

DELLO RUSSO LASER VISION

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THE DAY OF YOUR LASIK PROCEDURE:

BEFORE THE PROCEDURE:

- No restrictions on eating, drinking or medications.
- Please eat breakfast or lunch prior to appointment.
- Wear comfortable clothing. Bring a sweater or jacket (the laser room must be kept cool).
- Do not wear makeup & ensure all traces of makeup are removed.
- Arrange transportation for the day of your procedure.
- Allow yourself approximately 2 hours at Dello Russo Laser Vision for preparation, treatment & recovery time.

WHEN YOU ARRIVE FOR THE PROCEDURE:

- Check in with the front desk.
- Please read & sign the Informed Consent Form and discuss any questions or concerns with a staff or a doctor.
- Cash, Check, Certified Check, Money Order, Credit Card or Pre-Arranged Financing are acceptable methods of payment for the procedure.
- If you have ANY questions or concerns about the procedure that have not already been addressed, PLEASE ask to speak with Dr. Joseph Dello Russo or Dr. Jeffrey Dello Russo prior to your surgery.
- A Laser Counselor will explain the contents of your post-operative kit, instructions & medications.

THE PRE-OPERATIVE WAITING AREA:

- Keep both eyes closed as much as possible while waiting to prevent dryness.
- If you are anxious, we can offer you a valium tab, by mouth.

FIRST-STEP INTRALASE (CREATING YOUR CORNEAL FLAP):

- If you have any allergy to Iodine or shell fish, please tell us before your eyes are cleaned.
- Once you are brought into the procedure room, your eyes will be cleaned and prepped for the procedure.
- Topical anesthetic will be applied.
- It may take a few minutes to position you properly under the laser.
- A lid speculum is used to prevent you from blinking.
- The laser procedure takes approximately 20 seconds per eye.
- After the flaps have been made, you will be asked to wait for approximately 10-15 minutes before completing the surgery under the 2nd laser.

SECOND STEP- WAVEFRONT EYE-Q LASER BY ALCON:

- The laser will be calibrated prior to your procedure.
- Again, a topical anesthetic & a lid speculum will be used to prevent blinking.
- Dr. Dello Russo will lift the corneal flap.
- The laser tracker will "lock" on to your eye and the laser will begin to tick.
- Your only responsibility while the laser is operating is to **STARE DIRECTLY AT THE BLINKING GREEN LIGHT ABOVE YOU**. Your doctor will do the rest of the work!
- Stopping & restarting the laser during the procedure is extremely common. Should this happen, please do not let it concern you.
- The actual laser time is generally less than 30 seconds per eye.
- After the treatment is completed, a bandage contact lens is placed in each eye to protect the flap.

ONCE THE LASIK PROCEDURE IS COMPLETED:

- You will be escorted to a lounge in the post-operative waiting area where you will rest for approximately 20 minutes with your eyes closed.
- Dr. Joseph or Jeffrey Dello Russo will examine & go over some final instructions with you before your discharge.
- Your driver will be able to take you home to rest.
- If you are from out of town, please let our receptionist know where you are staying & leave a local telephone number where you can be reached.

THE DAY AFTER YOUR SURGERY - FOLLOW UP VISIT:

- **DO NOT** expect that your vision will be perfect - First, you have to heal!
- You will need someone to drive you to Dello Russo Laser Vision for your appointment.
- **DO NOT** take a shower or wash your face before your follow-up visit, this is a very common way for patients to unintentionally move the flap.
- Dr. Dello Russo will remove your bandage contact lens - **PLEASE DO NOT** attempt to do this on your own under **ANY** circumstance. If the contact lens falls out on its own, **DO NOT** attempt to replace it.
- Your follow-up visit will not last more than 5-10 minutes.

**OUR DOCTORS AND STAFF ARE ALWAYS HAPPY TO ANSWER ANY
LAST MINUTE QUESTIONS YOU MAY HAVE!**

HOW TO USE YOUR EYE DROPS:

- Gently pull the lower lid toward your cheek.
- Place the drop on the inner surface of the lower lid.
- Close the eye for 30 seconds after installing the drop.
- Wait approximately 3 minutes in between drops so that you don't wash one out with the first drop. (The order in which you use the drops is not important).
- It is not necessary to use the drops when you are sleeping.
- You will be given a specific instruction sheet of how to use your medicated drops (Vigamox, Nevanac, and Omni Pred). You will not need any refills.
- You will be using Systane brand artificial tears quite aggressively at first. The tears will be tapered slowly. Expect to continue use each day 3 months post procedure.
- Do **NOT** be concerned if the drops sting or burn when you put them in. This is normal.

