

LASER EYE SURGERY PATIENT INFORMATION GUIDE

(Educational material - not a replacement for personalised medical advice)



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Information For Patients

This booklet provides information to help you decide whether to undergo laser eye surgery for vision correction. It explains how the procedures are performed, the potential benefits and risks, and what to expect before, during and after treatment.

You may wish to discuss this information with a relative, partner or carer before making your decision. You will be asked to sign a consent form prior to treatment, so it is important that you understand the contents of this booklet before proceeding.

If you have any questions, you may find it helpful to write them down so that you can discuss them with your surgeon or a member of the clinical team.

This document is intended for educational purposes and does not replace a personalised consultation with a qualified medical professional.

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What is Laser Eye Surgery?

Laser eye surgery refers to a group of procedures designed to correct refractive errors by reshaping the cornea, the clear front surface of the eye.

These procedures are commonly used to treat:

- Short-sightedness (myopia)
- Long-sightedness (hyperopia)
- Astigmatism

By changing the shape of the cornea, laser treatment helps light focus more accurately on the retina, improving vision.

Different techniques may be recommended depending on eye structure, prescription and lifestyle factors.

Why Consider This Procedure?

You may consider laser eye surgery if you experience:

- Dependence on glasses or contact lenses
- Blurred distance or near vision due to refractive error
- Difficulty tolerating contact lenses
- Active lifestyle needs incompatible with corrective eyewear
- Desire for greater visual independence

Suitability depends on factors such as corneal thickness, prescription stability, eye health and age.



Preparing for Surgery

Before surgery you may be advised to:

- Undergo a comprehensive eye examination and measurements
- Stop wearing contact lenses for a period before assessment
- Disclose all medical conditions and medications
- Arrange transport home after treatment
- Avoid eye makeup, creams or perfumes on the day of surgery

Your surgeon will assess whether laser eye surgery is appropriate for you and recommend the most suitable technique.

Your Treatment Journey (International Patients)

Initial Assessment

Your eye measurements, medical history and treatment goals are reviewed.

Travel Arrangements

Airport pickup and accommodation may be arranged through the treating clinic or hospital.

Pre-Operative Appointment

You will attend a detailed eye examination to confirm suitability and finalise the treatment plan.

Surgery Day

The procedure is performed in a specialised ophthalmic clinic.

Post-Operative Stay

Patients typically return to their accommodation shortly after treatment.

Return Travel

Patients are generally advised to remain abroad for a short period to allow for early follow-up before travelling home.

Types of Laser Eye Surgery

LASIK

LASIK involves creating a thin flap in the cornea, reshaping the underlying tissue with a laser, and repositioning the flap.

It is one of the most commonly performed procedures and is associated with rapid visual recovery for many patients.

PRK / LASEK

PRK and LASEK are surface-based procedures that do not involve creating a corneal flap. Instead, the outer layer of the cornea is removed or displaced before laser reshaping.

These techniques may be recommended for patients with thinner corneas or specific occupational requirements. Recovery is generally slower compared with LASIK.

SMILE

SMILE (Small Incision Lenticule Extraction) is a minimally invasive procedure in which a small piece of corneal tissue is removed through a tiny incision without creating a large flap.

It may be suitable for certain types of refractive error and is associated with minimal disruption to corneal structure.



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The Procedure

Laser eye surgery is typically performed using local anaesthetic eye drops.

During treatment:

- The eye is stabilised to prevent movement
- A laser reshapes the cornea according to the prescription
- Protective measures are taken to ensure accuracy

Both eyes are often treated during the same session.

The procedure itself usually takes only a few minutes per eye.

After the Operation

Immediately after surgery you may experience:

- Blurred or hazy vision
- Watery eyes
- Sensitivity to light
- A burning or gritty sensation
- Mild discomfort

Protective eye shields may be provided to prevent rubbing during sleep.

Recovery and Expected Results

First 24–48 Hours

Vision may fluctuate. Discomfort is more pronounced after surface procedures.

First Week

Many patients resume routine activities, although visual stability varies by technique.

First Month

Vision continues to improve as healing progresses.

Some individuals may still require glasses for certain tasks depending on the degree of correction achieved.

Aftercare Instructions

You may be advised to:

- Use prescribed eye drops to prevent infection and reduce inflammation
- Avoid rubbing or touching the eyes
- Avoid swimming, hot tubs and dusty environments initially
- Limit screen time during early recovery
- Wear protective eyewear if advised
- Attend scheduled follow-up appointments

Following aftercare instructions supports proper healing and optimal results.

Potential Benefits

Laser eye surgery may:

- Reduce or eliminate dependence on glasses or contact lenses
- Improve visual clarity
- Provide long-term correction of refractive error
- Enhance convenience for daily activities
- Support an active lifestyle

Results vary between individuals.

Risks and Complications

All surgical procedures carry some degree of risk.

- Possible complications may include:
- Dry eyes
- Glare, halos or sensitivity to light
- Fluctuating or reduced vision
- Under-correction or over-correction
- Infection or inflammation
- Corneal complications
- Visual disturbances, particularly at night
- Need for enhancement surgery

Most side effects are temporary, but some may persist.

Procedure-Specific Considerations

Suitability

Not all patients are suitable candidates. Factors such as corneal thickness, prescription stability and eye health are important.

Age-Related Vision Changes

Laser surgery does not prevent age-related conditions such as presbyopia, and reading glasses may still be required later in life.

Choice of Technique

The most appropriate procedure depends on individual anatomy, prescription and lifestyle needs.

Long-Term Monitoring

Regular eye examinations remain important after treatment.

When to Seek Medical Advice

Seek urgent medical attention if you experience:

- Severe or worsening pain
- Sudden decrease in vision
- Persistent redness or discharge
- Increasing sensitivity to light

Symptoms suggestive of infection

Questions to Ask Your Surgeon

You may wish to ask:

- Am I a suitable candidate for laser eye surgery?
- Which procedure is most appropriate for me?
- What results are realistic for my prescription?
- What risks apply specifically to my eyes?
- What is the expected recovery timeline?

Further Information and Consent

Before proceeding with surgery you will be asked to sign a consent form confirming that:

- You understand the nature of the procedure
- The potential risks and benefits have been explained
- You have had the opportunity to ask questions
- You understand that results may vary between individuals

The final decision regarding suitability for surgery is made by the treating surgeon following medical assessment.

Contact Information

If you require further clarification before your consultation or treatment, please contact:

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