

TELECONSULTATION

You can have your post-op check-ups more conveniently with our Teleconsultation!



Shinagawa's Eye Teleconsultation provides remote, non-emergency post-vision correction care, including post-op check-ups from the 3rd month onward and annual follow-ups. All assessments, advice, recommendations, and prescriptions are based on the information shared during the session.

Shinagawa Rewards Circle (SRC)

Our Shinagawa Rewards Circle (SRC) provides members exclusive rewards and perks, including cash incentives, gift certificates, vouchers, discounts, and early access to limited promos and offerings, among others.



SCAN QR TO SIGN UP

Sign up now and start getting your rewards!

SHINAGAWA BGC BRANCH

21st Floor, Ore Central Building,
9th Avenue cor. 31st Street, BGC,
Taguig City

SHINAGAWA ORTIGAS BRANCH

21st Floor, Hanston Square Bldg.
#17 San Miguel Avenue, Ortigas Center,
Pasig City

PATIENT CARE LINES

Landline: (+632) 7-368-5238
Globe: (+63) 921-217-0517
Smart: (+63) 917-862-7454

CLINIC SCHEDULE

Monday to Sunday
8:00 AM to 5:00 PM



SCAN QR FOR WEBSITE

@ shinagawa_ph

f Shinagawa Lasik Center

✉ Info@shinagawa.ph

🎵 shinagawaph



Bright Eyes Ahead: Your LASIK Guide



STEPS TO UNDERGO ON LASIK SURGERY DAY



DOS & DON'TS AFTER LASIK



Follow your prescribed eye drop schedule. If you miss a dose, apply it as soon as you remember, then continue with the next dose as scheduled.



Handle eye drops with clean hands and avoid touching or injuring your eyes to prevent infection. Replace the bottle if the nozzle is touched or dropped. Store medication bottles in a clean, cool, dry place.



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



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



You may resume normal activities after the first day, but avoid straining your eyes.



Don't ignore if your eyes feel dry. Use the artificial tears in the post-op kit as needed.



Avoid swimming or diving for at least a month and protect your eyes from direct water contact for around a week by covering them to avoid infection.



Avoid eye makeup and cosmetic contact lenses for 2 months or while on medication.



Avoid contact sports and high-risk physical activities for 1-2 weeks after LASIK, and resume gradually as your eyes heal.



Don't ignore if you suddenly experience sharp pain or redness of eyes, as well as blurry vision. Call us or visit the clinic as soon as possible.

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.



- Wear protective glasses during the day for 7 days and an eye shield while sleeping for 7 nights, especially during the first 24-48 hours, to protect your eyes and prevent flap displacement during recovery.
- Take oral pain medications (Mefenamic Acid) or any preferred pain reliever as needed. Must be taken on full stomach preferably after meal.

ADMINISTERING EYE DROPS

STEP 1

Open the eye drop bottle, then tilt your head back and look up.

STEP 2

While tilted, gently place the bottle above your eye and pinch it to let the drop fall gently.

STEP 3

Close your eyes and hold your thumb and middle finger over the small openings in your lower eyelids. Hold for two to three minutes. This shall help the drops stay in your eye and prevent it from being absorbed by your body.

