

LASIK

LASER IN SITU KERATOMILEUSIS

DR NIKHIL KUMAR

CATARACT AND REFRACTIVE SURGEON BMED, GRAD
DIP (REFRACT SURG), MPH, FRANZCO,
CORNEA/REFRACTIVE FELLOWSHIP
(UNIVERSITY OF TORONTO)



Laser vision correction

Frustrated with wearing glasses or contact lenses daily? Not sure if you can take enough time off work for laser vision correction?

With the newest laser technology in vision enhancement, enjoy the freedom of glasses/contact lenses without all the hassle. LASIK provides a fast recovery time, perfect for those with busy schedules and fast-paced lifestyles.

Am I suitable candidate for LASIK?

Most patients over the age of 21 with a stable prescription and looking for an option to eliminate the use of glasses or contact lenses are usually suitable. LASIK is used to correct a vast range of refractive errors (short-sighted, long-sighted and astigmatism), although a refractive assessment is required to determine whether LASIK is the most suitable option for your eyes.

To learn more about LASIK, schedule an appointment today.

Nik has a specific interest in conventional and laser assisted cataract surgery, laser vision correction, alternatives to laser surgery, cornea transplantation, pterygium surgery and the management of keratoconus.

Nik graduated in Medicine from the University of Newcastle in 1998, then completed an ophthalmology residency at the Sydney Eye Hospital and undertook subspecialty fellowship training in Cataract, Cornea and Refractive Surgery at the University of Toronto in 2009.

Nik is a Clinical Senior Lecturer in Cataract, Refractive and Cornea Surgery at the Australian School of Advanced Medicine, Macquarie University.

He is a member of the Australian, American and European Societies of Cataract and Refractive Surgery and Cornea Societies. He has published numerous peer-reviewed papers and book chapters involving his specialty interests.



How does LASIK work?

LASIK aims to eliminate the use of glasses/contact lenses by changing the shape of the cornea, thus allowing the light to come to a point focus on the macula resulting in clear vision. By using advanced laser technology, your pre-existing refractive error is corrected. LASIK procedures involve blade free technology used to create a flap in the cornea (front surface of the eye). This flap is then gently peeled back allowing access to deeper layers in the cornea which are then carefully modified using the newest and most advanced laser technology. The flap is then placed back onto the front of the eye to resume its normal position. No sutures or stitches are required as the flap will heal on its own.

Pre-laser assessment

You will need to schedule an appointment for a refractive consultation. Your eyes will undergo a series of scans to determine whether LASIK is the most suitable laser correction for you. To ensure all measurements are as accurate as possible, please remove soft contact lenses at least 3 days and hard contact lenses at least 14 days prior to your consultation. If you have dry eyes, it is recommended to use lubricants for several days prior to improve the accuracy of your scans.

What to expect on the day and will there be any pain during LASIK?

LASIK is an extremely safe, effective and efficient type of laser vision correction, as it will only take 5-10 minutes per eye. Most patients will spend about 1-2 hours at the facility and will be discharged that same day. This includes pre-admission, in theatre and post-operative care prior to being discharged. Ensure that you have arranged for someone to escort you home as you will not be able to drive. You will be comfortable during the procedure as the eyes are anaesthetised using topical eye drops. There are no injections involved. You may only feel a slight pressure sensation, lasting only seconds. Keep in mind the recovery process can vary between individuals.

Will I still need glasses or contact lenses after LASIK?

Most patients can achieve 20/20 vision or better and notice an improvement in vision within 2 days. However, the vision can fluctuate for several weeks and will continue to stabilize. Although extremely rare, some patients may still require glasses or contact lenses, but their prescription is significantly reduced.

Recovery from LASIK

LASIK has the fastest recovery time in comparison to all laser vision correction procedures. Most patients can return to work in several days. Although, initially after the procedure, it is normal to feel some discomfort. The eyes may feel dry, gritty, scratchy and may also be sensitive to light. A bandage contact lens will also be placed over the eye to promote healing and will be removed after 1 week. Your eyes will also be covered with a clear plastic eye shield upon discharge. You will be provided with post-operative eye drops and medications to help relieve this slight discomfort. The vision can also fluctuate for a couple of weeks, but most patients notice an improvement in vision within the next couple of days. The vision will continue to stabilise within the next couple of months.

For the first two weeks after the procedure, avoid rubbing your eyes, swimming, eye make-up, contact sports, and getting shampoo/soap into the eye. It is expected that you may experience dry eyes after the procedure. This commonly occurs due to reduced tear production as the cornea is still healing. This phase will pass and you will be advised to use lubricants to promote comfort. Most people can drive within a couple of days and resume most daily activities, but keep in mind the recovery process can vary between individuals.

