



## Your Guide to Administering Eye Drops

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**Step 1** Thoroughly wash your hands with soap and water. Dry your hands on a clean and lint-free towel.

**Step 2** Remove the cap of the eye drop bottle. Be careful not to touch the tip of the bottle with your fingers or eye.

**Step 3** Tilt your head back and look up.

**Step 4** While tilting your head back, gently pull your lower lid away from the eye with your index finger. Using your thumb and index finger, pinch the lid outwards. This will create a pocket for you to place the drop.

**Step 5** Let the drop fall gently into the pocket. Do not allow the tip of the bottle to touch your eye or lid.

**Step 6** Close your eyes and hold your thumb and middle finger over the small openings in your lower eyelids (located near the corner of your eyes near the bridge of your nose). Hold for two to three minutes. This will help the drops stay in your eye and prevent it from being absorbed by your body.

**Step 7** If you have more than one drop, wait about one to two minutes before putting in the second eye drop.

**Step 8** Wash your hands after using the eye drops.



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# WHAT TO PREPARE

## BEFORE THE PRE-OPERATIVE EXAMINATION

At Shinagawa Lasik Center, we conduct screenings to fully determine whether you are a candidate for LASIK. The basic requirements are:



A stable eyeglass prescription for at least two years

Healthy cornea

No active eye or autoimmune disease

Over 18 years old

## LASIK FULL SCREENING STEPS

### STEP 1 Full Screening

You will undergo a series of tests, which will determine your eligibility for LASIK procedure. This will take 2-3 hours.

### STEP 2 Cycloplegic Refraction

This is done on the same day your retinas are checked. Under normal conditions, your eyes have a built-in focusing mechanism that enables them to adapt to changes in different lighting conditions. This focusing mechanism is temporarily weakened to obtain the real eye grade of your eyes. This is achieved by instilling dilating eye drops on your eyes. Effect of pupillary dilation usually lasts 4 to 6 hours. Driving is not advisable after undergoing this examination.

### STEP 3 Evaluation/Counseling

The LASIK Consultant will discuss the LASIK packages and details. The Ophthalmologist will also perform external and internal eye health examinations.

## PREPARING FOR THE LASIK PROCEDURE

- Do not use your contact lens prior to screening.
- Do not use makeup on the day of the surgery.
- If you are taking any medications or using eye drops, please bring the prescription or other documentation that shows the name of your medicines and inform your doctor before your surgery.
- Do not wear earrings, hats, fur and wool clothing.
- Do not use perfumes and stick or spray antiperspirants. These chemicals may cause instability for the laser.
- We cannot keep any luggage at our reception desk. Please bring a small bag or leave your things to your companion.
- Make arrangements for your transportation after the procedure. It is not advisable to drive yourself alone.

## WHAT TO EXPECT ON THE DAY OF THE SURGERY STEPS TO UNDERGO ON LASIK SURGERY DAY

### STEP 1 CONSENT

You will be asked to read and sign a consent form.

### STEP 2

You will undergo a pre-operative examination by a doctor to see if there are significant differences or irregular conditions that occur since your last consultation.

### STEP 3 PAYMENT

You can pay via cash or credit cards. Major cards are accepted with no additional charges. Check payment will be cleared 3 days prior to procedure date.

### STEP 4 LASIK PROCEDURE

### STEP 5 RECOVERY

Close your eyes and rest for 15 to 30 minutes. After resting, the nurse will discuss medication and the doctor will examine your eyes. If there is no problem, you can go home.

**Appointment Card** – The LASIK Consultant will inform you about the recommended post-operative visits.

Schedule: **(Day 1, 1st Week, 1st Month, 3rd Month, 1st Year** and yearly follow-up after the first year).

## DISCHARGE INSTRUCTION AFTER THE LASIK PROCEDURE

- Eye drops should be administered every 3 hours with 5 minutes interval for each eye drop (waking hours only for 7 days):
  - ✓ **Antibiotic**
  - ✓ **Steroid** – Shake bottle well before use.
  - ✓ **Artificial Tears** – Use on the 2nd day and as needed.
- Protective glasses should be worn during waking hours for 7 days. Other glasses with no prescription grades can also be used.
- Eye shield should be worn during sleeping hours only for 7 nights (medical tape included).
- Wearing of protective glasses and eye shield are vital to the recovery, most especially on the first 24-48 hours, to avoid any kind of trauma to the eye which may lead to flap displacement.
- Take oral pain medications (Mefenamic Acid) or any preferred pain reliever as needed. Must be taken on full stomach preferably after meal.
- Patient must come back on the 1st follow up checkup to detect early corneal complications which may cause blurry vision. Succeeding checkups should also be attended.

# DOS & DON'TS

## AFTER LASIK



Follow the schedule of your prescribed medication (i.e., eye drops). If you inadvertently missed or forgot to put a drop on schedule, administer it in as soon as you remember and put in the next drop according to the timetable.



Handle your eye drops with clean hands and be careful not to injure your eyes when putting them to avoid infection. If you unintentionally touch the open nozzle of the medication bottle or it falls down, replace the bottle. Keep the medication bottles clean, cool, and in a dry place.



If your eyes feel dry, use the artificial tears included in the post-op kit. You may put it as often as necessary.



Use the eye shield before going to bed to avoid injuries while sleeping.



Protect your eyes from direct water contact. Keep your eyes closed when washing your face and take extra care to not let the soap or water enter your eyes when taking a shower. Avoid swimming for at least a month to avoid infection.



Wear sunglasses when going out in the sun or in dusty and smoky areas.



Wearing eye makeup is not allowed (i.e. eye shadow, eye liner) for around 2 months or while you are on medication. Similarly, avoid wearing cosmetic contact lenses during this period.



Avoid contact sports and other physical activities with high risk of eye injury. You are advised to return to these activities gradually, especially if your vision has not sufficiently improved yet.



You may start doing all your normal activities after the first day of your LASIK operation. However, don't overstrain your eyes and don't be too self-conscious of having undergone the surgery.



If you suddenly experience blurry vision, sharp pain, or redness of eyes, please call the clinic or visit your eye doctor as soon as possible.