

## SAMYAK DRISHTI

### SMILE PREPARATION GUIDE

The following will guide you through each step prior to, during, and after LASIK.

#### BEFORE YOUR PROCEDURE

- Your procedure appointment is scheduled for \_\_\_\_\_ at Samyak Drishti Eye Clinic.
- Please arrive at Samyak Drishti Eye Clinic at least 30 minutes early.
- If you must reschedule or cancel your scheduled procedure, please notify us at least 2 days in advance.
- Do not self- drive home, kindly have an attendant accompany you home after the procedure.
- If you wear contact lenses, do not wear them in the eyes to be treated for at least 3 days prior to your procedure.
- Please remove all eye and facial makeup before you come in for your procedure.
- Do not wear fragrances, perfumes, colognes, scented lotions, deodorants or gels on the day of your procedure.**
- You can have your usual meal before the procedure.
- Wear warm, comfortable clothing. The procedure room is kept cool.

#### BILLING AND PAYMENTS

- Please make arrangements for payment to Samyak Drishti Eye Clinic prior to the date of your procedure.
- If you are paying by cash, VISA or MasterCard you can pay on the day of surgery, before the procedure
- If you are paying by NEFT, RTGS, Net Banking, electronic fund transfer or online payments, you can pay 2 days before surgery.  
The details for the same are:

Samyak Drishti Eye Clinic  
Bank details: HDFC Bank  
Branch: Chowpatty  
RTGS / NEFT / IFSC Code: HDFC0001201  
A/c No: 50200031445399

❑ If you are paying by cheque, you can pay 3 days before the surgery. Cheques can be made in favour of “Samyak Drishti Eye Clinic”.

### **ON THE DAY OF YOUR PROCEDURE**

- ❑ Any final checks will be performed
- ❑ A technician will prepare your eyes with anaesthetic and anti-septic eyedrops and clean your eyes with anti-septic solution
- ❑ The procedure will take approximately 5 minutes per eye
- ❑ Your expected time of stay at Samyak Drishti Eye Clinic is about 1-2 hours.

### **THE PROCEDURE**

- ❑ We will escort you into the surgical suite, position you under the laser, and your surgeon will perform the procedure.
- ❑ Numbing drops will be administered to ensure that your procedure is comfortable.

### **AFTERCARE**

- ❑ Following the laser treatment you will relax with your eyes closed for few minutes.
- ❑ We will examine your eyes prior to sending you home.
- ❑ Detailed aftercare instructions will be given to you
- ❑ You will be given a kit that contains your aftercare eye drops, a pair of protective goggles and protective eye shields to be worn when you sleep.
- ❑ It is normal to feel some irritation, watering, light sensitivity, scratchiness and headache for the first day

- You may see a red area on the white part of the eye after surgery. This will gradually clear and your eye will regain its normal appearance.
- Keep your eyes closed as much as possible for the first 5 hours after the procedure, although you can open them to walk to the car or go to the bathroom. It is best to go home, have a light meal and sleep for about 5 hours after surgery . This will help your eyes to heal
- After 5 hours you can open your eyes and if you wish you can watch some TV or read if comfortable. Replace the goggles with the eye shields when you sleep
- Your vision will be foggy for at least 5 hours after the procedure. Daily fluctuations in vision are normal till the eye heals
  
- Do not touch or rub the eyes for 1-2 days
- Do not splash water on your face or in the eye for 1-2 days. You may shower below the neck or take a wet towel (after squeezing the excess water) and gently wipe the face and hair (while protecting the eyes)
- Do not swim or get into a hot tub/Jacuzzi/steam bath/sauna for 2 days after your procedure.
- You may resume wearing the eye make up or regular makeup after 2 days.
- You may resume your normal exercises, walking or yoga the next day
- You may have a bandage contact-lens on the eyes for comfort, which will be removed during your aftercare visit.
- Most people are comfortable to resume regular work from next day.
- Your follow-up appointment is scheduled for \_\_\_\_\_ at Samyak Drishti
- If you have any problems, we can be reached during the day by calling at 022-23613937 / 022-23623937

## MEDICATIONS

- Wait 2 minutes between taking the different eye drops.** It does not matter which drop you use first.

- ❑ **Gatifloxacin / Moxifloxacin with Dexamethasone:** Combination of antibiotic / anti-inflammatory eye drop, which helps your eyes to heal and prevent infection. **SHAKE WELL** before each use. Apply 1 drop to the operated eye 4 times per day (breakfast, lunch, dinner, and bedtime) for 1 week, including the day of your procedure. Many patients notice an unpleasant taste in the back of their throats after using this drop.
  
- ❑ **Artificial Tears:** You may use lubricating eyes drops to lubricate the eyes for dryness, burning, or irritation as needed
  
- ❑ **Tablet Crocin / Dolo / Lanol-ER:** You may use any one of these pain medications. Take 1 pill every 4 to 6 hours as needed for pain. Do not take on an empty stomach as it may cause nausea.