

Patient care at «British Ophthalmology Center» does not end after recovery. We provide all necessary postoperative care and rehabilitation treatment free of charge for the required period, even after discharge. This does not apply to physiological changes (deterioration) of the eyes or other complications and diseases not related to laser vision correction.

Surgery instructions

To prepare for the surgery:

- Familiarize yourself with your consent form for laser vision correction;
- Eat and drink as usual (do not consume alcohol 24 hours before surgery);
- Wear non-fibrous, loose-fitting long-sleeve clothing in which you feel comfortable;
- Do not use makeup, perfume, or aftershave lotion;
- Bring sunglasses with you.

After the surgery, you will receive:

- a prescription for medication;
- instructions for the medical use of the prescribed drugs;
- an emergency contact phone number (for the night after surgery);
- an invitation for a postoperative consultation.

Returning home

Do not leave the clinic unaccompanied, as you may need assistance getting home. Ideally, a friend or family member should accompany you on the day of surgery. If this is not possible, we recommend arranging transportation home in advance. Air travel after laser vision correction or cataract treatment is not prohibited, but we do not recommend flying immediately after the procedure. Your vision may remain slightly blurry, and light sensitivity may increase. It is also advisable to consult your doctor during postoperative visits regarding any independent travel plans within the first month after surgery.

Postoperative care advice

On the first day (following the surgery):

- Try to stay relaxed;
- Move your eyes as little as possible;
- Try not to squeeze your eyes shut;
- Do NOT rub your eyes;
- Avoid activities that require visual focus (watching TV, using a computer).

If you have small children, we recommend arranging help from family or friends for the first two days, especially after laser correction surgery. Minimize alcohol consumption during the first 2–3 days, as it may interact with medications and cause dry eyes. Get as much rest as possible and avoid unnecessary eye strain.

Medications

You will receive a prescription for postoperative medication. Their cost is not included in the treatment price. Use all prescribed medicines according to your surgeon's instructions and store them in a cool, dry place.

How to properly use eye drops:

- Always wash your hands before applying eye drops;
- Tilt your head back and look up at the ceiling;
- Apply the drop directly to the eyeball. Do NOT pull on your eyelid;
- Try not to touch your eye or eyelid with the bottle tip.

Remember that your vision may be blurry immediately after using eye drops and ointments. Follow the instructions for the medication regarding which eye drops should be applied first and at what intervals. If you miss a dose, do not take two or three doses at once. It may be more comfortable for you if someone helps you apply the eye drops until your eyes recover.

Additional precautions:

- do not let other people use your eye drops;
- do not touch the tip of the bottle to your eye or any other surface;
- immediately after applying, close the bottle of eye drops or ointment with its cap;
- keep the tightly closed bottle in an upright position;
- discard all drops and ointments after completing the treatment course.

DO NOT EXCEED THE RECOMMENDED DOSE.

Eye care

After the surgery, you may experience the following symptoms:

- watery eyes;
- light sensitivity (wear sunglasses when going outside);
- a sensation of a foreign body in the eye;
- eye inflammation, heaviness when opening them;
- dilated pupils;
- swollen and/or drooping eyelids;
- floaters and spots before the eyes.

There is no reason to worry, as these are normal temporary consequences of the surgery.

Practical advice:

- If you feel the need to clean the eye area, use gauze soaked in cooled boiled water and try not to touch your eyes.

- Do not use commercial eye-washing liquids. If you feel a foreign body, dryness, or pressure in your eye(s), use preservative-free ‘artificial tear’ drops. They can be purchased at any pharmacy without a prescription.
- If your eyelids are swollen, itchy, and red (even several days after surgery), this may be a reaction to medication. Contact the clinic for advice on an alternative treatment.

Eye discomfort

Due to the local use of anesthetic drops, the entire operation is painless. Discomfort an hour after the surgery is normal, as the anesthesia wears off. The discomfort may feel like a foreign body in the eye and will last 24–38 hours. Laser vision correction is usually almost painless, but after the operation you may experience considerable discomfort, which can be relieved with medications and bandage contact lenses.

Severe pain warning

If you experience severe pain after 24 hours, contact the eye clinic (Tuesday to Saturday) to schedule a postoperative appointment. If the clinic is closed or you need consultation on Sunday, call the provided number. One of our staff members will contact your surgeon and arrange for them to call you back.

It is unlikely that emergency doctors are familiar with complications after laser surgeries. In the unlikely event of a complication, contact the clinic as soon as possible.

Postoperative care

Be sure to attend your scheduled follow-up appointments as recommended by your doctor. One or two postoperative visits are mandatory. All postoperative care at the “British Ophthalmology Center” is included in the cost of the surgery and is provided completely free of charge.

Treatment	First visit	Second visit	Third visit
LASIK	3–4 days*	7–14 days and discharge if everything is fine	1 month
LASEK	3–4 days*	1 month and discharge if everything is fine	
Cataract	1 day	1 week and discharge if everything is fine	no need

* If it is necessary to remove the bandage lenses, a visit to our center is required after 3–4 days or on day 7–14.

