



Waite Vision Publishes Article on LASIK Surgery and Migraine Triggers in Lehi, Utah

September 10, 2026

Lehi, Utah - September 10, 2026 -

Waite Vision, a LASIK surgeon in Lehi, Utah, has published a new patient education article examining whether laser vision correction affects migraine frequency in people with uncorrected refractive errors. The practice provides LASIK surgery, EVO ICL, SMILE eye surgery, PRK, and refractive lens exchange to patients in Lehi, Salt Lake City, Provo, and Utah County. The article, "LASIK and Migraines: Can Laser Vision Correction Reduce Migraines?", addresses a question that arises regularly during vision correction consultations and separates the headache patterns that may respond to refractive surgery from those that will not.

The article states that LASIK is not a treatment for migraine and does not address the condition itself. It describes a narrower mechanism. When myopia, hyperopia, or astigmatism goes uncorrected, the eye works continuously to bring images into focus, and that sustained effort can produce visual fatigue, muscle tension, and headache. LASIK surgery reshapes the cornea to correct the refractive error, which reduces the focusing demand placed on the eye. According to the article, patients across Salt Lake City and Utah County who report headaches following extended reading or computer work represent the pattern most likely to include a visual component, and some report fewer headaches after the underlying refractive error is corrected.

The article also identifies the migraine types that do not respond to corneal reshaping. Ocular and retinal migraines originate in neurological or vascular changes rather than refractive error, and they produce visual disturbances such as flashing lights, blind spots, or brief episodes of vision loss in one eye. Because LASIK alters the shape of the cornea, it does not affect the nerves or blood vessels involved in those episodes. Migraines associated with aura, nerve sensitivity, or inflammation unrelated to eye strain fall into the same category. The article notes that temporary light sensitivity and dry eye can occur during recovery and may influence how symptoms present in the weeks following surgery.

Not every patient with a refractive error is a candidate for corneal laser treatment. Waite Vision offers EVO ICL, an implantable collamer lens positioned inside the eye, and SMILE eye surgery, a small incision lenticule extraction procedure, to patients in Lehi and Salt Lake City whose corneal thickness or prescription range makes LASIK unsuitable. PRK and refractive lens exchange are available at the same Lehi location. Candidacy for each procedure is determined during a diagnostic evaluation that includes measurement of corneal shape and thickness, along with a review of the patient's health history and headache patterns when headaches are part of the reason for the consultation.

"Patients ask regularly whether vision correction will change their headaches, and the answer depends entirely on what is driving those headaches," said Dr. Aaron Waite, MD, fellowship-trained, board-certified ophthalmologist and founder of Waite Vision. "Someone who has spent years straining to focus through uncorrected astigmatism may feel different at the end of a workday once that strain is gone. When the migraines have a neurological or vascular origin, reshaping the cornea does not address the cause, and patients deserve to hear that before scheduling surgery."

Waite completed a fellowship in cornea, external disease, and refractive surgery at the University of Colorado School of Medicine and previously served as Director of Cornea, Cataract, and Refractive Surgery at the University of Tennessee Hamilton Eye Institute, where he trained ophthalmology residents. He is board certified by the American Board of Ophthalmology and holds a clinical faculty appointment at the University of Utah Moran Eye Center. He received the 2010 ASCRS Foundation Resident Excellence Award and the Philip M. Lewis, MD Award for outstanding contribution to resident instruction for 2015 and 2016. His research has been published in the Journal of Cataract and Refractive Surgery and the American Journal of Ophthalmology, and he performs vision correction surgery for other eye care professionals.

Waite Vision is located at 3333 N Digital Drive, Suite 300, in Lehi, Utah, and serves LASIK, SMILE, PRK, and EVO ICL patients from Salt Lake City, Provo, and communities throughout Utah County. The office sits along the Interstate 15 corridor in northern Utah County, between Salt Lake City and Provo, and driving directions are available through Google Maps. Consultations for laser vision correction are scheduled Monday through Friday by telephone at 801-876-6000.

Waite Vision provides LASIK surgery and laser vision correction in Lehi, Utah, along with EVO ICL, SMILE, PRK, refractive lens exchange, refractive cataract surgery, and corneal cross-linking. The full article on LASIK and migraines is available at waitevision.com, and office hours, location details, and patient reviews are listed on the practice's Google Business Profile. Waite Vision plans to continue publishing patient education material on refractive surgery topics for readers across Utah.

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For more information about Waite Vision, contact the company here: Waite Vision Jen Martin (801) 876-6000 info@waitevision.com 3333 Digital Dr #300 Lehi, UT 84043

Waite Vision

Waite Vision is superior vision correction center built around you. You have options, including LASIK, SMILE, PRK, ICLs, Refractive Lens Exchange and Corneal Cross-Linking. Let's make blurry vision a thing of the past, so you can live life in focus.

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