



Doctors For Visual Freedom LASER CENTER

LASIK PATIENT PACKET

PLEASE BRING BACK WITH YOU THE DAY OF YOUR SURGERY



PRE-OPERATIVE INSTRUCTIONS...PLEASE REVIEW CAREFULLY



WHAT TO EXPECT THE DAY OF YOUR SURGERY



POST-OPERATIVE INSTRUCTIONS – PLEASE REVIEW CAREFULLY



CONSENT FORM – READ CAREFULLY...**BUT DO NOT SIGN!!**

THESE FORMS SHOULD BE READ PRIOR TO RETURNING.

Your procedure is scheduled for _____

Before your procedure you need to...

- Get prescription filled for Azasite drops and bring with you on the day of your procedure. Start your drops four days before your surgery, one drop in each eye twice a day.
- Have your prescription for Restasis filled and begin using twice a day as soon as possible.
- Purchase Preservative Free Tear Drops.
- If you are financing, please let us know so that we can get the paperwork finished before the day of surgery.



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LASIK PREOPERATIVE INSTRUCTIONS

Contact lenses:

- Leave your daily wear soft contact lenses out for at least one week before surgery.
- Leave your extended wear contact lenses out for at least two weeks before surgery.
- Leave hard or gas permeable contacts out for a minimum of four weeks before surgery, or longer as directed during your preoperative evaluation.

Make-up /perfume /cologne:

- All eye make-up should be removed from the eyes on the evening before surgery.
- Do not wear perfume or cologne on the day of surgery.

Medications:

- You will be provided with a prescription for Azasite, an antibiotic eye drops. This should be filled at your pharmacy. Please bring this bottle with you on the day of your treatment along with any other medications that we have prescribed. Start your Azasite drops four days before your surgery, one drop in each eye twice a day.
- If you have been asked to take Restasis, the sooner that you start the drops, the better. They should be used twice a day.
- Please purchase Preservative Free Tear drops in the pharmacy and bring with you on the day of your procedure. You will need them often for the first two weeks.

Day of your procedure:

- Expect to be at the laser center for 60-90 minutes depending on how many questions that you have for Dr. Golden and how quickly you react to sedation.
- Plan on spending the day of your procedure quietly with your eyes closed for most of the day so that you can heal.
- We recommend that you wear comfortable clothing that buttons down the front on the day of surgery.
- You will want to be able to relax after your Valium and we therefore suggest that you limit your caffeine intake on the day of your procedure.
- Please bring a driver with you to take you home after surgery.
- We strongly encourage you to go home directly after your procedure.

THE DAY OF YOUR LASIK PROCEDURE

BEFORE THE PROCEDURE: There are no restrictions with regard to eating, drinking or medications on the day of surgery. You are encouraged to eat prior to arriving for your procedure. Excessive caffeine should be avoided. Wear comfortable clothing. All traces of make-up should be removed. We ask that you abstain from wearing perfume, cologne or aftershave for the 24 hours before your procedure, as it can interfere with the laser. Bring all of your eye drops with you to your surgery. Contact lenses must be removed from the operative eyes prior to the procedure: 1 week for daily wear soft lenses, 2 weeks for extended wear or toric lenses and at least 4 weeks for hard or gas permeable lenses. You will need to arrange transportation on the day of your procedure. You will not be permitted to drive yourself home.

IN THE PRE-OP AREA: Please bring all of your paperwork with you on the day of your procedure. You will be asked to sign the consent form in the presence of a technician. You will meet with your surgeon, Dr. Mark Golden, prior to the procedure. He will answer any questions that you may have and discuss the procedure as it applies to you. Payment is required in full before your procedure. If you require financing call the office for assistance before your surgery. Once all of the paper work is completed and you have met Dr. Golden, you will be offered Valium to help you relax. The Valium takes 15-30 minutes to take effect.

INSIDE THE LASER ROOM: The procedure usually takes less than 10 minutes for both eyes. Your non-operated eye will be covered during the procedure to help you focus with the operated eye. It is important to keep both eyes open during the procedure to minimize discomfort. You will be instructed to look at a flashing red target light. Dr. Golden will help you to maintain your fixation. The laser makes a clicking or snapping sound and a funny smell is noticed by some.

