

ALABAMA VISION CENTER

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888-841-EYES • www.AlabamaVisionCenter.com


LASIK PRE-OPERATIVE INSTRUCTIONS

Thanks for choosing us for your vision correction surgery. Follow these pre-operative instructions:

- You are scheduled for laser vision correction on this date: _____

Report to the Alabama Vision Center at this time: _____

You may eat and drink as normal. There is no need to arrive earlier. The entire process should take approximately one and a half hours.

	MEDICATIONS	PURPOSE	DOSAGE
	VIGAMOX (OCUFLOX)	PREVENTS INFECTION	1 DROP 4X DAILY STARTING 1 DAY PRIOR TO SURGERY
	VALIUM (Diazepam 5mg)	PROVIDES RELAXATION BEFORE SURGERY	TAKE 1-2 PILLS 30 MINUTES BEFORE SURGERY AS DIRECTED

- Wash eyelids with baby shampoo for 2 days before surgery
- Avoid make-up around your eyes for 2 days before surgery
- No cologne or perfume on the day of surgery
- Make sure your soft contacts are out 2 weeks before your pre-operative exam and surgery (3-4 weeks for gas permeable contacts)
- You must bring someone with you to drive the day of surgery
- Read (but do not sign) the entire LASIK consent form. Bring it with you the day of surgery
- \$250 will be due on the day of your pre-operative exam (check, cash, credit card) and will be deducted from the total cost of your LASIK.
- On the day of surgery, payment can be made by cash, check or credit card (Visa, Mastercard, Discover) to the Alabama Vision Center in the amount of: \$ _____

We thank you for choosing our ophthalmologists for your surgery and look forward to caring for your vision!

(Over for Additional Instructions)

LASIK POST-OPERATIVE INSTRUCTIONS




It is important to go home immediately after surgery and sleep for several hours. Take Ambien as needed to help you sleep (see below). Wear the eye protection provided while sleeping for the first 24 hours. Blink fully and completely without squeezing.

What symptoms are normal immediately after surgery?

- Mild discomfort and a “scratchy or burning sensation”
- Slight redness
- Excess tearing
- Slight swelling or puffiness of the eyelid
- Sensitivity to light
- Hazy or blurry vision; some ghosting or double images

Vision will fluctuate some for several months. After 24-48 hours, most of these symptoms will diminish. Most patients can return to work the day after surgery. It is **NOT** normal to experience severe pain or significant reduction of vision after the first post-operative day.

What medications should I take and when?

	MEDICATIONS	PURPOSE	DOSAGE
	AMBIEN	Helps your sleep after surgery	Take 1 tablet upon arriving home
	EXTRA STRENGTH TYLENOL	Reduces Pain	Every 4-6 hours as needed for pain
	VIGAMOX*	Prevents Infection	1 drop 4x a day for 7 days
	LOTEMAX GEL*	Reduces Inflammation	1 drop 4x a day for 10 days
	SYSTANE PF*	Lubrication	1 drop 4x a day for 2-3 months (start after surgery)

**Close your eyes for 2 minutes after taking any eye drop*

LASIK POST-OPERATIVE INSTRUCTIONS

What precautions should I take immediately after surgery?

- Do NOT rub your eye(s) for 2 months.
- Do NOT resume driving until instructed by your doctor to do so.
- Avoid swimming and hot tubs for 3 days following surgery. Normal showering and bathing is acceptable. Try to keep water from entering the eyes.
- Avoid irritating chemicals such as shampoo, smoke, etc.
- Avoid wearing eye makeup for 3 days following surgery. We recommend that any partially used eye makeup be discarded because it may harbor unseen bacteria that could cause infection.
- You may exercise normally. Perspiration in the operated eye(s) may cause stinging, but it will not be harmful.
- If you already use eye drops of any kind, ask your surgeon when you should start using them again post-operatively. Discard partially used bottles of medication you have been using prior to surgery because they may contain harmful bacteria.

What should I do if there is a problem?

Have questions regarding these instructions?

Experiencing pain outside of what is described here?

Noticing a significance loss in vision?

CALL THE Alabama Vision Center at 888-841-EYES (3937)

Follow Up Tomorrow at This Time: _____

LASIK Information

**Alabama Vision Center (AVC)
Birmingham, Alabama 35213**

A. What is Refractive Surgery? Any surgical procedure that reduces or eliminates one's need for eyeglasses or contact lenses. LASIK (Laser In-Situ Keratomileusis) and Photorefractive Keratectomy (PRK) are types of refractive surgery performed on the cornea.

B. Why refractive surgery may be right for you if there is a desire to reduce or eliminate your dependence upon corrective eyewear for your daily activities. Do you wish to see the alarm clock in the morning or drive a car without glasses or, to see to get dressed in the morning, to function at home and at the office independent of corrective eyewear? These are reasonable goals and are most often, but not always, attainable with LASIK.

