

SAMYAK DRISHTI

ASA / CXL PREPARATION GUIDE

The following will guide you through each step prior to, during, and after the procedure

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 laser corrective procedure will take approximately 5 minutes per eye.
- If you are having a combined treatment ie. Topography guided surface ablation / LASIK along with collagen crosslinking, you the treatment time will be longer. The corrective laser treatment will take about 5 minutes per eye. This is followed by soaking of the
- 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.
- ❑ You will experience some degree of pain and discomfort, for the first 3-4 days after treatment. The level of discomfort / pain experienced will vary among patients. Many patients experience little or no discomfort while some patients report having moderate to severe pain during the first few days. Each patient's experience is unique. Although you should anticipate some degree of discomfort, we want you to realize that you are not out of the norm if the level is high or low.
- ❑ A bandage contact lens was placed on your eye for the first 4-5 days to improve your comfort and help healing. It will remain on the treated eye until the eye doctor removes it. If the bandage contact lens falls out, throw it away. Do not put it back in.
- ❑ Your eye may be light sensitive, watery, scratchy, or sore.
- ❑ Your eyelids may be swollen after the procedure and will gradually return to their normal appearance.
- ❑ Your vision will probably be blurry for 2 to 3 weeks following the procedure.
- ❑ Plan on taking at least several days off from work. Your vision will be very blurry for a few days and could fluctuate during the healing period.
- ❑ You may notice some redness in some parts of your eye. This is normal and will clear up in a few days as your eye heals.
- ❑ Keep your eyes closed as much as possible for the first 2 days 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 as much as possible for the first day after surgery. This will help your eyes to heal
- ❑ Do not touch or rub the eyes for 1 week

- ❑ Do not splash water on your face or in the eye for 1 week. 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 weeks after your procedure.
- ❑ You may resume wearing the eye makeup or regular makeup after 1 week.
- ❑ You may resume your normal exercises, walking or yoga after 1 week
- ❑ Most people are comfortable to resume regular work after 7 – 10 days
- ❑ 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 antibiotic/anti-inflammatory eye drop, which helps prevent infection and helps the eye heal. **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. This is normal and does not last.
- These drops are to be reduced gradually over 4-6 weeks as per the doctors advice
- **Artificial Tears: Trehalube / Systane Ultra / Normotears eyedrops:** You may use lubricating eyes drops to lubricate the eyes for dryness, burning, or irritation as needed



- **Tablet Crocin /Dolo/ Lanol-ER:** Pain medication. We will give you a prescription, which you can fill at a pharmacy. Take 1 pill every 4 to 6 hours as needed for pain. Do not take on an empty stomach as it may cause nausea