

Chapter 3

Having the Surgery

Any patient who is considering refractive surgery should be most worried about what type of surgery he or she needs and what to do during it rather than the credentials of his or her surgeon. Dr. Chynn is one of the best-trained surgeons in NYC, having studied at Dartmouth, Columbia (MD), Harvard (Residency), Emory (Fellowship) in addition to an NYU Stern MBA. So don't worry about a thing when it comes to training, instead worry about making sure that you know exactly what's going on during surgery in order to extract the greatest benefit from it. Below are the Pre-, Inter- and Post-operative guidelines for a general patient at IWANT2020. It is imperative that you continue to follow Dr. Chynn's post-operative instructions to ensure your best results.

Pre-operative requirements

Much of your LASIK results will depend on your ability to adhere to simple guidelines that protect the health of your eyes. The following lists some typical guidelines that you would be expected to follow before your surgery.

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Pre-Operative Examination:

- Manifest Refraction – this procedure will determine your eyes' **refractive error** and aid in further procedures.
- Cycloplegic Refraction – this procedure determines your refractive error while your muscles used in accommodation are paralyzed with dilating drops.
- Dilated Fundus Examination (FDE) – this procedure examines your retina and optic nerve and is useful in assessing optic diseases.
- Ultrasonic Pachymetry – this is an effective way to measure corneal thickness and is performed while you are totally anesthetic.
- Please note that there is a fee for the pre-operative examination and make sure that you have followed all pre-operative instructions prior to this exam, or else we may have to repeat it.

After you have made your final decision to have Laser Vision Correction surgery, you must perform these pre-operative instructions prior to your surgery. Then, when you come into the office, we will complete a few more tests in order to obtain the vital information that Dr. Chynn needs to perform your LVC.

Pre-Operative Instructions:

- No soft contact lenses for about 2 weeks; no hard contact lenses for about 4 weeks. The exact length of time will be determined by your corneal topography.
- Fill your prescription for Zymar antibiotic in order to prevent infection and use this eye drop 4 times per day beginning 3 days before surgery.
- Use **artificial tears** 4 times a day for 1 week before surgery. Artificial tears are eye drops that are available at drugstores. Good brands to consider purchasing include Alcon, Allergan, etc—not generic brands such as

Visine. This makes sure that your eyes are properly lubricated and are in optimal condition for surgery.

- LASEK patients only – Please make sure to pick up the following: 1) Acular LS, 2) PredForte, and 3) Medrol DosePak.
- Do not wear eye makeup for 3 days before surgery. It is imperative that you keep your eyes as clean as possible for upcoming surgery.
- Clean your eyelids and eyelashes for 3 days, morning and night, before surgery. While keeping your eyes closed, gently scrub the outside eye area with mild soap or baby shampoo and lukewarm water on a washcloth. You can also buy “*lid scrubs*” at a drugstore and use this product as directed.
- Do not wear any perfume, cologne, or aftershave on the day of surgery. The scents associated with these products disperse into the air as tiny molecules that land on the mirror that the laser uses during the LASIK and LASEK procedures. This causes the mirror to “fog” up and form a non-uniform surface, causing a reduction in the strength of the laser that ablates your corneal tissue.
- Practice focusing on a blurry laser-like dot:
 - Unplug an electronic device such as a VCR
 - Plug it back in and see that it has a blinking laser-like dot on the main console.
 - Then, without eyewear, try to focus on the blurry dot by covering one eye and keeping the other eye wide open.
 - Next, gently touch your eyelashes to simulate Dr. Chynn’s surgical instruments near your eyes. If you are comfortable, let another person touch your eyelashes for a better simulation.
- Make sure you have paid for your surgery in full a week in advance or else you will be charged a supplementary fee.