C. Why refractive surgery may not be right for you.

If you expect a perfect outcome. No surgical procedure can assure you of a perfect outcome or guarantee that your goals will be met. We strive to achieve the best results in surgical vision correction through professional and technological excellence. LASIK is the most modern refractive surgical technique available and it offers a high probability of reducing or eliminating the need for corrective eyewear. However, refractive surgery, including LASIK, may not be as accurate, predictable, or precise for correcting vision as eyeglasses or contact lenses.

If you expect perfect vision under all conditions. Like most refractive surgical procedures, LASIK changes the shape of the cornea which in most cases greatly reduces or eliminates the need for glasses and contacts. Sometimes, you may need a pair of glasses (or contact lenses) to drive comfortably at night, or to see your best from the back of a theatre. If you will be unhappy wearing eyewear for occasional needs, then refractive surgery may not be right for you.

If you expect an instant result. In most cases, LASIK offers patients a rapid recovery of vision with little discomfort. However, results are *not always instantaneous*, particularly for patients with higher amounts of correction. It may take up to three months, or sometimes longer, for the shape of the cornea to stabilize following surgery. You must be willing to be patient for your full recovery of vision. During this time, you may need to wear temporary eyeglasses (placed in existing frames). In some cases an enhancement procedure may be needed for a nominal charge.

D. Your goal for surgery: improved distance vision in both eyes or monovision?

I. Presbyopia

It is important to understand that LASIK *does not* prevent the age-related loss of the eye's ability to vary its focusing power. This results from changes in the crystalline lens (inside the eye), a condition called *presbyopia*. After age 40, the eye gradually becomes a single-focus optical system, which can view either near or distant objects clearly, but not both. During your consultation, you must determine if your goal is to improve distance vision in both eyes or to leave one eye slightly nearsighted for monovision.

2. Monovision: If you are over 40 and both your eyes are fully corrected for distance vision, you may need reading glasses for near work. As an alternative to reading glasses, you may elect to leave one eye slightly nearsighted (an outcome called *monovision*). If you are over 40 and a contact lens wearer, you may have already experienced monovision by wearing one contact lens that has slightly less power. With LASIK, you may have monovision by leaving one eye slightly nearsighted. If you try monovision and do not like it, your under corrected eye can be enhanced for distance vision. Discuss monovision with your doctor so that an appropriate surgical plan may be made to best fit your needs.

Initials: _____

E. What is LASIK?

LASIK is a safe, brief, generally painless out-patient refractive procedure that effectively treats nearsightedness, farsightedness, and/or astigmatism. During LASIK, a laser (Intralase) is used to precisely create a thin corneal flap. The flap then is opened like the page of a book to expose underlying corneal tissue. Next, the excimer laser is used to remove ultra-thin layers from the cornea in amounts unique to your prescription. Finally, the flap is returned to its original position. Typically both eyes receive LASIK on the same day but they can be treated on separate days. If you elect to have surgery performed, you should understand the risks, benefits, and alternatives of your decision. LASIK is an elective procedure. There are no emergency conditions or other reasons that require or demand that you have it performed. You can continue wearing glasses and, in most cases contact lenses, and have adequate vision. This procedure, like all surgery, has risks and benefits, which are not limited to the ones listed here. While rare, there might be other risks not known to your doctor, which may become known later. Despite the best of care, complications and side effects may occur. Should this happen in your case, the result might be affected even to the extent of making your vision worse.

F. Alternatives to LASIK

If you decide not to have LASIK, there are other methods of correcting your nearsightedness and/or astigmatism. These alternatives include but are not limited to eyeglasses, contact lenses, Photorefractive Keratectomy (also known as PRK, LASEK, or Epi-LASIK), and Refractive Lens Exchange.

G. Risks of LASIK

a. Vision threatening complications:

1. The Intralase laser or the excimer laser could malfunction, requiring the procedure to be stopped before completion. This may or may not be accompanied by visual loss (temporary or permanent).
2. In using the Intralase laser, instead of making a flap, an entire portion of the central cornea could be cut off, and could be lost. If preserved, my doctor would attempt to put this tissue back on the eye after the laser treatment. It is also possible that the flap incision could result in an incomplete flap, or a flap that is too thin. If this happens, it is likely that the vision correction laser part of the procedure will have to be postponed until the cornea has a chance to heal sufficiently to try to create the flap again. The cornea may not heal properly to allow surgery at a later date.
3. Irregular healing of the flap could result in a distorted cornea. This would mean that glasses or contact lenses might not correct my vision to the level before undergoing LASIK. If this distortion in vision is severe, a partial or complete corneal transplant might be necessary to repair the cornea.
4. It is possible a perforation of the cornea could occur, causing devastating complications, including but not limited to partial or complete vision loss. This could also be caused by an internal or external eye infection that could not be controlled with antibiotics or other means. To date, this has never occurred with the methods we use.
5. Other complications threatening vision could occur including, but are not limited to, corneal swelling, retinal detachment, hemorrhage, venous and arterial blockage, cataract formation, total blindness, and even loss of my eye.
6. After LASIK, the eye(s) may be more fragile to trauma from impact. As with any scar, the corneal incision will not be as strong as the cornea originally was at the site. Therefore, the treated eye is somewhat more vulnerable to injury, at least for the first year following LASIK, or longer.

