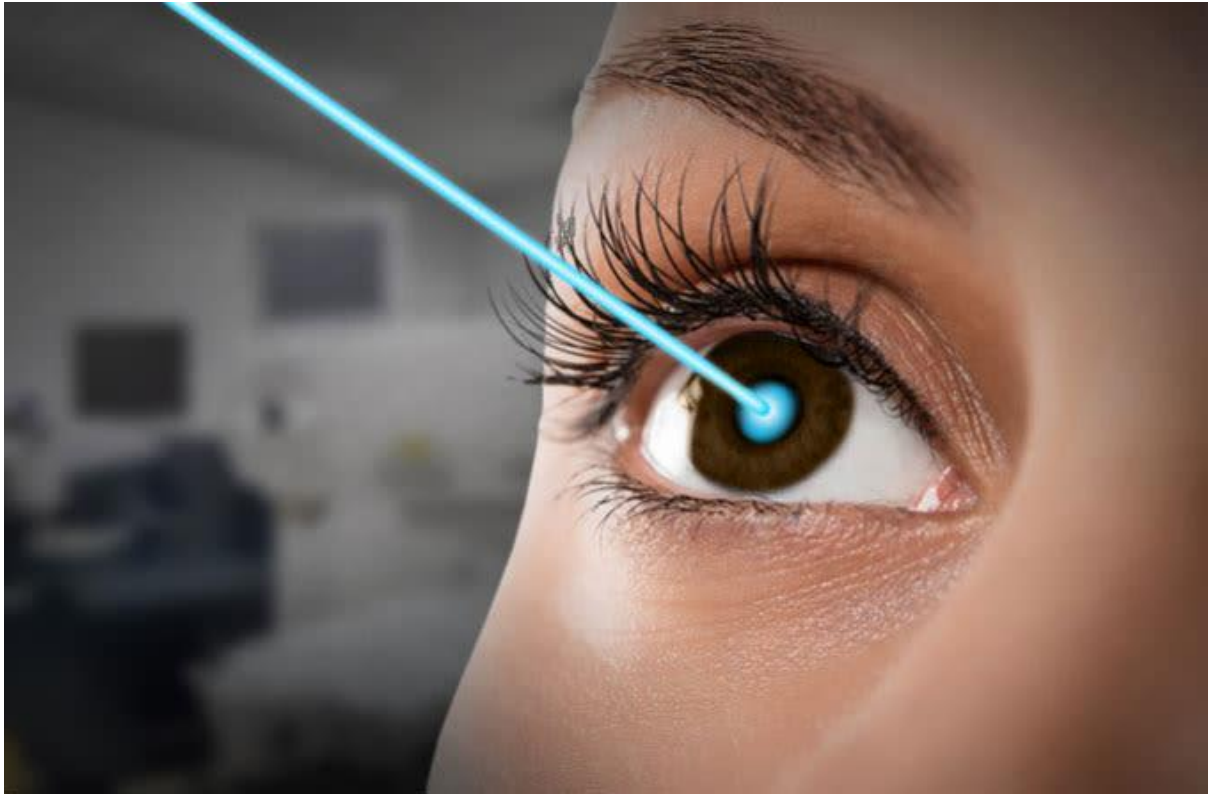


What 'to do' and 'not to do' after you undergo LASIK eye surgery



Our eyes one of the most sensitive organs in our body, provide us with vision. Often, this crucial organ develops issues that interfere with our vision and we have to use prescription spectacles or contact lenses to correct the problem. However, these are external aids and can often be inconvenient. LASIK eye surgery can be the answer to the problem.

Who benefits from LASIK surgery?

Patients with a refractive error – a condition that occurs when the eye does not refract/ bend light accurately for good vision need this surgery. To have clear vision, light rays must travel through the cornea and lens. The cornea and lens refract light so it lands on the retina. The retina then converts light into signals that travel to your brain and become images. When the eye has a refractive error, the shape of the cornea or lens does not allow light to bend properly, resulting in blurry vision.

Why LASIK Surgery?

LASIK is a type of refractive surgery for the eye. LASIK surgery uses a particular type of laser to surgically correct vision problems caused by refractive errors. The procedure is done by reshaping the cornea of the eye, to properly focus the light on the retina of the eye.

The laser technique corrects farsightedness, nearsightedness or astigmatism, of patients who meet the criteria for the procedure. However, after the Lasik eye surgery, proper care must be taken to avoid any infection or complications that might set in.

The Dos and Don'ts after the Lasik surgery

Since the eye is a very sensitive organ, adequate care must be taken to ensure that it is protected – particularly when it is healing after a LASIK surgery, when you might experience irritation or tearing. Here are a few dos and don'ts that you must know before you undertake the procedure, so you are prepared, well in advance.

Dos:

Your doctor will prescribe eyedrops which are to be used at a regular frequency, after the surgery. Use the eye drops, as requested.

Keep your eyelids shut for at least 4 to 5 minutes after using the eye drops.

Before applying the eye ointment, eye drops are to be used

Ensure a five-minute gap between the drops and the ointment

Make sure the right eye drops are being used, the right number of times. Shut the cap of the bottle soon after use

If drops are required for both eyes, you are advised to have two bottles

Dab the edges of your eyelid very gently, with sterile tissues

Blink regularly to moisten your eye

For the first few days, wash and clean your face carefully, avoiding any contact with the eyes

Wash your hands well before bringing them close to your eyes

Cover your eyes with clean sunglasses while stepping out in the sun and pollution

Arrange for someone to keep your phone safe while you are in the OT. Phones will not be allowed inside this area.

You can read books and watch TV from the very next day of the LASIK surgery

You can have a normal diet

The eye shield provided by the doctor must be used while you sleep, for about a week after your LASIK surgery.

Once you get home after the surgery, get some rest in a dark room

Arrange for a vehicle to take you to the hospital for your Day 1 follow-up with the surgeon

Continue with your regular vision-related checkups even after surgery

Don'ts:

Don't rub your eyes for a couple of weeks after the LASIK surgery

Don't bare your eyes to smoke, pet fur, dust and pollution for a few days

Don't wash your hair for a week after the LASIK surgery

Don't take off the eye patch protection on the very day of the surgery

Don't rub your eyes or touch your eyes with dirty hands.

Don't splash water into the eyes for at least 2 weeks post the surgery.

Don't use tap water to clean your eyes.

Don't swim or get into a hot tub for about one month post the surgery.

Don't use eye makeup for at least one-month, post-surgery.

Don't exercise for at least 1 week after the surgery.

Don't put stress on your eyes by sitting in front of the computer screen for at least three days after the surgery.

Don't self-drive any vehicle for at least one week after the surgery

Don't take long-distance travel for a week after the surgery

Don't hesitate to inform your doctor if you need any help or any answers.

