

## Correct Your Vision With LASIK

The use of LASIK technology to correct vision problems is something of a miracle cure for longtime sufferers. In less than an hour, the procedure can forever correct problems like astigmatism, farsightedness and nearsightedness.

If your doctor has suggested LASIK eye surgery, there are a few things that you need to know about the procedure: before, during and after:

Before your LASIK vision correction procedure begins, you will be expected to make some necessary preparations:

- \* First and foremost, you need to think long and hard about the procedure and make a firm decision that you will go through with it. Speak with your doctor at length, and discuss any concerns that you may have BEFORE your surgery date.
- \* Get an evaluation by your eye doctor to know if you are a good candidate for LASIK correction before you sign the waiver.
- \* About one month before your LASIK eye correction, stop wearing contact lenses. If you don't switch to wearing eyeglasses full-time at least two to four weeks prior to your LASIK procedure, your doctor may not be able to perform the surgery. This is because contact lenses may actually change the shape of your cornea. Leaving your contact lenses out for several weeks will enable the cornea to assume its natural shape. This is essential for the surgery to take place.

LASIK eye correction is fast and painless. However, many people feel uncomfortable and nervous during the procedure, usually because they didn't know what to expect:

- \* When doctors correct your vision using LASIK, the entire procedure is done with you lying back on a big, comfy reclining chair. Sounds pretty good so far, doesn't it?
- \* Once you are made comfortable, the doctor will administer eye drops to numb the eye. A ring will be placed in your eye, and the doctor will apply high pressure to create suction to the cornea. You will experience dimness of vision and some discomfort, but it will be mild.
- \* An instrument called a microkeratome is attached to the suction ring. This is a cutting instrument with a blade to cut a flap in the cornea. This is an essential step in the LASIK correction procedure. The microkeratome and the suction ring are then removed.
- \* A laser light is used to help your eye get focused. When your eye is in the correct position, the doctor will begin the laser treatment. After the pulses of the laser energy vaporize the corneal tissue, the flap is put back into position.
- \* As the final step of your LASIK procedure, a protective shield is placed over the eye. That's it, you're done!

There are some things that you need to keep in mind in the days following your surgery:

- \* You may feel some discomfort in the eye for a few days. This is normal, and the symptoms should improve after a few days. If, at any time, you experience severe pain in the eye, call your doctor immediately
- \* Don't rub your eye! Even though the eye may feel a little uncomfortable, rubbing it may cause the flap to dislodge.
- \* See your doctor within 24 to 48 hours following your LASIK vision correction. Your doctor will remove the eye shield, examine the eye and test your vision.
- \* You may be prescribed drops to prevent infection, and artificial tears to lubricate the eye.
- \* Do not wear a contact lens in the operated eye, even if your vision is hazy.

As you can see, it's fast, effective and virtually painless to have doctors correct your vision with LASIK. If you suffer from myopia, hyperopia or astigmatism, speak to your eye doctor to see if you're a candidate for LASIK vision correction.