CLARITY
LASER VISION

LASIK SBK Surgery Patient Instructions

Dear Respected Patient,

Please read this handout on the day you receive it and prior to the surgery.

Please obtain all your eye drops and artificial tears before the day of surgery (this will be provided for you closer to the surgery date). People who are prepared for surgery and who take part in their care enjoy a better experience and can recover in less time with fewer or no problems. The information in this handout will help to get you, your family, and your home ready for surgery.

Thank you for allowing us to help with your care. We wish you a pleasant surgical experience and a quick recovery.

Sincerely,

Team Clarity Laser Vision

Preoperative Instructions

1. **Please stop contact lens wear before surgery.**
   a) Hard contact lenses must be stopped 4 weeks before. Soft contact lenses 1 week before.

2. **Lid cleanliness:**
   a) Please remove eyelash extensions and avoid false eyelashes a minimum of 2 weeks before surgery. You can resume 4 weeks after surgery.
   b) Please ensure the lash line is clean from makeup and debris. It is recommended to use an eyelid wipe or gentle cleanser to the lash line every evening for 3 nights before surgery. Lid wipes are available over the counter at most pharmacies and grocery stores.

3. **Before the day of surgery, please arrange to have a responsible person to**
   a) Bring you to and from the surgical centre on surgery day and the next day for your one day follow up. You will NOT be allowed to drive yourself home or take a bus.
   b) Help you after surgery with daily activities and post-operative eye drops.

CLARITY
LASER VISION

4. **Medications:**
   a) Your prescriptions will be faxed to your pharmacy the week before surgery. We will ask the pharmacy to give you a call when all medications are ready for you to pick up. You are responsible for the cost of your medications at the pharmacy. It is recommended to have acetaminophen (Tylenol®) at home to use if you have discomfort after surgery.
   b) If you were diagnosed with dry eye at your assessment, you may have received instructions to start a dry eye drop (Restasis/Xiidra/Cequa) at least 14 days before your surgery.

5. **A post-operative kit is provided to you on surgery day that includes:**



a) Protective sunglasses
b) 2 eye shields for bedtime
c) A roll of tape to adhere the shields
d) 1 box of non-preservative artificial tears
e) 4 vials of Tetracaine freezing drops

The nurse will review your surgery medications and instructions with you again on surgery day.

Day of Surgery

What to Bring and Wear

- Please bring your Alberta Health Care Card and a form of photo ID.
- Please bring payment by Cash, Debit, Visa, MasterCard, Bank Draft or Certified Cheque (make payment to *Ahmed Al-Ghoul Professional Corporation).* Make sure to check your bank re: your daily spending limits to allow for surgery payment. Personal cheques are NOT accepted.
- Please wear comfortable clothing (e.g. loose pants and top with short or loose sleeves, and low-heeled, non-slip shoes). We will be checking your blood pressure throughout your surgery so please ensure you can comfortably remove your arm from bulky sleeves & sweaters.
- If you have long hair, bring a hair tie.
- Please DO NOT WEAR loose jewelry, make-up or false eyelashes. Face cream is okay. Acrylic nails and nail polish are okay, but please avoid dark colored, metallic polish.
- Please bring your medicated eye drops with you on surgery day.

CLARITY
LASER VISION

What to Expect

- The surgery takes about 20-30 minutes. Expect to be at Clarity Laser Vision for about 2 hours
- Preoperatively the nurse will ask you some questions, check your vitals, and get you prepped with a hair net and surgical shoe covers.
- Before surgery you will meet with Dr. Al-Ghoul. He will review your surgical procedure and plan and do an additional refraction of your eyes.
- You will walk with a nurse into/out of the operating room.
- In the operating room, you will be laid down on a bed, and your eye will be cleaned.
- The eyelid (of the operated eye) is kept open with a small, comfortable clip while the other eye is patched. Dr. Al-Ghoul will instruct you to keep both eyes open (under the drape) and look towards the two microscope lights. The lights may move or fade in/out during surgery.
- LASIK SBK surgery involves 2 laser components: 1. The creation of the LASIK flap and 2. The ablation of the cornea to correct your vision.
- During surgery, you may experience a mild pressure or pulling sensation, fluid bathing your eye and face, see unusual shapes, movements, and/or very brilliant colors.

Immediately After Surgery

- After surgery, a shield is placed over your eye and held with tape. You will be moved to the recovery area where the nurses will check on you.
- Dr. Al-Ghoul will check the LASIK SBK flap to and ensure proper positioning before you are discharged.
- Before you go home, your nurse will review discharge instructions and ensure you have filled your prescription for eye drop medications and all of your questions are answered.
- Your vision will be blurry and begin to improve the following morning. You may experience discomfort, itching, watering eyes, runny nose, and the feeling that something is in your eye 2-3 days after surgery. It is important not to rub your eye as it could damage it. Use the eye shields or the sunglasses if you are tempted to rub or scratch at your eyes. TETRACAINE (freezing drops) may be used as needed to help with discomfort. One drop will freeze your eye for an hour. Using it more frequently will <u>not</u> be beneficial. You will be given these in the post op kit on surgery day.
- You may eat and drink normally. Resume taking all your regular medications and the ones prescribed for the operated eye(s). For discomfort, please use Tylenol® as directed.
- You may find that you will sleep a lot over the next 24 hours. This aids in promoting proper healing of the eye, however, please do not forget about your post-surgery eye drops.