AFTER SURGERY: When the surgery is complete, Dr. Golden will examine the operated eye(s) in the Exam Room. You will be given a kit containing sunglasses, protective goggles, an antibiotic drop, an anti-inflammatory drop and a sample of artificial tears. More preservative free tear drops should be purchased. Instructions for use of the eye medications will be given to you, verbally as well as written in your "Post-op Instructions". Your driver should then take you directly home to rest. It is best to sleep for the several hours after your procedure and plan to spend the rest of the day with your eyes closed as much as possible. Drops should start about 4 hours after surgery, but don't wake up just to take your drops. Sleep is the best way to heal.

EXPECTATIONS: There are a number of key features about the way your eyes will feel and how your vision will behave that are normal and temporary. After your procedure you will recognize that you are no longer nearsighted but your vision will be foggy. A half hour after your procedure, the numbing medicine wears off and the eyes start to feel sore and scratchy for several hours. There may also be tearing. Your eyes may be sensitive to bright light and may burn when attempting to open them. Do not be alarmed; these symptoms are normal and temporary. The remedy for this is sleep, or keeping your eyes closed as much as possible for the remainder of the day. Most people see well enough to drive and work the day after surgery. Those with very high nearsightedness or astigmatism or those with hyperopia may take longer to stabilize. Typically, eyes require 2 to 3 months for the vision to completely stabilize. This is part of the healing process. If your vision is blurry beyond the 20/40 level, temporary glasses may be required. Later, if your doctor feels you could benefit from enhancement, this would be usually be done at about 3 months. The vision must stabilize first. Most people have glare at night causing some difficulty with driving at night. This usually resolves within a few months. You should not drive or operate hazardous equipment if you

are not comfortable with your vision. Everyone has dry eyes after surgery. Preservative free tear drops should be used for the first week and then teardrops with preservatives work well for most.



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LASIK POSTOPERATIVE INSTRUCTIONS

- **Please do not touch your eyes or around your eyes for one week!**
- It is normal for your eyes to be scratchy and sore for the first day.
- Try to nap for several hours. Do not take any drops for the first four hours.
- Spend as much time as possible with your eyes closed today.
- Wear your goggles when sleeping for the first week.
- It is normal for your vision to fluctuate somewhat for the first several weeks.
- You will be seen on the day after your procedure and then at one week, one month, three months, six months and one year. Feel free to come in whenever you are concerned..
- Do not swim, use a hot tub or steam room for two weeks.
- You may take a shower the day after your treatment, letting the water run over your closed eyes, but do not dry your face with a towel. Let it air dry, drip dry or use a blow dryer.
- Avoid lifting excessively heavy objects that cause you to scrunch your eyes closed.
- Wear sunglasses when outdoors during the day for three months, to reduce the chance of an enhancement.
- Avoid getting pregnant for the first three months.
- Medications
 - Azasite- one drop each eye twice a day for five days.
 - Pred Forte (Purple label)- one drop each eye four times a day for five days.
 - Restasis- one drop each eye twice a day. This is usually used for three to four months after surgery.
 - Preservative Free Tear drops to be used often for discomfort and at least four times a day. The more drops that you use, the better your vision. After one week surgery, ordinary tear drops can be used instead of the Preservative Free drops.
 - Wait a minute or two in between drops.

If you have any questions or concerns, please call 773-774-2102.



Doctors For Visual Freedom LASER CENTER

INFORMED CONSENT FOR LASER IN-SITU KERATOMILEUSIS (LASIK)

INTRODUCTION

This information is being provided to you so that you can make an informed decision about the use of a device known as a microkeratome, combined with the use of a device known as an Excimer laser, to perform LASIK. LASIK is one of a number of alternatives for correcting nearsightedness, farsightedness and astigmatism. In LASIK, the microkeratome is used to shave the cornea to create a flap. The flap then is opened like the page of a book to expose tissue just below the cornea's surface. Next, the Excimer laser is used to remove ultra-thin layers from the cornea to reshape it to reduce nearsightedness. Finally, the flap is returned to its original position, without sutures.

