

Refractive Surgery One Year Follow-up Information

Congratulations! You have completed your post-operative care at our Refractive Surgery Center.

Remember the following:

1. You should have yearly eye exams with your base optometrist to check your eye health. Refractive surgery often allows you to see clearly without glasses but all patients should still have eye exams to assure a lifetime of ocular health.
2. You are not restricted from any activities because of your refractive surgery. The military has tested patients after surgery in very harsh conditions, including high mountain environments, scuba, etc. If it was "safe" to do before surgery, it is now safe to do after surgery.
3. You should wear safety glasses whenever you are in jeopardy of eye injury. You are NOT required to wear sunglasses, however it is encouraged.
4. Most eye doctors, except with very sophisticated instruments, will not be able to tell that you have had refractive surgery (unless you have had LASIK; the created flap edge is visible with the microscope the doctor uses to examine your eyes).
5. To our knowledge, there are no restrictions to enter into any profession after refractive surgery, however, some professions may want to know what your vision was prior to surgery.
6. Everyone who does not wear glasses for distance vision, will eventually need glasses for reading and other up close tasks. This generally occurs at or around age 45.
7. Your vision is currently at its best. Refractive surgery results do not "wear off". However, it is important to remember that your vision may change over time, according to the natural progression of your eyesight.