



FREQUENTLY ASKED QUESTIONS

- **Who is a good candidate for iLASIK?**

iLASIK (laser-in-situ keratomileusis) can treat a very broad range of nearsightedness, farsightedness and astigmatism. The best way to determine who is a good candidate is a thorough eye exam. In general, severe refractive error reduces the chance of success. It also increases the chance that you will need retreatment.

Candidates must be 18 years of age or older, with a prescription that has not changed much in the last couple years.

Unfortunately, we do not recommend iLASIK for women who plan to become pregnant, who are pregnant or nursing mothers within six months of the procedure.

- **What can I expect during my Lasik Evaluation?**

A trained technician will go thru medical history with you. Next you will be scanned using the latest wavefront scan called iDesign, followed by a Corneal Topography. The patient then will have a full work up eye exam with refraction, using the iDesign treatment numbers. You will be dilated for this exam. After dilation sets, the doctor will look at your eyes thru a slit lamp and go over all exam findings, scans and your procedure options. Patients are encouraged to ask questions at this time. If a candidate you will meet with the surgery scheduler.

- **Do I wear my glasses/ contact lens to my appointment?**

Yes and No. We strongly suggest discontinuation of contact lens for at least two weeks prior to your iLASIK evaluation. This is because contact lens changes the shape of the cornea and when we scan your eye(s), we want to see the normal healthy shape of the eye(s). We ask our patients to wear their glasses to the appointment and if patient is a candidate, again no contact lens wear for two weeks prior to the surgery date.

- **Are iLASIK and PRK FDA approved?**

Yes, both surgeries have FDA approval.

- **Is iLASIK/ PRK painful?**

During the iLASIK procedure, patients can expect a short period of mild to moderate pressure associated with the creation of the LASIK flap. This can be uncomfortable but brief in duration.

Following the procedure, patients may experience some scratchiness that is relieved by the use of post-operative medicated eye drops and artificial tears. A good night's sleep helps to alleviate a significant amount of this irritation.

There is mild to minimal discomfort during the PRK procedure. Anesthetic (numbing) eye drops are used to alleviate the vast majority of any discomfort. Following the procedure, you will experience a scratching sensation as the surface layer of the cornea, the epithelium, heals. This discomfort is managed by the placement of a bandage contact lens along with medicated eye drops and artificial tears. This discomfort typically lasts 3-5 days. A mild narcotic pain pill is provided for more significant discomfort and may be taken at the patient's discretion, especially to help them rest in the first several days following the procedure.

Your eye(s) will be exposed to the laser for less than sixty seconds, depending on your treatment. The entire procedure only takes about twenty-five minutes.

- **What are the benefits of iLASIK?**

iLASIK will reduce/eliminate the dependence of glasses and/or contact lens. Most patients achieve clear vision (20/20 or better). Research on iLASIK patients also shows a high level of satisfaction after surgery. You must follow aftercare guidelines and make all follow-up visits with your surgeon to ensure successful healing after surgery.

- **Can I have both eyes done at the same time?**

Most patients undergoing iLASIK or PRK prefer to have both eyes treated on the same day since it is more convenient for them. However, this decision is best discussed between the patient and the doctor.

- **Will I be awake during the procedure?**

Yes. Patients are given a mild oral sedative called Valium (diazepam). This medication helps to relax the patients' nerves and allows them to be more comfortable during the procedure. During the procedure, we will keep the eye(s) numb with Anesthetic eye drops. You will be instructed to look into a series of blinking lights that allows the laser to track your eyes for your custom treatment.

- **When can I go back to work?**

Your return to work should be discussed with your doctor. Most often, patients can resume typical daily activities the day following the procedure. Your return to work will depend on your line of work and which procedure we preform (iLASIK or PRK).

- **How long do I have to wait before I can shower or bath following the procedure?**

You can shower or bathe the day after the procedure. For the first week, it is recommended that hair be washed in a "salon style" letting the water run off the back of the head. Care should be taken not to submerge under water during this time frame. Care should also be taken not to

allow direct contact of water stream into the eye area. For the first 2-3 weeks, we recommend no submersion in a pool, hot tub or jacuzzi, lake or ocean water.

- **When can I wear eye makeup after the procedure?**

It is recommended that all makeup should be avoided in and around the eyes for the first week after the surgery. Moisturizing creams and cleansers are safe to resume 3 days after procedure.

- **Does insurance cover the cost of the procedure?**

Refractive surgery is considered elective and therefore not covered by insurance. There are some vision plans and employer affiliations that offer discount. Please check with your vision provider for more details.

- **What are the side effects?**

As with any treatment or operation, there are risks, though they are rare with iLASIK. All risks and benefits will be discussed with you by your surgeon at your screening appointment.

- **I'm over 40 and have presbyopia, what are my options?**

It is important to know that [LASIK cannot correct presbyopia](#). This is the normal, age-related loss of close-up vision. With or without refractive surgery, almost everyone who has excellent distance vision will need reading glasses after age 40.

To help with presbyopia, some people have LASIK to get monovision. This means one eye is left slightly nearsighted and the other eye is adjusted for distance vision. The brain learns to adapt so that the nearsighted eye is used for close work, while the other eye sees distant objects. Monovision is not for everyone. To see if you are able to adapt to this correction, you will probably want to try monovision with contact lenses first.

If you have any additional questions, please call our office at:

337/478-3810 ext. 1100

Lasik Technician and Coordinator: Rebbica Heffernan

Or visit our website at:

www.theeyeclinic.net