LASIK is an elective procedure: There is no emergency condition or other reason that requires or demands that you have it performed. You could continue wearing contact lenses or glasses and have adequate visual acuity. This procedure, like all surgery, presents some risks, many of which are listed below. You should also understand that there may be other risks not known to your doctor, which may become known later. Despite the best of care, complications and side effects may occur; should this happen in your case, the result might be affected even to the extent of making your vision worse.

ALTERNATIVES TO LASIK

If you decide not to have LASIK, there are other methods of correcting your nearsightedness, farsightedness or astigmatism. These alternatives include, among others, eyeglasses, contact lenses and other refractive surgical procedures.

PATIENT CONSENT

In giving my permission for LASIK, I understand the following: The long-term risks and effects of LASIK are unknown. I have received no guarantee as to the success of my particular case. I understand that the following risks are associated with the procedure:

VISION THREATENING COMPLICATIONS

1. I understand that the microkeratome or the Excimer laser could malfunction, requiring the procedure to be stopped before completion. Depending on the type of malfunction, this may or may not be accompanied by visual loss.

2. I understand that, in using the microkeratome, instead of making a flap, an entire portion of the central cornea could be cut off, and very rarely could be lost. If preserved, I understand that my doctor would put this tissue back on the eye after the laser treatment, using sutures, according to the ALK procedure method. It is also possible that the flap incision could result in an incomplete flap, or a flap that is too thin. If this happens, it is likely that the laser part of the procedure will have to be postponed until the cornea has a chance to heal sufficiently to try to create the flap again.
3. I understand that irregular healing of the flap could result in a distorted cornea. This would mean that glasses or contact lenses may not correct my vision to the level possible before undergoing LASIK. If this distortion in vision is severe, a partial or complete corneal transplant might be necessary to repair the cornea.
4. I understand that it is possible a perforation of the cornea could occur, causing devastating complications, including loss of some or all of my vision. This could also be caused by an internal or external eye infection that could not be controlled with antibiotics or other means.
5. I understand that mild or severe infection is possible. Mild infection can usually be treated with antibiotics and usually does not lead to permanent visual loss. Severe infection, even if successfully treated with antibiotics, could lead to permanent scarring and loss of vision that may require corrective laser surgery or, if very severe, corneal transplantation or even loss of the eye.
6. I understand that I could develop keratoconus. Keratoconus is a degenerative corneal disease affecting vision that occurs in approximately 1/2000 in the general population. While there are several tests that suggest which patients might be at risk, this condition can develop in patients who have normal preoperative topography (a map of the cornea obtained before surgery) and pachymetry (corneal thickness measurement) . Since keratoconus may occur on its own, there is no absolute test that will ensure a patient will not develop keratoconus following laser vision correction. Severe keratoconus may need to be treated with a corneal transplant while mild keratoconus can be corrected by glasses or contact lenses.
7. I understand that other very rare complications threatening vision include, but are not limited to, corneal swelling, corneal thinning (ectasia), appearance of “floaters” and retinal detachment, hemorrhage, venous and arterial blockage, cataract formation, total blindness, and even loss of my eye.

NON-VISION THREATENING SIDE EFFECTS

1. I understand that there may be increased sensitivity to light, glare, and fluctuations in the sharpness of vision. I understand these conditions usually occur during the normal stabilization period of from one to three months, but they may also be permanent.
2. I understand that there is an increased risk of eye irritation related to drying of the corneal surface following the LASIK procedure. These symptoms may be temporary or, on rare occasions, permanent, and may require frequent application of artificial tears and/or closure of the tear duct openings in the eyelid.

