

LASIK & Laser Vision Correction: Preparing & Recovering

What to expect before and after your procedure

Before your assessment

- Stop wearing soft contact lenses for about a week before your evaluation (rigid lenses for longer), as we advise, so your corneal measurements are accurate.
- Bring your spectacle prescription and a list of any medicines.

Is LASIK right for me?

- LASIK suits a stable spectacle prescription and healthy corneas.
- We screen your cornea thoroughly and will advise honestly if another option (PRK or ICL) is safer for your eyes.

On the day

- The laser treatment itself takes only a few minutes per eye.
- It is a day-care procedure — arrange for someone to accompany you home.

The first 24 hours

- Rest your eyes and avoid screens as much as possible.
- Do not rub your eyes.
- Mild watering, grittiness and light sensitivity are normal and settle quickly.

The first weeks

- Use lubricating and prescribed drops as directed.
- Avoid swimming, dusty places, eye make-up and contact sports until we say it is safe.
- Attend your review visits so we can confirm healing.

Call us promptly if you notice

- Worsening pain, a sudden drop in vision, or increasing redness.