



Your Guide to LASIK

Restore Vision Centers

Are you a candidate?

Schedule your Free Consult

The first step in the laser vision correction process is to schedule a free consultation. This exam will determine if refractive surgery is right for you. This is a dilated exam and lasts about an hour and a half.

Preparing for your Consultation:



Remove Contacts for 1 Week

Contact lenses can “warp” your cornea, leading to an incorrect measurement of your prescription. Please do not wear your soft contacts for one-week prior to your consultation. If you wear hard contact lenses, remove your lenses at minimum one month prior to your exam.



Bring a Driver

We recommend arranging a ride home after your consultation. Your eyes will be dilated and your vision may be blurred.

What to expect at the exam:

- Our surgical technician will complete two scans on your eyes: OrbScans and WaveScans.
- Your eyes will be dilated.
- You will watch a video about refractive surgery.
- The doctor will measure your prescription and check the health of your eyes.
- Our doctors will review your scans and explain your treatment options.
- Ask questions. We want you to be fully informed and comfortable with the procedure.
- If you are ready to move forward, schedule your procedure.

Are you ready to schedule your free consultation?
Contact Restore Vision Centers at 1-877-508-2020.

Are you currently pregnant or nursing? Pregnancy can temporarily affect your prescription. You will have to wait to have laser vision correction until 6 weeks after delivery, or 6 weeks after the completion of breast-feeding (whichever is later).

Your Surgery Day

Our surgeons have had refractive surgery, and know exactly how you are feeling. It is normal to be both nervous and excited.

Preparing for your Surgery:



Remove Contacts for 2 Weeks

Prior to surgery, do not wear your soft contacts for at least 2 weeks. If you wear hard contacts, after your consultation, discontinue use of your lenses.



Arrange Transportation

You will need to arrange transportation home. At your one-day exam, the surgeon will determine if you have adequate vision to drive. Most LASIK patients and many PRK patients are legally able to drive at this point.



Eat and Drink

You may eat and drink normally. Do not consume alcohol for 24 hours before and after surgery.



Relax

Take time to relax. You are in good hands. Our surgeons have performed over 100,000 procedures.

What happens on the Surgery Day:

- Upon arriving at the surgical center, you will be introduced to your patient coordinator.
- Your patient coordinator will go over post care instructions and answer your questions.
- The surgeon will then conduct an eye examination.
- You may be given an oral sedative to alleviate anxiety.
- You will be escorted into the surgical suite and asked to lie down.
- The procedure takes less than 15 minutes.
- The surgeon will take one last look at your eyes before you go to the relaxation suite.
- We will see you the next day for your one-day appointment.

The duration of your visit will be 1.5 to 2 hours. Most patients will resume their normal activities the day following surgery, including driving. Restore Vision Centers would be happy to provide you with any additional information or answer any questions.

Expectations for Surgery

Laser vision correction is a safe and popular procedure that provides freedom from glasses and contacts. Although millions of people have undergone laser eye surgery, there is still some apprehension about the procedure. Our goal is to take the mystery out of this miraculous procedure. We want you to be fully informed and comfortable with the entire process. It is perfectly normal to be nervous, but rest assured you are in good hands. Laser vision correction is virtually painless. Patients will only feel a few seconds of pressure.

What to expect during your procedure:

- 1** We will lead you into the surgery suite and ask you to sit on the laser bed.
- 2** The surgical technician will help you lie down and make sure you are comfortable.
- 3** We will apply numbing eye drops to your eyes.
- 4** Before the procedure begins, your surgeon will answer any additional questions or concerns.
- 5** The surgeon will gently hold open your eyelids with a lid holder.
- 6** You will be asked to focus on a fixated light.
- 7** The surgeon will gently create a flap on the surface of the cornea (seconds per eye). The patient may feel a few seconds of pressure.
- 8** The surgeon will gently lift the flap. Your vision will be blurred while you continue to concentrate on the light.
- 9** A laser is used to reshape the cornea and correct your vision (minute or less), during you will hear the laser click.
- 10** The laser is equipped with eye tracking technology. If your eye moves during the procedure the laser will track the movements and adjust accordingly.
- 11** After the surgeon is finished with your treatment, he will gently place your flap back into place and apply more drops. Your eye will heal quickly and naturally.
- 12** Throughout the procedure, your surgeon will let you know what is happening.
- 13** The lid holder will be gently released, and the surgical technician will help you sit up.
- 15** The surgeon will take another look at your eyes before you relax in the recovery suite.

The entire procedure is less than 15 minutes. Following your procedure, you will have 4 to 5 hours of discomfort. We recommend taking a nap during this time. Most patients are able to drive the following day and resume their normal activities.

LASIK Recovery

Recovery is different for every patient. Following the procedure, we recommend that patients take a nap. LASIK patients will have 4 to 5 hours of discomfort, and PRK patients have 48 to 72 hours of discomfort.



Eye Drops

Over the next 6 days, you will be required to use medicated eye drops to prevent infection. You will also need to use lubricating eye drops.



Recovery Time

LASIK has a very fast recovery time. Many patients resume their normal activities the day after their procedure, including driving.



Follow-up Appointments

- One-day
- One-week
- One-month
- Three months
- Six months (PRK only)



Side Effects

With the advancements in refractive technology, the procedure is safer and has few side effects. Initially following surgery, you will have halos and glares around lights for about six weeks. For the next six months your eyes will be drier, which can be alleviated with lubricating eye drops. The IntraLase technology creates a thinner flap, which can reduce long term dry eye symptoms.



Post Surgery

- Rest: a short nap is recommended
- Avoid rubbing eyes
- Avoid watching TV and reading



24 Hours After

- Can read & watch TV
- Can fly, but apply more eye drops due to dry air
- Can drive if adequate vision is confirmed



One Week After

- You can exercise
- Continue to avoid rubbing your eyes
- Resume normal activities with caution



Beyond One Week

- After two weeks: may wear eye make-up
- After one-month: may swim

Questions or Concerns

We are here to help, please contact Restore Vision Centers:
1-877-508-2020 | info@restorevisioncenters.com

This is a generalized guide of what to expect before, during, and after surgery. If you decide to have surgery please refer to the instructions that Restore Vision Centers gives you.



Restore Vision Centers
The Specialists in Laser Vision Correction