3. I understand that an overcorrection or undercorrection could occur, causing me to become farsighted or nearsighted or increase my astigmatism and that this could be either permanent or treatable. I understand an overcorrection or undercorrection is more likely in people over the age of 40 years and may require the use of glasses for reading or for distance vision some or all of the time.
4. After refractive surgery, a certain number of patients experience glare, a “starbursting” or halo effect around lights, or other low-light vision problems that may interfere with the ability to drive at night or see well in dim light. The exact cause of these visual problems is not currently known; some ophthalmologists theorize that the risk may be increased in patients with large pupils or high degrees of correction. For most patients, this is a temporary condition that diminishes with time or is correctable by wearing glasses at night or taking eye drops. For some patients, however, these visual problems are permanent. I understand that my vision may not seem as sharp at night as during the day and that I may need to wear glasses at night or take eye drops. I understand that it is not possible to predict whether I will experience these night vision or low light problems, and that I may permanently lose the ability to drive at night or function in dim light because of them. I understand that I should not drive unless my vision is adequate.
5. I understand that I may not get a full correction from my LASIK procedure and this may require future enhancement procedures, such as more laser treatment or the use of glasses or contact lenses.
6. I understand that there may be a “balance” problem between my two eyes after LASIK has been performed on one eye, but not the other. This phenomenon is called anisometropia. I understand this would cause eyestrain and make judging distance or depth perception more difficult. I understand that my first eye may take longer to heal than is usual; prolonging the time I could experience anisometropia.
7. I understand that, after LASIK, the eye may be more fragile to trauma from impact. Evidence has shown that, as with any scar, the corneal incision will not be as strong as the cornea originally was at that site. I understand that the treated eye, therefore, is somewhat more vulnerable to all varieties of injuries, at least for the first year following LASIK. I understand it would be advisable for me to wear protective eyewear when engaging in sports or other activities in which the possibility of a ball, projectile, elbow, fist, or other traumatizing object contacting the eye may be high.
8. I understand that there is a natural tendency of the eyelids to droop with age and that eye surgery may hasten this process.
9. I understand that there may be pain or a foreign body sensation, particularly during the first 48 hours after surgery.
10. I understand that temporary glasses either for distance or reading may be necessary while healing occurs and that more than one pair of glasses may be needed.
11. I understand that the long-term effects of LASIK are unknown and that unforeseen complications or side effects could possibly occur.

12. I understand that visual acuity I initially gain from LASIK could regress, and that my vision may go partially back to a level that may require glasses or contact lens use to see clearly.
13. I understand that the correction that I can expect to gain from LASIK may not be perfect. I understand that it is not realistic to expect that this procedure will result in perfect vision, at all times, under all circumstances, for the rest of my life. I understand I may need glasses to refine my vision for some purposes requiring fine detailed vision after some point in my life, and that this might occur soon after surgery or years later.
14. I understand that I may be given medication in conjunction with the procedure and that my eye may be patched afterward. I therefore, understand that I must not drive the day of surgery and not until I am certain that my vision is adequate for driving.
15. I understand that if I currently need reading glasses, I will still likely need reading glasses after this treatment. It is possible that dependence on reading glasses may increase or that reading glasses may be required at an earlier age if I have this surgery.
16. Even 90% clarity of vision is still slightly blurry. Enhancement surgeries can be performed when vision is stable UNLESS it is unwise or unsafe. If the enhancement is performed within the first year or two following surgery, there generally is no need to make another cut with the microkeratome. The original flap can usually be lifted with specialized techniques. After several years of healing, a new LASIK incision may be required, incurring greater risk or surface ablation PRK may be performed which takes longer to heal and LASIK. In order to perform an enhancement surgery, there must be adequate tissue remaining. If there is inadequate tissue, it may not be possible to perform an enhancement. An assessment and consultation will be held with the surgeon at which time the benefits and risks of an enhancement surgery will be discussed.
17. I understand that, as with all types of surgery, there is a possibility of complications due to anesthesia, drug reactions, or other factors that may involve other parts of my body. I understand that, since it is impossible to state every complication that may occur as a result of any surgery, the list of complications in this form may not be complete.

FOR PRESBYOPIC PATIENTS (those requiring a separate prescription for reading)

The option of monovision has been discussed with Dr. Mark Golden of Doctors For Visual Freedom Laser Center.