WHAT TO EXPECT DURING THE HEALING PERIOD:

THE FIRST 36-48 HOURS:

REMEMBER: You just had surgery! **DO NOT EXPECT TO SEE PERFECTLY THE DAY AFTER YOUR PROCEDURE.** Typically, patients are expected to be seeing about their 90% level after 1st or 2nd days.

There are 2 very good reasons why it takes time for vision to clear:

1. **YOU HAVE BANDAGE CONTACT LENSES IN BOTH EYES.** The lens will blur your vision slightly.
2. **YOUR CORNEA IS SWOLLEN FROM THE SURGERY.** Just like having surgery or trauma to any part of your body there is swelling. It takes several days for the extra water in your cornea to be absorbed.

As a general rule, patients who go home & sleep as much as possible immediately following surgery see better & feel better more quickly. You are discouraged from trying to read, watch TV, work on the computer or drive for at least 2 days after surgery. Your recovery will be much more comfortable if you rest your eyes during this period.

48 HOURS & BEYOND:

Dryness:

DRYNESS IS THE SINGLE MOST COMMON REASON THAT PATIENTS EXPERIENCE DELAYED RECOVERY.

Most patients will experience dryness temporarily due to the procedure. The length of this dry period varies from patient to patient.

WE CAN NOT PREDICT HOW DRY YOUR EYES WILL BE AFTER SURGERY. A number of variables may cause severe dryness including: **SMOKING**, certain **MEDICATIONS** (specifically anti-allergy & psychiatric medications), peri/post **MENOPAUSAL** women & some **GENERAL MEDICAL CONDITIONS**.

SYMPTOMS OF DRYNESS INCLUDE:

- Night glare.
- A sensation of sand trapped under your lid.
- Fluctuation in vision.
- Feeling as if it takes your eyes time to focus when you wake in the morning & night glare.

THESE SYMPTOMS ARE EXPECTED IN ALL PATIENTS IN THE FIRST FEW WEEKS AFTER SURGERY.

Persistent dryness is likely if these symptoms linger past several weeks.

TREATMENT FOR PERSISTENT DRYNESS MAY INCLUDE:

1. A thicker moisturizing drop (i.e.: Systane Ultra). Thicker drops last longer in the eyes. These drops should be used every hour for several weeks & gradually reduce their use.
2. Ointment (i.e.: Systane Nighttime) prior to going to bed. For many patients this is the most important part of the dry eye regimen.
3. Sleep with a humidifier (this is important during the winter months when the atmosphere is much drier).

(NOTE: ALL SYSTANE BRAND TEARS ARE OVER THE COUNTER THERAPY. TEARS CAN BE PURCHASED IN ANY PHARMACY OR DRUG STORE WITHOUT A PRESCRIPTION FROM YOUR DOCTOR).

4. Schedule an appointment for punctum plugs. This is painless and will help make more tears in your eyes.
5. Dietary supplements rich in essential fatty acids such as **FLAX SEED OIL** have been demonstrated to improve the dryness experienced after surgery.

6. RESTASIS will be prescribed (the ONLY dry eye therapy on the market to actually treat the symptoms of chronic dry eye). Your doctor will determine if you are a candidate.

ADDITIONAL ITEMS:

1. Do NOT allow yourself to get dehydrated. Drink 6-8 glasses of water per day.
Avoid caffeine and alcohol.
2. Unless instructed, use PRESERVATIVE FREE SYSTANE BRAND ARTIFICIAL TEARS.
(Preservative Free tears come in vials, not bottles! **Do not use tears that come in a bottle**).
3. If you plan to travel in the immediate post-operative period, please be aware that airplanes have an extremely dry environment. Lubricate your eyes aggressively before & during your flight.

FLAP COMPLICATIONS:

FLAP COMPLICATIONS ARE UNCOMMON & MOST ARE AVOIDABLE!

