Tersigni Vision Publishes Pre-Surgery Anxiety Guide for LASIK Patients in Portland, Oregon

November 25, 2026

Lake Oswego, OR - November 25, 2026 -

Tersigni Vision, a LASIK surgeon located in Portland, Oregon, has published a new patient-education resource addressing the anxiety many people experience before vision correction surgery. The practice, founded by Dr. Steven Tersigni, provides LASIK and a range of refractive procedures to patients throughout the Portland metropolitan area. The resource, titled "How to Stop Your Brain from Catastrophizing Before LASIK: A Psychologist's Pre-Surgery Anxiety Toolkit," compiles techniques drawn from psychological research and is intended to help patients manage fear in the days and hours before a scheduled procedure.

Pre-surgery anxiety is among the most common concerns reported by patients preparing for LASIK at Tersigni Vision, which serves Portland, Lake Oswego, Tigard, and Beaverton. The guide explains that catastrophizing, the tendency to default to worst-case scenarios under stress, is a normal function of the nervous system rather than a personal shortcoming. According to the resource, LASIK involves a specific combination of features that can intensify this response, because patients remain awake during treatment, a laser is involved, and the eye is the organ being treated. The material also describes a pattern it calls the catastrophizing spiral, in which compulsive online searching and repeated questions reinforce one another and grow more extreme when a person is tired or lacks concrete information.

The toolkit outlines four research-grounded techniques for patients in Portland and Beaverton who are considering LASIK or laser vision correction. The first, cognitive defusion, draws on Acceptance and Commitment Therapy and centers on treating anxious thoughts as mental events rather than accurate predictions; the guide suggests naming a recurring worry or adding a short prefix such as "I am having the thought that" to create distance from it. A second technique asks patients to write a realistic, step-by-step account of the procedure in order to counter what psychologists call probability neglect, the tendency to treat a very small risk as more likely than it actually is.

The resource also presents body-based strategies, including a paced breathing pattern of two inhales followed by an extended exhale, progressive muscle relaxation performed from the feet upward, and brief cold-water exposure, each described as a method for lowering physical tension before surgery. A separate exercise, a control inventory, asks patients to separate the elements of a procedure they can manage, such as selecting a surgeon and preparing a recovery space at home, from those they cannot, such as the precise sensations during the procedure itself. The guide also distinguishes anxiety that carries a specific, answerable concern from anxiety that is simply repeating without new information, and it advises patients to bring unresolved questions about candidacy or recovery directly to their surgeon. Beyond LASIK, Tersigni Vision offers EVO ICL, SMILE, PRK, and refractive lens exchange to patients in Tigard and Lake Oswego, including individuals who are not candidates for laser vision correction.

"Pre-surgery anxiety is something I take seriously, in part because I have undergone vision correction surgery myself and understand what it feels like to sit in that chair," said Dr. Steven Tersigni, MD, MPH, the only WCRS board-certified LASIK surgeon in Portland and founder of Tersigni Vision. "Much of that fear comes from uncertainty, and the most useful thing we can do is give patients accurate information and the room to ask questions without pressure. The techniques in this guide are meant to help people tell the difference between a real, answerable concern and anxiety that is simply repeating itself." Dr. Tersigni completed a refractive surgery fellowship at the Chu Vision Institute under Dr. Y. Ralph Chu and has been involved in 10 U.S. Food and Drug Administration trials. He earned his medical degree and a master of public health from Tulane University, has been published in national journals, and personally performs each procedure at the practice.

Tersigni Vision is located at 15150 Bangy Rd in Lake Oswego, Oregon, and treats patients from across the Portland metropolitan area, including Beaverton and Tigard. The office is accessible from central Portland, and driving directions to the practice are available online. New patients begin with the 90-minute Tersigni Vision Advanced Ocular Analysis, an examination the practice uses to determine which procedure, if any, is appropriate for each individual. The guide notes that the practice does not use high-pressure tactics and encourages patients to ask questions until they feel informed. The office can be reached at (971) 362-2020.

Tersigni Vision provides LASIK and additional vision correction procedures in Portland, Oregon, and the complete anxiety guide is available on the practice website at tersignivision.com. Further information about the practice, including its address and hours, can be found on its Google Business Profile. Tersigni Vision plans to continue publishing patient-education material on refractive surgery and the broader patient experience.

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For more information about Tersigni Vision, contact the company here:Tersigni VisionDr. Steven Tersigni(971) 362-2020info@tersignivision.comTersigni Vision15150 Bangy Rd Lake Oswego, OR 97035

Tersigni Vision

A Modern LASIK and Vision Correction Boutique in Portland. Oregon. Tersigni Vision is the only vision correction center in Oregon to offer the entire portfolio of modern LASIK alternatives.

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