

**WARNING: Failure to follow the advice given may affect your safety and results.**

**EXPECTATION**

**Many people have experienced a dramatic impact in their lives after the procedure, allowing them to live a life free from the dependence on glasses and/or contact lenses. Each patient is a unique individual and as such can expect to have a unique and different healing process.**

**BEFORE**

**Preparation Checklist**

- Discontinue soft lens for 1 week, GP or hard lens for 2 weeks.
- Be on time. If you are late, your surgery will be rescheduled to a much later time.
- Have a light meal. No restriction on eating, drinking or medication.
- No alcohol for the last 24 hours.
- Shower and shampoo your hair.
- Strictly no alcohol & fragranced substance such as hairspray, cologne, aftershave or perfume.
- Strictly no make up.
- Wear comfortable, loose and warm clothing (non-wool).
- Do not bring any jewelry and valuables.
- Arrange your transport home. Allocate approximately 3 hours to be at the center.
- Read and understand the consent form. You will need to sign it at our center.
- Please take your usual medication, if any. Please consult our doctor on your medication before the procedure.
- Friends and family are welcome at our center. However, they must be at least 12 years old.
- Make necessary payment arrangement. Payment is required before your procedure. Cash, Cheque, VISA, MasterCard or 0% EzyPay with selected credit cards. Please inform your credit card company about the incoming transaction and ensure sufficient credit limit.
- Your surgery may be delayed or postponed due to unforeseen circumstances and will be rescheduled accordingly.

**AFTER**

Immediately after your procedure, you may experience some discomfort or stinging sensation (like shampoo getting into your eye), watery, tearing, misty vision, puffy eye for the next 6 hours. Keep your eyes close as much as possible and rest. It is normal after your procedure for the white part of your eye to appear red or have patches of red. This will usually clear within 1 month.

**Healing Process: Approximately 3-6 months**

You may experience the following symptoms:

- Eyes get tired easily
- Dry eye sensation
- Fluctuation of vision
- Poor night vision such as glare, halos, light sensitivity or starburst
- Unable to read or see near object, even if you choose Monovision, as you may be initially longsighted. If you are over 38 years old and you choose full correction, you will need to wear reading glasses to see near object permanently.

**Recommended Activity Schedule**

- Follow the post-operative eye drops instruction strictly.
- Plenty of rest, nap and sleep for 48 hours.
- Protect your eye with Sunvisor both indoor (24 hours) and outdoor (1 week).
- Wear the clear protective eye shield when you sleep for the next 1 week.
- You may shower or bathe. Do not wash your hair and avoid getting soapy water into your eye for 24 hours. If it happens, use plenty of artificial tears.
- No alcohol and no smoking for 24 hours.
  
- Plane ride can be taken 24 hours after the procedure. Be sure to use a lot of artificial tears as the air in the plane is very dry.
- Driving is acceptable as long as you are comfortable with your vision, usually 48 hours after the procedure.
- When playing with baby or children, be careful with their hands.
- Office work and normal activities such as golf game, light jogging, etc. can be resumed 48 hours after the procedure.



- Clean your eye lids gently with wet facial cotton every morning and night for 1 week.
- No eye shadow for 1 week.
- No eye liner and mascara for 1 month.
- No strenuous activities for 1 week.
- Avoid smoky, dusty or dirty environment for 1 week.
- No gardening for 2 weeks.
- Do not strain your eye for 2 weeks. If not, you may experience headache and/or sore eyes.
- Do not rub your eye for 1 month. Dab gently on closed lids.
- No facial eye treatment for 1 month
- No swimming, water activities, racquet games, contact sports for 1 month.

**For Cataract Surgery only:**

- Do not lie on the operated side for 1 week.
- Do not lift heavy objects, strain or bow down for 1 month.

Your routine follow up visits will be 1 day, 1 week, 1 month and 12 months. For Cataract Surgery is up to 1 month.

**24-hour VISTA Emergency**

Please call us immediately in an unlikely event that you experience abnormal or sudden feeling in your operated eye:

- Increase in redness
- Severe/sudden pain in the eye
- Severe tearing and excessive eye discharge
- Sudden decrease in vision/loss of vision
- Injury to the eye

<b>Dr. Aloysius Joseph Low</b>	<b>012 255 0199</b>
<b>Dr. Ng Gim Leong</b>	<b>019 470 3988</b>
<b>Dr. Alan Koh Kok Khiang</b>	<b>012 312 0720</b>
<b>Dr. Adrian Chuah Khai Choon</b>	<b>012 332 2843</b>
<b>Dr. Anson Teh Yeong Han</b>	<b>011 2433 3628</b>
<b>Dr. Paul Lim Chern Pin</b>	<b>018 669 4375</b>
<b>Mr. Lim Boon Siong</b>	<b>012 283 7927</b>