You may cancel your appointment up to 3 days in advance; if later, a 50% service fee will be charged. If you are 20 minutes or more late, you will need to schedule a new appointment.

In some cases, the surgeon may prescribe additional eye drops. The prescribed medication can be purchased at a pharmacy with a prescription.

If it is more convenient for you, we can refer you for a postoperative examination to one of the optical correction centers in your city, which you will pay for yourself. This option may be more economical than traveling to the clinic. The examination results will be sent to the clinic and added to your medical record. In this case, please request a copy of the postoperative report.

Returning to daily life

Useful recommendations

- If you work in dusty environments (for example, on construction sites), protect your eyes with safety goggles of the “mask” type for at least one month.
- When working with screens, take a 15-minute break every 45 minutes to avoid eye fatigue during the first 2–3 weeks.
- It is recommended to wear sunglasses outdoors during the first few weeks — this will protect your eyes from dust and reduce temporary light sensitivity.
- Patients after cataract removal surgery should avoid heavy lifting for the first 4 weeks.
- During postoperative consultations, your doctor will determine whether your vision meets the necessary standards.

DO NOT DRIVE UNTIL YOUR DOCTOR CONFIRMS THAT IT IS SAFE.

According to driving standards, you must be able to read a car’s license plate from a distance of 20.5 meters. If only one eye was operated on, be especially cautious when driving, as your binocular (stereoscopic) vision is temporarily affected and distance perception may be impaired.

Sports

Avoid intense physical activity until your eyes have fully recovered (this usually takes about a month). The table below provides recommendations on recovery times for major activities. Your doctor may offer different advice depending on your individual circumstances. If you are a professional athlete or have questions about other types of sports, be sure to consult your doctor.

Activity type	iQ LASIK Oxygen	SportLine LASEK
Jogging	2 weeks	2 weeks
Aerobics	1 week	1 week
Yoga / Pilates	1 week	1 week
Weight lifting	2 weeks	2 weeks
Sauna and steam bath	1 month	1 month
Swimming	1 month	1 month
Football and non-contact martial arts	1 month	1 month
Skiing / Snowboarding, Tennis, Squash, Cricket	1 month	1 month
Rugby, Contact martial arts	3 months	6 weeks
Scuba diving (30 feet and deeper)	3 months	3 months

During sports activities, protect your eyes from sweat for at least two weeks by wearing a headband.

General recommendations

Showering and bathing

- Avoid getting water in your eyes during the first seven days after surgery.

- When showering, stand one step further back from the shower than usual to prevent water from entering your eyes.
- When washing your hair, tilt your head back to avoid shampoo getting into your eyes.
- If shampoo, soap, or any other product accidentally gets into your eyes — DO NOT RUB THEM! Use refreshing drops to rinse the product out and relieve the burning sensation.

Make-up

- Do not apply make-up during the first two weeks after surgery.
- Facial cosmetics (cream, foundation, blush, etc.) can be used later, but avoid applying them too close to your eyes.
- Avoid using waterproof mascara for at least one month, as it is harder to remove.
- Avoid getting any make-up or make-up remover products into your eyes for one month after surgery. If this happens, rinse them out with refreshing drops and DO NOT RUB YOUR EYES.

Vacation

- It is not recommended to travel abroad within a week after surgery, as you should be nearby for your first two postoperative check-ups.
- When traveling to hot climates, wear high-quality sunglasses with full UVA and UVB protection. Avoid sunbathing for one month after surgery.
- When engaging in winter sports, wear high-quality sunglasses or ski goggles with full UVA and UVB protection.

Reading

- Depending on the correction level, reading small print may be difficult for a few weeks — this is normal.
- Patients over 45 may need presbyopic glasses. This is a natural age-related process and may be useful for activities that require clear near vision (reading, sewing, knitting, etc.).

Tanning beds

- Avoid tanning beds for one month after laser correction and for three months after cataract treatment.

Smoking

- If possible, avoid smoking or staying in smoky environments for one week.

Additional recommendations

iQ LASIK Oxygen

Bandage contact lenses

Bandage contact lenses are mainly used after LASEK surgery to protect the epithelium (the outer tissue layer) and reduce discomfort. You'll need to return to the clinic in 3–4 days to remove them. Some patients cannot tolerate these lenses — in such cases, they are removed earlier. Some discomfort or pain may occur

during use or removal, usually resolving within 6–24 hours. Rest more and take painkillers, but NEVER EXCEED THE RECOMMENDED DOSE AND NEVER REMOVE CONTACT LENSES YOURSELF.

If a bandage lens falls out, you may feel some discomfort. Do not try to reinsert it. Continue using your prescribed eye drops and attend your scheduled follow-up consultations.

Healing effect (haze)

For 3–4 weeks after LASEK surgery, patients may experience slight corneal haze. This is a normal part of the healing process.

Corneal haze is usually mild and unnoticeable, but in rare cases may last up to 6–12 months. The risk increases with certain medications — your doctor will advise you if that applies. In severe cases, vision may be affected, requiring further treatment. Steroid drops or other therapies may be prescribed.

Our specialists will do everything possible to ensure the best results for your vision. Thousands of our patients who have regained clear sight are living proof of this.