

Simple Steps for Lasik Surgery

PROCEDURE	TIME (hours)	TIMING
1. Information Find Out		
2. Pre-Operative Appointment		
3. Pre-Operative Assessment	3	1 st day
4. LASIK Surgery	1.5	2 nd day
5. Post-Operative Assessment		
● 1 st day follow-up	0.5	1 day after the surgery
● 1 week follow-up	1	1 week after the surgery
● 1,3 months, 6 month ,1 year	1	1,3 months,6 months ,1 year after the surgery

1. Information Find Out

Understand sight improvement approaches and possible side effects through the following ways:

- Ask for detailed information from Rutnin – Gimbel Excimer Laser Eye Centre.
- Visit us at our internet website www.rutningimbel.com

2. Pre–Operative Appointment.

- For your convenience please make appointment for the assessment and consultation at :

Tel. (66) 2639-3355 Fax. (66) 639-3311

Monday - Saturday 08.00 – 19.00 hrs.

Sunday 08.00 – 17.30 hrs.

Holidays 08.00 – 16.00 hrs.

E – mail address : info@rutningimbel.com

- Please remove soft lens 7days before the assessment and 3 Weeks for hard lens or gas permeable lens.
- Please arrange for going home without driving. Because the doctor will dilate the pupil during the assessment. Your vision will be blurry for 4-6 hours. Sunglasses will help soothing your eyes.

3. Pre-Operative Assessment

Full and proper examination will be provided to your sight to ensure precise determination on readiness and the most appropriate treatment procedure. Appointment will be made at your best convenience for the required LASIK surgery.

- Ophthalmologist will take measurement and develop the thickness and curve chart of cornea to decide whether the thickness and curve of cornea will fit LASIK requirement.
- Ophthalmologist will enlarge the iris for full eye examination to ensure successful LASIK surgery without any problems of complicated diseases such as severe dry eyes, glaucoma, diabetic retinopathy etc and that the eye is in a healthy condition.

4. LASIK Surgery

Lasik Surgery should be done after pre-operative assessment at least 1 day. During the assessment the doctor will dilate the pupil to properly examine the retina. It would take 4-5 hours to constrict your pupil. Lasik surgery should be done on other day.

Preparation for LASIK Surgery

1. Please stop wearing soft lenses for 7 days and hard lens or gas permeable lens for 3 weeks before the day of surgery. This is very important. It may effect the result.
2. Please avoid using eyeliner, eye shadow or mascara one day before surgery. Make up application can be resumed one week after treatment or recommended by the doctor.
3. On the day of surgery, please do not use any facial make up or eye make up because the power may get in to the operative field. Please also wash your face thoroughly before you leave home.
4. Please do not wear any perfume the day of surgery because the alcohol vapor will affect the laser surgery.
5. On the day of surgery, please wear comfortable clothing so you will be comfortable on the surgical table. Avoid a turtleneck because it may squeeze your eye when you remove it.

6. Please do not drive for two days. Bring your driver or go home by taxi.
7. You may eat normally.
8. You may want to acquire a pair of sunglasses because exposure to UV light post operatively may cause regression of the laser effect.

The first 24 hours after the surgery

1. To prevent the cornea flap from dislodging, please do not squeeze your eyes hard but just keep your eyes closed during the first 6 hours, so that the flap will bond to the rest of the cornea quickly. Please take one sleeping pill and sleep for 6 hours. Please do not open the eye shield for 6-8 hours.
2. You may experience irritation, burning, and watering of the eyes for first 4 hours. Closing the eyes will relieve some of these symptoms.
3. Please keep the moist chamber eye shield on until the next morning, because moisture relieves the eye irritation.
4. You may open the moist chamber and use the eye drops after 6-8 hours.
5. The medications consist of antibiotics and artificial tears. You may start using them 6-8 hours after surgery or the next morning. It is to be used 4 times a day for at least one week.
6. Red eyes from broken blood vessels are expected in most cases. It will do no harm and will fade away in 2 weeks.

After 24 hours

1. Please cover the eyes with the other eye shield to prevent accidental rubbing during sleep.
2. Please do not use your eyes for 24-48 hours, including driving, reading, watching TV, and using the computer because it will irritate the eyes.
3. Please avoid eye irritants such as dust, smoke. To keep the eyes clean, please do not allow any water in the eyes for 7 days. After taking a shower please do not rub but dab around the eyes.
4. No swimming for 2 weeks.
5. Please avoid wearing a turtleneck for 7 days because it might squeeze the eyes.

6. You may carry on with your routine activities such as regular exercise, however, avoid sweat entering into the eyes.
7. Please wear sunglasses for at least a month after LASIK for your comfort.
8. Eyes make-up is allowed after 7 days.

5. Post-Operative Assessment

To ensure operation effectiveness and your maximum satisfaction the ophthalmologist will make the follow-up appointments:

- For LASIK surgery : 1 day , 1 week , 1 month , 3 month 6 month and 1 year .
- For PRK surgery: everyday for the first 3 days, 1 week, 1 month ,3 month , 6 month and 1 year .

Rutnin-Gimbel Lasik Centre

Rutnin Eye Hospital, Second Floor

80 Sukhumvit Soi 21 Rd.(Asoke), Khlong-Toey Nua,

Wattana, Bangkok 10110

Tel. 0-2639-3355 Fax. 0-2639-3311

E-mail : info@rutningimbel.com www.rutningimbel.com