b. Non-vision threatening side effects:

1. There may be increased sensitivity to light, glare, and fluctuations in the sharpness of vision. These conditions usually occur during the normal stabilization period of one to three months, but they may be permanent.
2. An over-correction or under-correction could occur causing me to have blurred distance vision which may resolve spontaneously, or may need an enhancement to correct.
3. At night there may be a "star-bursting" or halo effect around lights. I understand that this condition usually diminishes with time, but could be permanent. I understand that my vision may not seem as sharp at night as during the day and that I may need to wear glasses at night. My physician will clear me to drive after LASIK.
4. I may not get a full correction from my LASIK procedure and this may require future enhancement procedures, such as more laser treatment or the use of glasses or contact lenses.

5. There may be a "balance" problem between my two eyes after LASIK has been performed on one eye, but not the other. This phenomenon is called anisometropia and may cause eyestrain or make depth perception more difficult. My first eye may take longer to heal than usual, prolonging the time I could experience anisometropia.
6. LASIK will not prevent or eliminate my need for reading glasses (except with monovision).
7. There is a natural tendency for eyelids to droop with age. Eye surgery may hasten this process.
8. There may be pain or foreign body sensation, particularly during the first 24 hours after surgery.
9. Temporary glasses (for distance or reading) may be necessary while healing occurs.
10. The postoperative effects of LASIK beyond 40 years presently are unknown. Unforeseen complications or side effects could occur.
11. Visual acuity I may initially gain from LASIK could regress, and my vision may go partially back to the level it was immediately prior to having the procedure.
12. The correction from LASIK may not be perfect. It is not realistic to expect that this procedure will result in perfect vision, at all times, under all circumstances, for the rest of my life. I may need glasses to refine my vision for some purposes after some point in my life, and that this might occur soon after surgery or years later.
13. I may be given medication in conjunction with the procedure. I must have someone take me to and from my surgery. I may not drive following the procedure until my doctor says I can.
14. If I currently need reading glasses, I will still likely need reading glasses after this treatment.
15. If residual refractive errors exist after surgery or if there is regression, enhancement surgery can be performed once vision is stable UNLESS it is unwise or unsafe. Enhancement surgeries are generally performed no sooner than three months after the first surgery. Generally, at this point there is no need to make another corneal flap. The original flap can usually be lifted with special techniques. In order to perform an enhancement surgery, there must be adequate tissue remaining. If there is inadequate tissue, it may not be possible to perform an enhancement. An assessment will be made by my surgeon at which time the risks, benefits, and alternatives of an enhancement will be discussed.
16. As with all types of surgery, there is a possibility of complications due to anesthesia, drug reactions, or other factors, which may involve other parts of my body. Since it is impossible to state every complication that may occur from this surgery, this list of complications may not be complete.
17. I understand that I may plan to have surgery performed on my eyes on separate days or the same day (bilateral simultaneous surgery):

The benefits &/or advantages of having LASIK performed on each eye at a separate time are:

Safety: The risk of developing an infection in both eyes is decreased. Since the pressure in the eye is increased significantly for a short time during the LASIK procedure, internal bleeding or damage to the retina could occur, which could result in loss of vision or even blindness. Should this happen to both eyes, the consequences could be devastating. It is possible to develop a delayed cloudiness in the cornea or even corneal scarring which is not visible immediately after the procedure. Although this is uncommon and generally clears with time, it can result in significant loss of vision, temporarily or permanently. Should this occur in both eyes at the same time, carrying out normal activities could be difficult. Accuracy: The doctor can monitor visual recovery in the first eye and may be able to make appropriate modifications to the treatment plan for the second eye, increasing the likelihood of a better outcome in the second eye. Visual Recovery: Although most LASIK patients experience a rapid recovery in vision, recovery can be delayed. If operated separately, you can function with the fellow eye while the first eye fully recovers. This is true if you are able to wear a contact lens in the unoperated eye.

Satisfaction: You will be given the opportunity to determine whether the LASIK procedure has produced satisfactory visual results without loss of vision or other undesirable side effects such as glare, ghost images, or increased light sensitivity. If you are over age 40 and are nearsighted, you will have an opportunity to experience the change in your close vision, which results from the correction of your nearsightedness. This could influence your decision on whether or not to fully correct your other eye to maintain some degree of close vision without the need for glasses (monovision).