In the first 2 weeks after your surgery, **PLEASE DO NOT:**

- ✓ Rub or touch your eyes
- ✓ Put your face in the shower
- ✓ Swim
- ✓ Put your face under water
- ✓ Use eye makeup
- ✓ Lift weights
- ✓ Squeeze your lids
- ✓ Play racket/contact sports
- ✓ Sleep on your stomach
- ✓ Pick up small children

Please sleep with the “flat eye shields” that are provided in your post operative kit for the first 2 nights. This is done to avoid rubbing the eye while sleeping.

If you exercise, you may resume all aerobic activities (biking, jogging, etc.) after 3 days. NO weight lifting for 2 weeks. Racket & contact sports may be resumed after 2 weeks (PLEASE use eye protection).

If your occupation puts your eyes at risk, PLEASE be conscious of using appropriate eye protection.

IF YOU DISPLACE YOUR FLAP you will feel a sensation of pain, notice redness & see a dramatic change in your vision. **INSTILL DROPS IN YOUR EYES & CALL DELLO RUSSO LASER VISION IMMEDIATELY (1-800-EYE-CARE).**

**COMPARE = DESPAIR:
YOUR 2 EYES ARE NOT THE SAME.**

It is important to recognize that you had 2 different operations on 2 different eyes. Do not expect that they will recover at the same rate. After surgery, patients will often look in the distance by covering one eye at a time & compare the 2 sides. While this type of comparison is useful to a point, it is IMPOSSIBLE for your eyes to be perfectly symmetrical. Just the same way that we all have hand dominance, we all have eye dominance. One eye has a better contrast sensitivity & may even be capable of reading better on the vision chart. This difference is based on your brain & therefore is not affected by surgery on your eye. The 2 halves of your brain are not the same & therefore neither will your eyes. If you are not sure which eye is your dominant side, think about which eye you would hold a camera up to.

YES, THE DROPS MAY BURN WHEN YOU PUT THEM IN:

The medicated drops are real medicine. Think of the temporary burning sensation as a way of knowing the medicine is working. A true allergic reaction to the drops used is extremely rare!

RETURNING TO DELLO RUSSO LASER VISION:

At a minimum, patients typically come back to see us for a routine follow up visit 4-6 months after surgery. If you feel you are not seeing to the level you expected, Dello Russo Laser Vision encourages you to schedule an appointment prior to this time. **OUR PROMISE IS TO BE HERE FOR YOU!** DR. JOSEPH, DR. JEFFREY & THE DELLO RUSSO LASER VISION STAFF WANT YOU TO BE HAPPY!

While refractive surgery has made dramatic improvements in recent years in terms of obtaining reliable & consistent outcomes, we cannot control every variable during or after surgery. Not every patient responds to the laser in exactly the same fashion & we all heal slightly differently. Approximately, 5-10% of patients will require a 2nd laser procedure in order to meet their expectations. Statistically, the larger your prescription is, the more likely you will require an "enhancement." Slight under or over corrections are common (it is counterproductive to think of them as a failure of the surgery). We accept the fact that re-treatments are inherent to this type of surgery & that a small percentage of patients will require a 2nd treatment. There is no charge for an enhancement.

If a second procedure would be to your benefit, we will discuss the pros & cons with you in detail. In addition, all of our safety parameters must be satisfied. Furthermore, you must be fully healed from your first procedure before we can offer you a second treatment. This means that the earliest Dello Russo Laser Vision would consider performing an enhancement would be 4-6 months after your initial surgery.

PLEASE FEEL FREE TO CONTACT US AT (201) 384-7333 IF YOU HAVE ANY QUESTIONS OR CONCERNS IN THE FIRST FEW MONTHS. On Sunday's or after hours, please contact your Chief Technician (Michael) @ (201) 923-7317. REMEMBER, WE WANT YOU TO BE HAPPY WITH YOUR EXPERIENCE AT DELLO RUSSO LASER VISION. IF WE DON'T HEAR FROM YOU, WE WILL BE IN CONTACT BY PHONE DURING THE FIRST FEW MONTHS.

**Dr. Joseph Dello Russo, Dr. Jeffrey Dello Russo, Dr. James Dello Russo
& THE DELLO RUSSO LASER VISION Staff.**

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