CLARITY
LASER VISION

Postoperative Instructions



VIGAMOX
(Moxifloxacin)



MAXIDEX
(Dexamethasone)



PRESERVATIVE FREE TEARS

TETRACAINE
(Given on surgery day)

1. When using two or more eye medications, always wait 2-5 minutes between eye drops. Only one drop from each bottle is required each time.
2. Please start the drops 2-3 hours after the surgery and follow the medication schedule.

Drop Schedule	WEEK 1	WEEK 2	WEEK 3	WEEK 4
VIGAMOX	4 TIMES PER DAY	STOP VIGAMOX		
MAXIDEX	One drop every hour for the first 2 days then, 4 TIMES PER DAY	STOP MAXIDEX		
Non-Preservative Artificial Tears	1 DROP EVERY 15 MIN WHILE AWAKE	ASK THE DOCTOR AT YOUR 1 WEEK CHECK		
TETRACAINE	1. Use as needed but do not exceed more than 1 drop per hour			

For discomfort:

- Please use a cold pack (wrapped in a towel) on the eyes for 5 minutes, then off for 10 minutes. This ice pack rotation can be continued to help with discomfort.
- Put all your eye drops in the fridge so they are cooling when instilled.
- Use the Tetracaine freezing drops 1 as needed and do not exceed more than 1 drop per hour

For 1 week after surgery:

- Avoid rubbing your eyes, getting them wet, and protect them from dust particles.
- Wear dark glasses to protect from bright light, as the eyes may be sensitive.
- Do not squeeze or poke the eye with fingers or glasses. Always place your thumbs over the ends of

your sunglasses (by your ears) when removing.

- Clean the eyelid margins with a clean face cloth or Q-tip. Do not exert any pressure on the eye or eyelids.
- Always wear a protective eye shield while sleeping for 1 week after the surgery. This will protect your eyes from being rubbed or scratched in your sleep.

Activity After Surgery

- It is recommended to take 5-7 days off from work to ensure proper healing.
- No driving for 5-7 days or as stated by your doctor at the one day post op. Your depth perception is altered, and vision has changed so objects may now appear further, or closer than they are.
- Reading, writing, working on a computer, and TV watching (eye strain activities) are not allowed for 5-7 days. If you feel fatigue, pressure, or strain in your eye, STOP the activity immediately and rest your eyes.
- Hold all regular and strenuous activity for 1 week. If you have any questions regarding specific activities, be sure to ask your doctor.
- Avoid rubbing the eye and protect the eye from dust particles for 2-4 weeks.
- Avoid eye make-up for one week.
- **DO NOT ALLOW ANY WATER IN THE EYE FOR 1 WEEK**. Please take baths instead of showers. Hair may be washed by tilting your head back in the shower and not letting any water touch your face. If you do not have a bathtub ensure you protect your eyes with the post op sunglasses when showering and avoid any water, product, or misting from getting in the eyes.
- Please do not schedule dental work, massage, or chiropractic work for 2 weeks after surgery.
- Air travel is allowed after 2 weeks; please consult with your surgeon before flying.
- Do not go into a pool, hot tub, sauna, or body of water for 3 weeks post surgery.
- Do not get eyelash extensions, lash tinting, permanent eyeliner, or permanent brow for 4 weeks post op.
- Your eyes may be bloodshot for up to 3 weeks. This normal and will resolve on its own.
- You may be sensitive to light or see starbursts and halos for 1 to 3 weeks after surgery.
- It takes 3 to 6 months to get the full benefits of surgery and to see as clearly as possible.
- Wear dark glasses to protect from bright light, as the eye will be light sensitive.
- **Wear the protective eye shield while sleeping for 1 week after the surgery.** This will protect the eye from being rubbed or scratched in your sleep.

Warning signs to be aware of:

If at any time before or after the surgery you develop any of the following symptoms, contact Clarity Laser Vision immediately at (403) 640-0400. DO NO WAIT UNTIL YOUR NEXT APPOINTMENT. REMEMBER RSVP as explained below.

a) Significant, increasing Redness with discomfort

b) Sensitivity, Floaters, Flashing lights, or a curtain like shadow over your visual field

c) Vision changes/blurring or significantly becoming less clear

d) Constant aching or Pain in the eye (not just a moment of fleeting pain)

CLARITY
LASER VISION

You will be given an “after hours” emergency number where you can contact Dr. Al-Ghoul in the event of an emergency outside of clinic hours. Please try and contact Dr. Al-Ghoul before calling Health Link at 811 or going to emergency. If you go to the hospital because of complications from the surgery, please contact Clarity Laser Vision.

Please be aware that there is a possibility that your surgical date may be moved or postponed in the event of an emergency surgery that requires your surgeons operating time. Please note that this is an infrequent occurrence, and, if your surgery needs to be moved you will be contacted by Clarity Laser Vision Centre as soon as possible.

Clarity Laser Vision
Suite 110, 1016 - 68th Ave SW
Calgary AB, T2V 4J2

Coordinator Direct Line: 587-390-8177
Fax: (403) 640-0456