The risks &/or disadvantages of having LASIK performed on each eye at a separate time are:

Convenience: It may be inconvenient for you to have each eye treated at separate visits. This will necessitate two periods of recovery from the laser surgery and may require additional time away from work. Visual Recovery: There will be a potential period of imbalance in vision between your two eyes. This is especially important if you are unable to wear a contact lens in your un-operated eye. It may be difficult to use two different strengths of lenses because they can produce a strong sense of imbalance, dizziness, and a form of double vision.

The benefits &/or advantages of having LASIK performed on both eyes at the same time are:

Convenience: It may be more convenient to have both eyes treated during the same visit. Visual Recovery: The balance in vision between your two eyes may be restored more rapidly. This is especially true if you are unable to wear a contact lens in your un-operated eye.

The risks &/or disadvantages of having LASIK performed on both eyes at the same time are:

Safety: The risks of infection, delayed clouding of the cornea, corneal scarring and internal bleeding or retinal damage are rare but potentially devastating. If these serious complications occur in one eye, they may also occur in the other. Should any of these complications happen, you could experience significant loss of vision or even temporary or permanent legal blindness.

Accuracy: By correcting both eyes simultaneously, there is no opportunity to learn from the healing patterns of the first eye before treating the second eye. Therefore, if there is an over-correction or under-correction in one eye, chances are it will happen in both eyes. If a re-treatment is required in one eye, it is quite possible that your fellow eye will also require a re-treatment.

Visual recovery: LASIK patients generally experience rapid visual recovery. Some patients, however, can experience delayed visual recovery and experience symptoms such as blurred vision, night glare or ghost images. There is no way of predicting how long your eyes will take to heal, and some of these complications can result in prolonged recovery of vision. Blurred vision may continue for several weeks in both eyes, which could make driving difficult or dangerous and could interfere with your ability to work. The healing corneal flap is most susceptible to trauma during the first several weeks after surgery. Should both flaps become accidentally displaced, visual loss in both eyes may result, temporary or permanent.

Satisfaction: Both eyes tend to experience similar side effects. If you experience undesirable side effects such as glare, ghost images, increased light sensitivity, or corneal haze in one eye, you will likely experience them in both eyes. These side effects may cause a decrease in vision or other negative effects, and some patients have elected to not have their second eye treated.

Post operative visits included with LASIK surgery

Visits- Post operative care up to one year after your surgery date is included in the cost of your LASIK surgery. Medical conditions not related to your LASIK surgery are not included in this post operative period and may have an additional charge to you or your insurance company. We are happy to file your insurance company for these medical conditions. Plug insertions due to dry eyes is considered a medical condition and is not included in your post operative visits.

Enhancement cost

The need for enhancements is rare. If one is needed, it will generally occur in the first year after surgery. There is a no charge for enhancement procedures in the first year of surgery and a nominal charge for an enhancement beyond one year.

**Alabama Vision Center
790 Montclair Road
Birmingham, Alabama 35213**

LASIK Consent Form

PATIENT'S STATEMENT OF ACCEPTANCE AND UNDERSTANDING

I fully understand the risks, benefits, and alternatives of the procedure known as LASIK that have been explained to me by my ophthalmologist and through my reading of the handout entitled LASIK Information. I understand that I will not be able to drive the day of the procedure and must have someone drive me home. I further understand that I cannot drive during day or night until I am cleared by my ophthalmologist to do so. I have been given an opportunity to ask questions and my ophthalmologist has answered all my questions to my satisfaction. I give permission for my ophthalmologist to record on video or photographic equipment my procedure, for purposes of education, research, or training of other health care professionals. I also give permission for my ophthalmologist to use data about my procedure and subsequent treatment to further understand LASIK. I understand that my name will remain confidential, unless I give subsequent written permission for it to be disclosed outside my ophthalmologist's office or the center where my LASIK procedure will be performed. I understand that the practice of medicine is not an exact science and that no guarantee has been made to me as to the results of the procedure. I understand that complications may occur known or unknown. Despite these risks of both known and unknown complications, I agree and give my consent for LASIK to be performed on my eye(s) as indicated below by Dr. Kloess, Dr. Velazquez, or Dr. Bartlett.

Right Eye

Printed Name of Patient

Signature of Patient

Date

Printed Name of Witness

Signature of Witness

Date

Left Eye

Printed Name of Patient

Signature of Patient

Date

Printed Name of Witness

Signature of Witness

Date

Price M. Kloess, M.D./Andrew J. Velazquez, M.D./Andrew H. Bartlett, M.D. - Printed Name of Physician

Signature of Physician

Date