

EPI LASIK PRE-OPERATIVE INSTRUCTIONS



Thank you for choosing Shroff Eye for your Laser Vision Correction. The team will do all that is possible to make your experience a comfortable one.

- Please ensure that you have removed your soft contact lenses at least 3-4 days prior to or semi-soft [rigid] contact lenses at least 3 weeks prior to the procedure date.
- Do refrain from wearing any form of eye make-up the day before the procedure. If possible thoroughly clean the eyelids and lashes of remnants of eye make-up.
- Avoid wearing scented lotions, perfume, cologne, hair spray, mousse or gel on the procedure day as these may adversely affect the outcome of the procedure.
- You may take a hair bath the day of the procedure, as washing of hair is not permitted for 48 hours post-procedure.
- Please have a light breakfast on the day of the procedure. You will need to have somebody accompany you to understand the post-procedure instructions and escort you home. You will not be able to drive home after the procedure.
- You can expect to be at the clinic for approximately 1-2 hours for your laser vision correction procedure.
- Payments are made by cheque / demand draft / cash / credit card. If by cheque, the cheque must be sent no less than 5 working days before the procedure.
- If you are unable to attend your Epi LASIK appointment, please inform us at least 24 hours prior to the appointment time.
- You will be given your one-day post-op appointments after the procedure.
- You will receive a complete post-op medication kit with instructions following the procedure.

If you have any questions please contact the hospital or Dr Safala on 98211 63901.

DURING THE PROCEDURE

Once correctly positioned on the laser bed, your eyes will be anaesthetized with eye drops and the area around your eyes cleaned with antiseptic solution. The eyes will be kept gently open with a clip. You will be explained every step of the procedure as it happens. The entire procedure generally takes 5 to 7 minutes an eye.

After the procedure is complete, you will be required to keep your eyes closed and rest for a few minutes. Your eyes will be re-examined once more and the post-procedure medication and instructions explained.

AFTER EPI-LASIK – POST-PROCEDURE INSTRUCTIONS

It is crucial to the healing of your eyes and your visual recovery that you follow all of these instructions exactly as directed:

1. DO NOT rub or touch your eyes and DO NOT squeeze your eyes.
2. Follow the eye drop doses as instructed. Please wash your hands prior to instilling your eye drops, preferably by someone else. Shake the eye drop bottle before use. Artificial tears may be used as often as required.
3. Try to rest the whole day. For 6 to 8 hours after the procedure expect irritation, redness, tearing, light sensitivity and slight swelling. For the most part of the day your vision will be hazy.
4. It is important that you protect your eye for the day. In order to prevent inadvertent rubbing of the eye, be sure to wear the eye goggles [given by us] while sleeping or napping.
5. For Epi LASIK, functional vision is usually restored in 2 days time, as it is a superficial procedure. We will be applying a bandage contact lens as a protection to cover the area treated. However as the healing is happening in the line of sight, there may be some days when the vision is slightly fuzzy and other days when it is very clear. This mild fluctuation may last for 10 - 14 days.
6. Wear sunglasses while outdoors for a few weeks. Should you experience severe discomfort, pain, discharge or sudden haziness of vision, call us immediately.
7. Please do not try to do the following until instructed to do so by your doctor: showering, bathing, exercising, reading, computer use, driving and applying eye make-up.

8. Avoid 'knuckling' the eyes and swimming for a month.
9. Your post-procedure appointment schedule: You will be seen the next day, and advised to revisit for the removal of the bandage contact lenses. All visits up to three months post EpiLASIK are included in your fees. If you have any questions, you are free to call and make an appointment between scheduled appointments. We recommend an annual visit thereafter.

VISION:

It is normal for your vision to be quite blurry for 4 to 7 days after surgery. This blurry stage is quite variable, as each individual has his or her own rate of healing. After this initial period, most people may drive and return to work.

Dr Shroff will help assess when you may return to these activities.

- Vision will vary throughout the day. Your depth perception may be off for 7-10 days, so please take special care, especially with driving.
- One eye usually sees faster than the other does and one eye usually is more comfortable than the other is at first. This is completely normal and the slower eye will generally catch up with the other eye over the next few weeks. Expect a slight fuzziness in vision on the day that the lens is removed.
- Your progress will be monitored at regularly scheduled visits and we will evaluate your healing and visual progress. Although most people are comfortable driving and working within the first week, please remember that your vision will continue to improve over several weeks until you achieve your full visual result.

BANDAGE CONTACT LENS:

A contact lens will be placed onto your eye at the conclusion of your procedure. This lens acts as a bandage that protects the eye and helps to improve your comfort. We will remove your bandage lens when the protective layer of your eye (epithelium) has healed (usually 4 days after your procedure). If the contact lens falls out at any point, do not reinsert the contact lens. This is not an emergency. If your eye becomes much less comfortable after the removal of the lens or if the lens falls out, call us to move up your next appointment. A new contact lens may be placed during the next follow-up appointment.

COMFORT:

You may experience some discomfort for the first 3 to 6 days following the procedure. The level of comfort varies greatly from patient to patient. Feeling as if something is in your eyes, light sensitivity and increased tearing are all common and improve over the first week. Tablet Combiflam or similar medications may be taken as needed and will also be advised in your post procedure medication list. These symptoms and any discomfort you might have should improve each day.

SLEEP:

It is best to sleep as much as possible as this will improve your comfort and speed your healing.

EYE PROTECTION:

Your protective glasses should be worn for 3 nights following the surgery while asleep. Sunglasses should be worn as needed for comfort while outdoors. Try not to get water in your eyes for the first week.

ACTIVITIES:

During the first week, reduce your activity level and avoid exposure to bright lights. Wait two full weeks before vigorous exercise, gardening or other similar or strenuous activities. No driving until permitted by Dr Shroff.

MEDICATION: As prescribed

EYE DROPS: As prescribed

Emergency Number: Dr Safala 98211 63901

CALL IMMEDIATELY:

If severe eye pain persists after the initial procedure pain has subsided or if vision decreases dramatically.

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