

Laser Refractive Surgery

激光矯視



Blessed are the pure in heart, for they will see God.

Matthew 5:8

What is LASIK?



LASIK (Laser Assisted In-Situ Keratomileusis) is a safe and effective method to correct refractive problems. During the surgery, your eye is anaesthetised and an eyelid holder is placed into your eye to prevent blinking. An instrument is used to cut a flap in your cornea, following which a computer-controlled laser beam vaporises a portion of the corneal tissue to change the shape of the cornea. Finally, the flap is put back in position without any stitches. The benefits of LASIK include less surface area to heal, less risk of scarring and corneal haze, reduced post-operative discomfort and most importantly, a quicker visual rehabilitation.

What is IntraLase LASIK?

IntraLase is the contemporary method used in the first part of the LASIK procedure. It makes LASIK safer by replacing the traditional microkeratome with a femtosecond laser, minimizing flap complications and improving the safety and efficacy of LASIK as a result.



Who is suitable for LASIK?

- You are likely to be suitable for LASIK if:
 - You have reached the age of 18
 - You have healthy eyes
 - Your eyesight has not changed significantly over the past year

Important Instructions for Pre-operative Eye Assessment

- The assessment will take 2 to 3 hours.
- If you wear contact lenses, you must stop wearing them before the assessment in order for us to get an accurate evaluation of your vision.

Soft lenses	Soft toric lenses	Rigid gas-permeable or hard lenses
Stop wearing for 1 week	Stop wearing for 2 weeks	Stop wearing for 3 weeks

- A comprehensive eye assessment will be performed, including:
 - Refraction
 - Intraocular pressure
 - Assessment of tear quality and quantity
 - Measurement of the pupil diameter
 - Measurement of the corneal topography and the corneal thickness
 - Identification of higher order aberrations by Wavefront technology
 - Fundus examination
- During the assessment, your pupils are dilated. Your vision will be blurry and your eyes will be sensitive to light for the coming 4 to 6 hours. You are recommended to wear sunglasses right after the examination and not to drive for the rest of the day.

Points to Note - On the Day of Surgery

- The surgery will take about 30 minutes.
 - Contact lens wearers must stop wearing their lenses prior to surgery.
- | Soft lenses | Soft toric lenses | Rigid gas-permeable or hard lenses |
|-------------------------|--------------------------|------------------------------------|
| Stop wearing for 1 week | Stop wearing for 2 weeks | Stop wearing for 3 weeks |
- On the day of surgery, you can eat as normal and take any medication as usual.
 - Wear comfortable cotton clothes with buttons or zippers in the front, and avoid wearing woollen clothes or pullovers.
 - Stop using cosmetics, eye care products, and volatile substances like perfume, cologne and hair spray, etc. on the day of surgery.
 - Wash your hair before coming to the Laser Refractive Surgery and Cataract Centre as you cannot do so for 1-2 days after the surgery.
 - You are expected to be accompanied by a relative or friend when leaving.

Points to Note - After the Surgery

- On the post-operative day:**
 - Do not remove the eye shield
 - Do not rub your eyes
 - Do not use any eye drops unless specifically instructed by your doctor
 - Clean only the area around the eye shield if tears come out from your eyes
 - Take prescribed medication if you have eye discomfort
 - Get plenty of rest. When lying in bed, lie in the dorsal position (on your back) and prevent lying in the prone position (on your stomach)
 - Do not drive or operate any machines
- The day after the operation:**
 - Do not rub your eyes
 - Return to the Laser Refractive Surgery and Cataract Centre for a follow-up appointment, during which your eye shield will be removed by our nursing staff (please keep the eye shield)
- Within one week after the operation:**
 - Do not rub your eyes especially when you wash your face
 - Do not let any other fluids get into your eyes except the prescribed eye drops
 - Refrain from using any eye cosmetics and/or eye care products
 - Wear your eye shield at bedtime
 - Wear sunglasses or spectacles to protect your eyes from dust and injury
- Within one month after the operation:**
 - Do not rub your eyes
 - Do not let sweat run into your eyes during exercise
 - Avoid swimming, diving and any form of vigorous exercise
 - Do not have saunas and/or steam baths
 - Do not drive or operate any machines as your vision is not yet stable
 - Return to the Laser Refractive Surgery and Cataract Centre for a follow-up appointment

Facilities and Equipment

Hong Kong Baptist Hospital (HKBH)'s Laser Refractive Surgery and Cataract Centre has a dedicated team of professionals and a comprehensive range of facilities including a laser refractive surgery theatre, an optometric room, an ophthalmology consultation room and an audio-visual information centre. The Centre also runs regular public seminars on laser refractive surgery.

The Centre is equipped with state-of-the-art instruments approved by the U.S. Food and Drug Administration (FDA) OR obtained CE marking.

Zyoptix Diagnostic Workstation

It combines data from two different types of diagnostic equipment.

- Zywave Wavefront Analyzer**
It measures the eye from the centre to the periphery of the pupil and allows doctors to calculate the difference between your day- and night-time vision.
- Orbscan IIz Topographer**
It analyses the physical shape of your cornea.



Data collected from the aforesaid examinations will be input into the treatment card for surgical use.

Technolas Teneo 317 Excimer Laser

- It uses cool ultra-violet light with flying spot technique for treatment and infrared light to track tiny eye movements and to guide the laser during the LASIK procedure.
- With the innovative Advanced Personalised Technology (APT) and Dynamic Rotational Eyetracker System (incorporating iris-recognition software), effectiveness of LASIK is further enhanced.



iFS Advanced Femtosecond

- The corneal flap created with a femtosecond laser system is thinner, of even thickness and shape
- Pulse Repetition Rate 150 kHz

Pre-operative Eyes Assessment (By appointment only)

LASIK Package Charges

- Charges include the costs of 5 post-operative follow-up within 1 year and the basic medication.
- 12-month interest-free installment plan is available (only applicable to designated credit cards).

Laser Refractive Surgery Seminars (By appointment only)

Public seminars on laser refractive surgery are available by appointment.

* For referral cases, please call our Laser Refractive Surgery and Cataract Centre for more information.

Service Hours (By appointment only)

Monday - Friday 8:00am - 6:30pm
Saturday 8:00am - 4:30pm
Closed on Sunday and Public Holidays

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