I chose not to have monovision _____

I chose to have monovision _____ **Right eye** _____ **Left eye**

PATIENT'S STATEMENT OF ACCEPTANCE AND UNDERSTANDING

The details of the procedure known as LASIK have been presented to me in detail in this document and explained to me. Dr. Mark Golden has answered all my questions to my satisfaction. I therefore consent to LASIK surgery on:

_____ **Right eye** _____ **Left eye** _____ **Both eyes**

Patient Signature

Date

Witness Signature

Date

Addendum: Consent for Bilateral Simultaneous LASIK

LASIK has become a common procedure for many refractive surgery patients. While many patients choose to have both eyes treated at the same surgical setting, there may be risks associated with simultaneous treatment that are not present when the eyes are treated on different days. If you elect to have surgery performed on both eyes at the same time, you should understand both the possible advantages and disadvantages of your decision.

Safety

The risks of infection, severe inflammation, delayed clouding of the cornea, corneal scarring and internal bleeding or retinal damage are very rare but potentially devastating. If these complications occur in one eye, they may also occur in the other. Should any of these complications happen, you could experience significant loss of vision or even temporary or permanent legal blindness. By choosing to have LASIK performed on separate days, you avoid the risk of having one or more of these complications in both eyes at the same time.

Accuracy

If there is an over-correction or under-correction in one eye, chances are it may happen in both eyes. If a retreatment is required in one eye, it is quite possible that your fellow eye may also require a retreatment. By having surgery on separate days, the doctor can monitor the healing process and visual recovery in the first eye and may be able to make appropriate modifications to the treatment plan for the second eye. In some patients, this might improve the accuracy of the result in the second eye. By correcting both eyes simultaneously, there is no opportunity to learn from the healing patterns of the first eye before treating the second eye.

Visual Recovery

Most LASIK patients experience rapid visual recovery, but some may experience symptoms such as blurred vision, night glare or ghost images that can result in prolonged recovery of normal vision. Blurred vision may rarely continue for several weeks, which could make driving difficult or dangerous and could interfere with your ability to work if it occurs in both eyes. There is no way of predicting how long your eyes will take to heal. If the eyes are operated separately, you can generally function with

the fellow eye while the first eye fully recovers. However, there may be a period of imbalance in vision between your two eyes, producing a form of double vision. If you are able to wear a contact lens in your unoperated eye, the corrective lens could minimize this imbalance. The balance in vision between your two eyes will usually be restored more rapidly if they are operated on the same day.

The healing corneal flap is most susceptible to trauma during the first several weeks after surgery. Should both flaps become accidentally displaced, significant visual loss in both eyes may result.

Satisfaction

Both eyes tend to experience similar side effects. If you experience undesirable side effects such as glare, ghost images, increased light sensitivity, or corneal haze in one eye, you will likely experience them in both eyes. These side effects may cause a decrease in vision or other negative effects, and some patients have elected to not have their second eye treated. By having each eye treated on separate dates, you will have the opportunity to determine whether the LASIK procedure has produced satisfactory visual results without loss of vision or other uncommon undesirable side effects. If you are over age 40, you will also have an opportunity to experience the change in your close vision that results from the correction of your nearsightedness or farsightedness. This could influence your decision on whether or not to fully correct your other eye to maintain some degree of close vision without the need for glasses (monovision).

Convenience and Cost

It may be inconvenient for you to have each eye treated at separate visits because it would necessitate two periods of recovery from the laser surgery and might require additional time away from work. Professional and facility fees may be greater if the eyes are operated on different days, and the additional time off work that may also be needed can be costly.

Consent Statement:

"I have read and understand the above risks and benefits of bilateral simultaneous LASIK, and I understand that this summary does not include every possible risk, benefit and complication that can result from bilateral simultaneous LASIK. My doctor has answered all of my questions about the LASIK procedure. I wish to have both of my eyes treated during the same treatment session if my doctor determines that the treatment in the first eye appeared to be technically satisfactory.

The reason(s) I wish to have both eyes treated at the same time are:

- Greater convenience**
- Possible faster recovery**
- Less time away from work**
- Contact lens intolerance and/or difficulty wearing contacts**
- Elimination of possible vision imbalance between treated and untreated eyes**
- Other:** _____

Patient Signature

Date

Witness Signature

Date

I have been offered a copy of this consent form (please initial) _____