



Phakic Lenses

Clinic 012 333-1111
Fax 012 333-4848
Emergency 083 441-2975
E-mail info@lasik.co.za
Website www.lasik.co.za

1199 Woodlands Drive
Queenswood, Pretoria 0186

PO Box 11 846
Queenswood 0121

What is a phakic lens?

If the refractive correction of an eye is too severe to be corrected by laser treatment, a custom-made phakic lens can be implanted into the eye. A phakic lens is very similar to a contact lens which is worn on the eye – the difference being that this miniature lens is implanted into the eye as a permanent fixture inside the eye. It assists the natural lens to restore good vision.

Advantages and disadvantages

- Phakic lenses are expensive, since each lens is made to each eye's specific prescription. Therefore these lenses are only ordered once we receive written confirmation from the medical insurance (if applicable) that they will carry the cost, or alternatively when we receive a deposit for the cost of the lens(es). Once the order is placed, it may take up to three months before we receive the lens(es) from the manufacturing company abroad.
- In contrast to other refractive techniques, it is possible to correct extreme refractive errors, including nearsightedness, farsightedness, astigmatism or combinations thereof.
- The procedure is fully reversible. It is possible to remove or do a lens exchange should the need arise.
- The cornea, which is the most important refractive component of the eye, remains untouched. There are consequently no permanent changes to the structure of the eye.
- There is the possibility of damage to the internal aspect of the eye during the

procedure if the patient should move at a critical moment. For this reason, the procedure is always done under a general anaesthetic so that the doctor may have full control during the procedure.

- An infection in the eye may pose a potentially serious situation, should it manifest. It remains, however, an unlikely complication. Worldwide statistics show an infection rate of only 0.025% or 1 in 4,000 cases. In spite of the low potential for infection, we take extensive precautions against infection, such as treating only one eye at a time, a completely sterile routine during the surgery and providing detailed instructions for after-care of the eye to the patient.

Please note the following:

- Only one eye is treated at a time.
- Upon discharge from the clinic, an after-care kit consisting of drops, tablets, eye pads, sticky tape and a hard eye shield is provided.
- You need to start your medication on the day of the operation according to instructions you will receive at that time.

Remember:

- Always wash your hands and clean your eye before placing drops into it.
- Rinse the eye with half an ampoule of the sterile water in your kit. Do not use anything else, like rooibos tea, salt water or Savlon! When these ampoules are finished and you still need to rinse the eye, use cooled water that was boiled for sterilizing beforehand.
- Use a new eye pad under the shield every time after cleaning.

Always use the eye drops according to the instructions on the bottle.

- Lean backwards and pull the bottom eye lid slightly downwards with one hand.
- Look up, place the drop in the little 'recess' that forms and then allow the eye lid to slip back in position.
- Close the eye lids, then turn the eyes left, right, up and down behind the closed lids, so that the medication may spread evenly.
- Wait for at least three minutes between consecutive drops.

Do not touch the tip of the bottle. The content may become contaminated, which may increase the risk for infection.

Diamox tablets are routinely prescribed, except in the presence of contra-indications. This medication often cause a variety of minor side-effects, which include a sensation of 'pins-and-needles' in the finger tips as well as around the mouth. It may also lead to a feeling of tiredness. Although these effects may be unpleasant, you are required to complete the medication. Should the side-effects be too severe, please call the clinic for an alternative.

The hard shield and eye pad should remain on the eye for the whole day of the operation. Only open and exchange it when you clean the eye. Upon your visit to the clinic the following day, you may leave the eye open during the day and use the hard shield only while sleeping. Always keep the shield in place with the provided Transpore medical tape and do not use alternatives like rubber bands for this purpose.

If you receive ointment as part of your prescription, use the eye drops first and then the ointment.

If an antibiotic was prescribed, complete the full course.

You may use the eye normally, without stressing it. If you experience any discomfort, stop working for a while and allow the eye to rest.

If the eye is uncomfortable or scratchy, use artificial tears, which are freely available from most pharmacies without prescription.

It is normal for your vision to fluctuate between sharp and blurry during the first two weeks.

Do not under any circumstances...

- Rub your eyes.
- Allow dirty-, shampoo- or soapy water to enter the eye, especially during the first two weeks after surgery.
- Perform intense exercise during the first two weeks after the operation.
- Drive a motor vehicle if your vision is not clear and sharp.

Use the hard shield for one week to protect the eye at night. It is not necessary to wear a pad under the shield – use the shield only to protect the eye against accidental bumps or rubbing.

Contact your doctor URGENTLY

- If, on day 1 after the operation ...
 - Your eye becomes painful.
 - You develop nausea.
 - You develop a headache.
- Whenever you note increasing...
 - Redness.
 - Tearing.
 - Discharge from the eye.
 - Light sensitivity.
 - Light flashes followed by visual loss.
 - If your vision becomes blurry.
 - If you lose a portion of your visual field, i.e. your field of vision narrows.

If you notice any of these (or other) symptoms, kindly call the Clinic at 012 333-1111.