

THE DAY OF YOUR LASER PROCEDURE

BEFORE THE PROCEDURE: There are no restrictions with regard to eating, drinking or medications on the day of surgery. You are encouraged to eat prior to arriving for your procedure. Excessive caffeine should be avoided. Wear comfortable clothing. All traces of make-up should be removed. We ask that you abstain from wearing perfume, cologne or aftershave for the 24 hours before your procedure, as it can interfere with the laser. Bring your antibiotic eye drops with you to your surgery. Contact lenses must be removed from the operative eyes prior to the day of your procedure: 1 week for daily wear soft lenses, 2 weeks for extended wear or toric lenses and at least 4 weeks for hard or gas permeable lenses. You will need to arrange transportation on the day of your procedure. You will not be permitted to drive yourself home.

IN THE PRE-OP AREA: Please bring all of your paperwork with you on the day of your procedure. You will be asked to sign the consent form in the presence of a technician. You will meet with your surgeon, Dr. Mark Golden, prior to the procedure. He will answer any questions that you may have and discuss the procedure as it applies to you. Payment is required in full before your procedure. If you require financing call the office assistance before your surgery. Once all of the paper work is completed and you have met Dr. Golden, you will be offered Valium to help you relax. The Valium takes 15-30 minutes to take effect.

INSIDE THE LASER ROOM: The procedure takes less than 10-15 minutes for both eyes. Your non-operated eye will be covered during the procedure to help you focus with the operated eye. It is important to keep both eyes open during the procedure to minimize discomfort. You will be instructed to look at a flashing red target light. Dr. Golden will help you to maintain your fixation. The laser makes a clicking or snapping sound and a funny smell is noticed by some.

AFTER SURGERY: When the surgery is complete, Dr. Golden will examine the operated eye(s) in the Exam Room. You will be given a kit containing sunglasses, protective goggles, an anti-inflammatory drop, and a sample of artificial tears. More preservative free teardrops can be purchased in a drug store. Instructions for use of the eye medications will be given to you, verbally as well as written in your "Post-op Instructions". Your driver should then take you home to rest. It is best to sleep for the several hours after your procedure and plan to spend the rest of the day with your eyes closed as much as possible. If unable to sleep, at least try to keep your eyes closed for as much of the day as possible. Drops should start about 4 hours after surgery, but don't wake up just to take your drops. Sleep is the best way to heal.

EXPECTATIONS: There are a number of key features about the way your eyes will feel and how your vision will behave that are normal and temporary. After your procedure you will recognize that you are no longer nearsighted but your vision may still be foggy. A half hour

after your procedure, the numbing medicine wears off and the eyes start to feel sore and scratchy for several hours. There may also be tearing. Your eyes may be sensitive to bright light and may burn when attempting to open them. Do not be alarmed; these symptoms are normal and temporary. The remedy for this is sleep, or keeping your eyes closed as much as possible for the remainder of the day. Most people see well enough to drive and work the day after surgery. Those with very high nearsightedness or astigmatism or those with hyperopia may take longer to stabilize. Typically, eyes require 3 to 4 months for the vision to completely stabilize. This is part of the healing process. If your vision is blurry beyond the 20/40 level, temporary glasses may be required. Later, if your doctor feels you could benefit from enhancement, this would be done at 3 months. The vision must stabilize first. Most people have glare at night causing some difficulty with driving at night. This usually resolves within a few months. You should not drive or operate hazardous equipment if you are not comfortable with your vision. Everyone has dry eyes after surgery. Preservative free teardrops should be used for the first week and then teardrops with preservatives work well for most.