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- Call us 5 days prior to your surgery to confirm the type of surgery you wish to have and when you wish to have it. Failure to reschedule your surgery at least 48 hours in advance will result in a rebooking fee.
- Bring in your favorite CD, a black VHS tape, and a companion for the surgical procedure (sorry, but no young children are allowed in the operating room as everyone needs to concentrate).
- Immediately following the surgery your vision will be blurry and you will have to wear **protective eyewear**. Make arrangements with a friend or relative to help you get home because you will not be able to drive.

On the Day of Your Surgery:

- If you are a LASEK patient, please bring in your Medrol Dosepack and follow the directions on the back of the pack.
- Begin ibuprofen (Advil, Motrin) on morning of by taking 2 pills with every meal.
- In addition, LASEK patients must also begin using Acular on the morning of by putting 1 drop in each eye 4 times per day
- Continue your antibiotic drops (Zymar, Vigamox, Quixin) 4 times per day
- Eat and drink as you would on a regular day
- Dress warmly and comfortable as the operating room can get quite chilly and you may be asked to remain in certain positions for extended periods of time
- Arrive promptly as the total procedure is lengthy
- Please bring all medications and drops with you on every single visit to the office

Although the actual time spent in surgery is less than 30 minutes, you should plan to spend approximately 3 to 4 hours at our facility. This is to allow for pre-operative

measures such as paperwork (consent forms), a single dose of valium to help you relax during the procedure, and 3 pre-operative eye drops (antibiotic, steroidal, and non-steroidal).

After the surgery, you will be asked to remain with your eyes closed for at least 30 minutes in order to help naturally smooth out the corneal flaps. A **bandage contact lens** will be placed in the eye to protect the flap edges and help smooth any microscopic wrinkles; this is removed the next day by Dr. Chynn if he determines that the flaps are healing properly. Dr. Chynn will also personally examine your eyes before sending you home to rest.

Inter-operative Procedure

While surgery is going on, you as a patient need to make sure that you carefully follow all necessary protocols and procedures. Since concentration is essential to any type of surgery, especially eye-related surgery, it is in your best interest to know exactly what to expect so that you do not act alarmed or surprised during the process.

Four Rules You Should Remember

1. Please do not touch or allow anyone to touch any part of your face after you have been sterilized because this may result in an infection.
2. There will be a blinking orange or red light above you, which is the only thing you should look at throughout the procedure. Do not look at the doctor or lab tech while they are talking to you; just concentrate on the blinking light.
3. The laser will make a lot of noise while it is used during surgery. Do not let this noise alarm you, make sure to breathe normally and not to hold your breath.

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4. The most important rule is that your eyes must function together. Regardless of the presence of a patch over one eye or the order of surgery, you must open and close your eyes together. If you leave one eye open while closing the other, the open eye will roll up into your head, thus delaying the surgical procedure.

Surgery Will Entail the Following

1. There will be a speculum present to keep your eyelids open; do not fight it by shutting or blinking your eyes. This procedure is painless, so all you have to do is relax and keep your eyes open.
2. Dr. Chynn will hold a ring on your eye that will cause you minimal discomfort, but no pain. There will be an alcohol-based solution in the center of the ring which will not hurt unless you move your eyes and cause the solution to spill. The liquid will sting your eyes, so make sure to hold still with your eyes open for 30-40 seconds.
3. Next, Dr. Chynn will wash your eyes with cold water and you may experience a minor "brain freeze," but this will help to alleviate pain after the surgery. Again, please stare at the blinking light and do not move.
4. Dr. Chynn will then push move the epithelial layer aside in order to begin the laser portion of surgery.
5. For the laser portion, pretend that you are having a staring contest with the blinking light. There will be a lot of background noise from the laser, but just concentrate on the light and breathe normally.
6. For patients whose prescription numbers are fewer than -6 or greater than +3: there will be a sponge sitting on your eye for 30-60 seconds followed by some more cold water. Please make sure to look straight up throughout this procedure.

7. The epithelial layer will then be placed back into its original position and a bandage contact lens will be placed over your eye.

