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See what you've been missing...

Estimated appointment timeline and prescriptions for a Visian and LASIK combination procedure

• **IRIDOTOMY**

- Depending on lens type, contact lenses out 5 days / 2 weeks prior
- Plan on a driver for this appointment. You may experience dim vision and “brow ache” for up to 24 hours.
- Appointment is about 1 hour long.
- Iridotomies are generally done on Thursday mornings.
- An iridotomy lasts a lifetime but can only be detected by an eye doctor.
- Contact lenses can be put in 2-3 days after iridotomy.
 - Prescription eye drops will be used after the Iridotomy (all supplied by practice on the day of the procedure).
 - PredForte/Prednisolone Acetate: 1 drop both eyes 4 times a day for 4 days.
 - Alphagan: 1 drop both eyes 2 times a day for 4 days.
 - Prolensa – supplied on the day of your iridotomy, but not used until after your Visian procedure. This is to be used only if you feel any scratchy or burning sensation the day of your Visian procedure.

• **FLAP CREATION**

- Performed a minimum of 2 weeks after the iridotomy.
- Contact lenses should be removed 1 day prior to the flap creation.
- Plan on a driver for this appointment. After the procedure you will be expected to take a nap and limited visual activities for the remainder of the day.
- A post-operative appointment will occur the day after the procedure, then at 1-week and one month.
- Contact lenses can be put back in 5 days post flap creation.
 - Prescription eye drops will be used after flap creation (you will need to pick these up and bring them with you. A prescription will be called in):
 - PredForte/Prednisolone Acetate: 1 drop both eyes 4 times a day for 7 days.
 - Zymaxid/Gatifloxacin: 1 drop both eyes 4 times a day for 7 days.
 - Valium (optional) – before and/or after surgery.
 - Preservative Free Tears – (over the counter eye drops) – 1 drop both eyes. every 30 minutes (only while awake) for 7 days.

• **VISIAN ICL PROCEDURE**

- 3 weeks after the LASIK flaps have been created (usually no sooner).
- Contact lenses can be worn to the hospital.
- Surgery is done on Tuesdays at Wentworth Douglass Hospital.
- Plan on being at the hospital for about 4 hours. You will need a driver. After the procedure you will be expected to take a nap and limited visual activities for the remainder of the day.
- Follow up appointments are scheduled for the day of the procedure, 1-day, 1-week, 1- month, 3-months and 6 months.

- Depending on your vision the day after the procedure, glasses will be provided. Contacts may be provided at the discretion of the surgeon.
 - Prescription eye drops will be used post Visian (these will be called in or a written prescription will be provided at the iridotomy appointment).
 - Diamox (pills): **Bring the prescription with you to the hospital.** You will be instructed to take one tablet by mouth at the hospital once your surgery is completed. You will take a second tablet at bedtime.
 - Vigamox: 1 drop both eyes, 3 times a day for 7 days.
 - Nevenac: 1 drop, both eyes, once a day until bottle is gone.
 - Prednisolone Acetate: Will be a taper schedule of 1 drop both eyes, 3 times a day for 7 days. Then 1 drop both eyes, 2 times a day until bottle is gone.
 - Prolensa – supplied on the day of your iridotomy, but not used until after your Visian procedure. This is to be used *only* if you feel any scratchy or burning sensation the day of your Visian procedure
- **VISIAN ICL EYEDROPS – STARTING 3 DAYS PRIOR TO SURGERY**

These drops are to be started 3 days PRIOR to Visian surgery and used the morning of surgery day. (They will be called in or a written prescription will be given to you at your iridotomy appointment):

 - Vigamox: 1 drop both eyes, 3 times a day.
 - Nevanac: 1 drop both eyes, 3 times a day.
 - Prednisolone Acetate: 1 drop both eyes, 3 times a day.

Do's and Don'ts after Visian surgery

1. Eye protection is recommended while sleeping (eye shields should be provided by the hospital) and outdoors on sunny or windy days for **1 week**. Use your own discretion when indoors.
2. No restrictions on shampooing hair, having a permanent, or drying your hair, but keep your face out of the stream of direct water for 1 week.
3. **NO** swimming for 2 weeks.
3. **YOU MAY** travel in an airplane, read, and watch T.V. the day after surgery.
4. **YOU MAY** bend over to put on shoes, socks, or pick up things (**NOTHING OVER 35lbs FOR 1 WEEK**).
5. **YOU MAY** sleep in any position.
6. Your vision may be good enough to drive as soon as the day after surgery. Ask your surgeon if you are not sure.
7. Please refrain from any vigorous physical activity/exercise for **1 WEEK**. It is okay for you to take a walk or play golf as long as you are wearing eye protection. If you are unsure, please ask.
8. It is not unusual to experience watering, a foreign body or a scratchy sensation for the first few weeks after surgery as the eye heals. It will improve with time. It is okay to use lubricant eye drops (“artificial tears”).
9. Please bring your eye drops with you to all visits through the 1 week follow up.
10. **PLEASE CALL THE OFFICE AS SOON AS POSSIBLE**, if you experience sudden intense pain, discharge, extreme redness or a dramatic change in the vision in the “operated” eye. During business hours we can be reached at 603-501-5000. After hours you can page our MD on call at 603-964-9192

- **LASIK PROCEDURE**

- Can be scheduled 4-6 weeks after the Visian procedure. This timeframe is dependent on when your prescription has stabilized after the ICL procedure.
- Contact lenses out 5 days prior to surgery.
- Plan on a driver for this appointment. After the procedure you will be expected to take a nap and limited visual activities for the remainder of the day.
- A post-operative appointments will occur at 1-day, 1-week, 1-month, 3-months and 1 year after surgery.
 - Prescription eye drops will be used after LASIK (these prescriptions were used post-flap creation. You may use any remaining drops you have left over but a refill authorization was called in, so you may pick up more at your pharmacy).
 - Prednisolone Acetate: 1 drop both eyes 4 times a day for 7 days.
 - Zymaxid/Gatifloxacin: 1 drop both eyes 4 times a day for 7 days.
 - Valium (optional) – before and/or after surgery.
 - Preservative Free Tears – (over the counter eye drops) – 1 drop both eyes every 30 minutes (only while awake) for 7 days.

SUMMARY OF PRESCRIPTION EYEDROPS USED FOR ALL PROCEDURES. Unless noted, these are prescriptions that you will need to pick up at your pharmacy.

- **PredForte/Prednisolone Acetate (provided at Iridotomy and a refill authorization has been called in)** –used after Iridotomy, after flap creation, prior to and after Visian, and after LASIK.
- **Zymaxid/Gatifloxacin (prescription to be filled):** used after flap creation and after LASIK.
- **Diamox (pills) (prescription to be filled):** used day of Visian procedure only or as instructed by surgeon.
- **Vigamox (prescription to be filled):** used prior to and after Visian.
- **Valium (optional) (prescription to be filled):** used day of flap creation and day of LASIK.
- **Nevenac (prescription to be filled):** used prior to and after Visian.
- **Alphagan (supplied by practice at iridotomy):** used after Iridotomy.
- **Prolensa (supplied by practice at iridotomy):** used after Visian ICL (if needed)
- **Preservative Free Tears (to be purchased - over the counter):** used after flap creation and after LASIK.

Don't have a prescription listed? Please call our office at 603-501-5000.