



## **Brinton Vision Unveils Comprehensive Guide on Preparing for LASIK Surgery, Empowering Patients with Essential Pre-Operative Insights**

*September 20, 2024*

ST. LOUIS, MO - September 20, 2024 -

Brinton Vision, a leader in refractive eye surgery, is pleased to announce the release of a new, in-depth article titled "Preparing for LASIK Surgery: 9 Things to Do." This comprehensive guide offers critical insights for individuals considering LASIK surgery, emphasizing the importance of preparation to achieve the best possible surgical outcomes and long-term visual improvements. With a focus on clear and practical advice, the article addresses common concerns and provides actionable steps that prospective patients can take to ensure they are fully prepared for their LASIK procedure.

As the demand for LASIK surgery continues to rise, patients are increasingly seeking reliable, expert guidance to navigate their options and make informed decisions. Brinton Vision's article meets this need by offering a thorough overview of the preparatory steps that are essential to a successful LASIK experience. The information presented in this guide is designed to help patients understand not only the physical preparations required but also the lifestyle adjustments that can contribute to smoother recovery and better visual outcomes.

The first critical step detailed in the article is the need for patients to discontinue the use of contact lenses before their pre-operative exam and surgery. The specific timeframe for this break from contact lenses varies depending on the type of lenses used, with soft lenses requiring a break of seven days. This pause is crucial as it allows the cornea to return to its natural shape, ensuring that the measurements taken during the pre-operative exam are accurate. Accurate measurements are vital for the success of the LASIK procedure, as they directly influence the precision of the laser adjustments made to the cornea.

Hydration is another key aspect of preparing for LASIK surgery, as outlined in the article. The importance of maintaining adequate hydration cannot be overstated, as it helps to minimize the risk of dry eye syndrome, a common temporary side effect following LASIK. The guide recommends that patients drink at least eight 8-ounce glasses of water daily leading up to their surgery. Additionally, patients are advised to avoid caffeine before their procedure, as it can lead to dehydration and cause unnecessary jitters, which may interfere with their ability to remain calm and still during surgery.

Brinton Vision's guide also emphasizes the importance of following prescribed eye drop regimens, beginning the day before surgery. Proper use of these drops, which typically include antibiotic and anti-inflammatory medications, is crucial in preparing the eyes for surgery and minimizing the risk of infection or inflammation post-procedure. Patients are encouraged to adhere strictly to their surgeon's instructions regarding these drops and to bring them along on the day of the procedure.

The article further advises patients on the need to avoid wearing makeup or other cosmetics on the day of their surgery. This recommendation is in place to prevent any foreign substances from interfering with the delicate environment of the operating room, where air quality is carefully regulated. Cosmetics, lotions, and perfumes can affect this environment and pose a risk of contamination, which could lead to complications. By following these guidelines, patients help to create the safest possible conditions for their surgery, thereby reducing the risk of post-operative infections.

On the day of surgery, the article advises patients to dress comfortably, with particular attention to wearing warm, layered clothing and closed-toe shoes. This practical advice ensures that patients remain comfortable throughout the procedure and during the immediate recovery period. The recommendation to avoid accessories, such as hair ties or clips, also contributes to patient comfort and safety, allowing the surgical team to focus solely on the procedure without distractions.

In addition to these physical preparations, the guide underscores the importance of logistical planning, such as arranging transportation home after the procedure. Given that patients will be unable to drive immediately following their surgery due to the effects of sedatives and temporary blurred vision, having a trusted friend or family member available to drive them home is essential. This not only ensures the patient's safety but also allows them to begin their recovery without stress or concern.

Brinton Vision's article also highlights the need for patients to consume a light meal or snack before their surgery. This recommendation is aimed at ensuring patients are comfortable and not distracted by hunger during the procedure. Maintaining a focus on comfort and relaxation is a recurring theme throughout the article, as it directly impacts the patient's experience and the overall success of the surgery.

The article concludes with an emphasis on post-surgical care, encouraging patients to read and understand their post-operative instructions carefully. These instructions are tailored to each patient's specific needs and are designed to support a swift and smooth recovery. By adhering to these guidelines, patients can help to ensure the best possible visual outcomes and minimize the risk of complications.

Brinton Vision's "Preparing for LASIK Surgery: 9 Things to Do" serves as an invaluable resource for anyone considering LASIK surgery. The detailed and practical advice provided in the guide reflects Brinton Vision's commitment to patient education and its dedication to helping individuals achieve their best possible vision. The release of this article comes at a time when more people are seeking alternatives to glasses and contact lenses, driven by the desire for greater visual freedom and an improved quality of life.

For more information about LASIK surgery and to read the full article, visit Brinton Vision's website. To schedule a consultation or speak with a representative, please contact Brinton Vision directly.

###

For more information about Brinton Vision, contact the company here: Brinton Vision Jason Brinton 314-375-2020 info@brintonvision.com Brinton Vision 555 N New Ballas Rd Ste 310 St. Louis, MO 63141

## **Brinton Vision**

*As a leading LASIK St Louis laser eye surgery facility, Brinton Vision helps patients find visual freedom through LASIK eye surgery and its six modern variations, including SBK, SMILE, Visian ICL, KAMRA Inlay, RLE and the Toric ICL.*

Website: <https://brintonvision.com/>

Email: [info@brintonvision.com](mailto:info@brintonvision.com)

Phone: 314-375-2020