A Few Final Words of Advice

You must keep the contact lenses in your eye to ensure a proper recovery. While taking eye drops, lie down on a bed and have someone administer them; do not do this yourself or while standing. Finally, do not rub your eyes and avoid eye irritants such as smoke.

Post-operative requirements

Post-operative instructions must be **strictly** followed in order to ensure that your eyes heal properly. Follow-up visits are **very** important, and should not be missed even if you are satisfied with your vision and your eyes feel healthy. Please make arrangements to be available for all post-operative visits.

Dr. Chynn offers an extremely comprehensive follow-up service, and it is always in your best interests to take advantage of this. Dr. Chynn asks that you return for follow-up appointments 1 day, 1 week, 1 month, 3 months, 6 months, 9 months, and 1 year after your surgery, as well as an annual exam after this period. This is to ensure that your eyes are healing properly and that you remain satisfied with your vision. The following is a list of some other post-operative precautions and expectations.

Expectations

- Your eyes will be irritated, watery, light sensitive, and uncomfortable for a few days.
- You will need to take ibuprofen 4 times a day for 3 days. This will help with both pain and inflammation, and is necessary even if you do not experience pain.
- Your vision will be blurry and fluctuate for the first week, but it may continue to improve for up to 3 months.

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- Your eyes will be red for 1-2 weeks. This will gradually improve.
- Please remember to bring all of your medications with you to all post-operative visits

Precautions

- Do not rub your eyes after surgery. This may dislodge the surgical flaps and you will have to return to the operating room for Dr. Chynn to smooth or suture (to sew) them back into place (for LASIK patients). This will also delay your healing.
- Wear the protective shields for at least 3 nights.
- You may shower or bathe the day after your laser procedure. However, avoid getting shampoo, soap, or water in your eyes. You should avoid getting any water in your eyes for at least 2 weeks.
- Do not swim or use the hot tub or sauna for 2 weeks.
- No heavy exercise or contact sports for 1 week.
- Avoid straining your eyes through reading or watching television excessively for the first few days.
- Avoid exposure to smoke and dust which may irritate your eyes.
- Wear sunglasses with UV protections for 3 months whenever you are in bright sunlight.
- Eye makeup should not be used for 1 week after surgery.
- If you are a woman, do not change your hormonal status for 3 months following surgery. This means no change in your pregnancy status, no change in your nursing status, and no change in estrogen therapy.

Keep in mind that although refractive surgery is a relatively painless and bloodless procedure, it is still a surgical procedure that causes trauma to the eyes. Your eyes will need time to rest and heal before returning to their normal state. In case of an emergency, Dr. Chynn will

provide you with his personal cell phone number so that you can contact him with any concerns. Finally, in order to ensure your healthy recovery, please make sure to take all of the following medications following your laser correction surgery.

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Medications

Please note that this table is a guideline and should not be used as a substitute for your chart. Dr. Chynn will make adjustments and corrections for each patient depending on his or her situation.

Type and name of Medication	Instructions
Antibiotic (Prevents infections) Zymar, Viagmox or Quixin	- Take every hour while awake after surgery until bedtime, then - 4 times per day after contact is removed and epithelium healed (1 day post-LASIK, 5 days post-LASEK)
Steroid (Prevents scarring) Pred Forte	- Every hour while awake after surgery, then - 4 times per day after surgery until your 1-day post-op visit - On your 1-day visit, Dr. Chynn will give you further instructions depending on your AR - LASIK patients – about 4 times per day then stop after 1-week post-op - LASEK patients – 4 times per day until it runs out, then switch to Lotemax and decrease to 3 times per day
Pain Drop (Prevents pain) NSAIDs	- Drugs A/B are taken 1/3 hours after surgery - A is taken twice Fri, Sat, Sun, Mon, then discontinued
Oral Steroid (Prevents scarring) Medrol DosePak	- Follow instructions on package, start morning of or after surgery (LASEK only)
Tears (Promotes healing) Refresh, Refresh Plus, Systane, etc	- Use preservative-free tears in the individual vials every 1-2 hours for 1-2 weeks, then 6/8 times per day for 1 month - By 2 nd month, you can switch to preserved tears and reduce to 4 times per day for another few months
Restasis Cyclosporin A	- Use twice per day, begin month 1 post-op. - Use for 1-4 months depending on results

