Tersigni Vision Releases Comprehensive Guide on Post-LASIK Eye Care

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Tersigni Vision, a leader in advanced LASIK and refractive surgery, has published an in-depth article addressing a question that many LASIK patients have: ?What happens if I rub my eyes after LASIK?? This educational piece sheds light on the potential risks associated with post-operative eye rubbing and offers expert advice on how to ensure a smooth and successful recovery.

Rubbing the eyes is a natural response to irritation or dryness, but for patients recovering from LASIK surgery, it can have significant consequences. The article highlights the critical importance of protecting the delicate corneal flap created during the procedure. Rubbing the eyes during the early healing phase can dislodge this flap, potentially leading to complications that require further medical intervention. In addition to physical displacement, rubbing can introduce bacteria to the sensitive surgical area, increasing the risk of infection. Tersigni Vision?s team emphasizes that even seemingly harmless actions like rubbing the eyes can delay healing and compromise the outcome of the procedure.

Dr. Tersigni, the renowned LASIK surgeon behind Tersigni Vision near Portland, provides clear guidance in the article on how long patients should avoid rubbing their eyes and why this precaution is essential. While

the first 24 hours post-surgery are the most critical, the article advises patients to avoid any contact with their eyes for at least a month. During this time, the corneal flap heals and stabilizes, ensuring the long-term success of the surgery. The article further explains that even after the one-month mark, it is advisable to avoid rubbing the eyes to prevent other potential complications, such as long-term corneal damage or conditions like keratoconus.

The risks of rubbing the eyes extend beyond the physical displacement of the corneal flap. Tersigni Vision?s article underscores that vigorous rubbing can temporarily increase eye pressure, damage blood vessels in the eyelids, or lead to accidental corneal scratches. These effects, though often temporary, can cause unnecessary discomfort and may prolong the recovery process. The article educates readers on these risks while also offering practical alternatives for managing discomfort. Patients are encouraged to use lubricating eye drops or gently place a clean, damp cloth over their eyes to alleviate dryness or itching. By following these guidelines, patients can address common post-surgery symptoms without jeopardizing their recovery.

Tersigni Vision?s publication also outlines the long-term benefits of adhering to proper aftercare instructions. LASIK is designed to deliver clear and stable vision, but achieving the best possible results requires active patient participation in the recovery process. By avoiding harmful habits like eye rubbing and by closely following the surgeon?s post-operative care plan, patients can significantly reduce the risk of complications and enjoy the life-changing benefits of laser vision correction.

This article is part of Tersigni Vision?s ongoing commitment to patient education and empowerment. The practice recognizes that LASIK surgery represents a significant investment in both health and quality of life. As such, Tersigni Vision strives to provide transparent, accessible information that addresses common concerns and supports informed decision-making. Through resources like this article, the practice not only prepares patients for successful surgeries but also fosters trust and confidence in its approach to care.

Reporters interested in exploring this topic further are encouraged to contact Tersigni Vision directly to schedule interviews or obtain additional insights from Dr. Tersigni. With years of experience and a patient-centered philosophy, Dr. Tersigni is uniquely positioned to discuss the nuances of LASIK recovery and the critical role of post-operative care. The article, ?What happens if I rub my eyes after LASIK?? is now available on the Tersigni Vision website and serves as a valuable resource for anyone considering LASIK or currently navigating their recovery journey.

For more information or to schedule a consultation with Dr. Tersigni, please visit their website. Tersigni Vision invites patients and media professionals alike to explore their extensive library of educational content, which covers a wide range of topics related to vision correction and eye health.

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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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