewhat noisy.
5. Plastic drapes and a lid holder will be placed on the eye to prevent blinking.
6. The keratome ring will be applied to the eye to hold it steady while the flap is made. You will feel pressure from the ring and **your vision will go dark for about 30 seconds**. The ring will feel tight (like a blood pressure cuff) and some patients find it uncomfortable. It is normal to feel slightly more pressure when the second eye is done.
7. With the ring firmly applied, the keratome (flap making instrument) is put in place. You may feel a slight pinch on the lid. Dr. Johnston will tell you beforehand when to expect this pinch. You may feel a slight vibration sensation as the flap is made.
8. After the flap is made, the keratome is removed and the flap is lifted. You will be asked to focus on the red light and will see a surrounding white circle. When the flap is lifted these will look blurred.
9. The laser tracker is activated prior to the laser treatment. The laser will follow any small movements your eye may make and will pause if you move out of the laser's treatment range. When the laser is first turned on, there is a shutter that opens with a click. During the laser you will hear a series of softer clicks and detect a slight aroma.
10. When the laser is done, Dr. Johnston will gently place the flap down over the cornea, then smooth it with a wet micro sponge. The lid holder is then removed and drops will be instilled. If planned, the second eye will be done in a similar fashion.
11. Patients with any dryness of their eyes may have a soft plug placed in the tear duct located on the inner aspect of the lower lid. These will dissolve overnight and serve to keep the eye moist immediately after surgery.
12. Immediately after the procedure your vision will be foggy. The eyes will feel scratchy for the remainder of the day. You may experience a burning sensation and a moderate amount of watering is normal. We recommend resting your eyes upon your arrival at home. Red spots on the sclera (white of the eye) are normal and will disappear with time.

What To Do AFTER Your LASIK Procedure

On the day of your surgery:

- Do not use any prescribed drops or artificial drops on the day of your surgery. You will start drops the day after surgery.
- After surgery, goggles will be placed over your eyes. These help keep your eyes moist. While the goggles may be adjusted for comfort, they should be left on until the morning after surgery. They also should be worn while sleeping for five nights after surgery.
- The first few hours after surgery, it is important to ¹⁾keep your fingers away from your eyes, ²⁾keep your eyes gently or partly closed to prevent excessive drying and ³⁾blink gently- do not squeeze your eyes.
- Your eyes will be irritated for several hours after surgery . You may have extra tearing, which is good for the eye.
- Over the counter pain relievers may be used for discomfort.
- It is common to experience some discomfort the first night. You will be most comfortable when you are relaxing your eyes. You may experience a foreign body sensation, tearing, light sensitivity, fluctuating vision and/or glare. This is normal and varies widely from patient to patient and even from eye to eye.

One day AFTER surgery:

- The morning after surgery, you may have a small amount of crusting or matter on the lids. If this is the case, gently wipe away the crusting or matter with a clean, moist cloth. Be certain not to press on the eye. In addition, **your eyes may dry**. It may take several minutes for tears to form; they may be more comfortable if you leave them gently closed for several minutes.
- **Begin the antibiotic/anti-inflammatory drops in the morning.** Instill one drop in each eye every two hours until bedtime. If you are using two bottles of drops, instill drops from first bottle each eye, wait 5 minutes, then instill drops from second bottle (5 minute waiting time does not apply to Tobradex).
- Instill Bion Tears, Refresh Plus or other non-preserved artificial tears frequently to lubricate the eye. You can start them upon awakening in the morning.
- **It is important to be seen the morning after surgery** by your local optometrist or Nebraska Laser Eye to ensure your eyes healed properly overnight.

2 to 7 days after surgery:

- **Continue the antibiotic/anti-inflammatory drops four times per day**, one drop in each eye. If you are using two bottles of drops, instill drops from first bottle each eye, wait 5 minutes, then instill drops from second bottle (5 minute waiting time does not apply to Tobradex). It is important to use these medications as prescribed.
- Use preservative-free moisturizing drops frequently to lubricate eyes.
- **It is important to avoid rubbing, pressing or touching the eye** for the first week following surgery.
- Avoid getting soap or shampoo in your eyes. If this occurs, flush your eyes with artificial tears. If irritation persists after flushing the eyes, contact your eye doctor.
- Do not wear eye makeup for one week. It is in your best interest to purchase new mascara, eye shadow and eye liner to avoid possible infection.
- Wear sunglasses if your eyes are sensitive to light. Sunglasses have been provided, but you may wear other sunglasses with ultraviolet protection if desired.
- Alcohol may be used in moderation the first week following surgery.
- Physical activity should be reduced the first week following surgery. Do not tan in a tanning bed for one week.
- Avoid bacteria laden waters such as pools, hot tubs, whirlpools and ocean water for two weeks after surgery.

**The staff and doctors at Nebraska Laser Eye Associates are available
24 hours a day in case of an emergency. Call (402) 397-2010 or (402) 657-6489.**