RX Instructions:

Patient: _____ Date: _____

	Right Eye (x/ per day)	Left Eye (x/ per day)
Steroid Drop:		
Lotemax (loteprednol)	1 2 3 4 6 8 12	1 2 3 4 6 8 12
Pred Forte (prednisolone)	1 2 3 4 6 8 12	1 2 3 4 6 8 12
Antibiotic Drop:		
Zymar (gatifloxacin)	1 2 3 4 6 8 12	1 2 3 4 6 8 12
Artificial Tears Drop:		
Preservative_Free (individual vials)	1 2 3 4 6 8 12	1 2 3 4 6 8 12
Preserved (bottles)		
Pain Drop:		
Acular (ketorolac)	1 2 3 4 6 8 12	1 2 3 4 6 8 12
Pills:		
Medrol Dosepak (prednisolone)	As Instructed	
Motrin	4 times a day for 3 days	
Vitamin C – 200 mg	2 times a day	

Other Instructions _____

This is an example of the chart we give all of our patients following surgery in order to help them keep track of when to take their medications. In addition to this, you may want to consider making your own chart or table because taking these medications is vital to your eyes' health, and will prevent against post-operative infections while ensuring a rapid recovery.

What results should you expect?

The average LASIK patient experiences great improvement in his or her uncorrected vision almost immediately after the surgery. Many people reach 20/20 or better, and others will reach at least 20/40. Those who do not achieve 20/20 vision are usually less-than-ideal candidates who had been told beforehand that this would be an unrealistic goal.

The designation of 20/20 as normal vision comes from the **Snellen Eye Chart**. This chart is used in every eye doctor's office, and is easily recognizable by the large "E" at the top. 20/20 means that you can read at 20 feet what a person with normal vision can read at that distance. 20/40 means that you must be at a distance of 20 feet to be able to read what a person with normal vision can read at 40 feet.

Your eye doctor will advise you of realistic expectations before surgery. The individual results will vary depending on your prescription before the surgery, the type of surgery you have, and how closely you follow your ***post-operative treatment regimen***. It is important to realize that if you cannot maintain your post-operative treatment care, which includes regular follow-up visits with Dr. Chynn, you should not consider having refractive surgery.

Any risks?

There are always risks involved in any type of surgical procedure. This is true for refractive eye surgery as well, although vision correction procedures have one of the ***highest rates of success*** of any type of surgery. You will need to sign a consent form before undergoing the procedure, just as for any other surgery. The consent

form sets forth potential risks of refractive surgery and provides other information.

Whatever risk may exist is highly minimized by the precise and thorough pre-operative tests conducted using state-of-the-art instrumentation. Risks are further minimized when the procedure is performed by a qualified refractive surgeon such as Dr. Chynn, who is experienced and skilled in every type of vision correction procedure he offers.

Some of the post-operative complications that might develop from various types of refractive eye surgery procedures are discussed in the following chapters. They include problems such as nighttime glare and halos seen around some lights. These problems are usually mild and of a temporary nature. In some cases when anticipated vision improvement is not achieved, a supplementary procedure may be recommended. However, this percentage is low for LASIK procedures because of its high level of computerized laser control.

Experience has shown that those who have taken the time and made the effort to become well informed regarding all aspects of refractive eye surgery and the available options make the best candidates and are more satisfied with the results. This book can serve as a practical guide in helping you achieve this objective. We will be happy to discuss with you any questions you might have, but you are under no obligation to proceed with any type of vision correction procedure, even after undergoing a comprehensive eye examination.

You should take all the time you need to arrive at a decision, and we encourage you to take advantage of our free consultation in order to help you make the choice that is best for you.

