Tersigni Vision Details EVO ICL Recovery Expectations for Patients in Portland, Oregon

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Tersigni Vision, a LASIK surgeon located in Portland, Oregon, has published a new patient education article addressing how long recovery takes after EVO ICL surgery. The guide provides detailed timelines for functional vision return, work reentry, exercise clearance, and post-operative eye drop regimens following the implantable contact lens procedure. Titled "How Long Is the Recovery Time After EVO ICL Surgery in Portland?," the article draws on clinical protocols used at the Tersigni Vision practice and published recovery data for phakic intraocular lens implantation.

According to the article, most patients recover functional vision within 24 to 48 hours after EVO ICL surgery, with full visual stabilization occurring over four to six weeks. Patients throughout Portland and Lake Oswego pursuing EVO ICL can typically return to desk-based work within one to two days, while those in physically demanding or outdoor-facing roles in Tigard and Beaverton may require three to five days. Mild light sensitivity and temporary blurring are common in the first 24 hours and typically resolve within the first week, while halos around lights may take several weeks to diminish as the eye adjusts to the implanted lens. Light walking is generally permitted within 24 to 48 hours, and strenuous exercise, contact sports, and swimming are restricted for two to four weeks to protect the healing eye from pressure changes, impact, and infection

risk.

Tersigni Vision also offers LASIK, PRK, SMILE, and Refractive Lens Exchange to patients in Portland, Lake Oswego, Tigard, and Beaverton, with each procedure carrying its own recovery profile. The article reports that EVO ICL recovery is generally faster than LASIK in the first 24 hours, as no corneal tissue is removed, while both procedures share a four-to-six-week window for full visual stabilization. EVO ICL requires longer restrictions for contact sports and water activities because the lens is placed inside the eye. Prescription antibiotic and anti-inflammatory drops are typically used for the first one to two weeks, and post-operative care at the Tersigni Vision practice includes same-day monitoring, a next-day follow-up with Dr. Tersigni to confirm lens positioning, and scheduled visits at one week, one month, and three months. Patients also receive a written eye drop schedule and activity restrictions at discharge, along with instructions for protective eyewear during the first 24 hours and during sleep in the early recovery period. EVO ICL technology holds Food and Drug Administration approval for the correction of myopia and astigmatism.

"Having had EVO ICL surgery myself, I can describe recovery from both a clinical and a personal perspective," said Dr. Steven Tersigni, MD, MPH, the only WCRS board-certified LASIK surgeon in Portland and founder of Tersigni Vision. "Patients want to know what the first 24 hours actually feel like, when they can get back to work, and when they can exercise again. Those are the same questions I asked before my own procedure, and they are the questions this recovery guide was written to answer. As the most experienced EVO ICL surgeon by volume in Oregon, I have also seen how much easier recovery is for patients when expectations are set clearly from the start." Dr. Tersigni completed his refractive surgery fellowship at Chu Vision Institute under Dr. Y. Ralph Chu and has been involved in 10 U.S. Food and Drug Administration trials, and received the first EVO Toric ICL in the United States.

Tersigni Vision is located at 15150 Bangy Rd, Lake Oswego, OR 97035, and serves patients throughout Portland, Lake Oswego, Tigard, and Beaverton. The practice is accessible from the Portland metro area via Interstate 5 and the Kruse Way exit, and driving directions from central Portland are available through Google Maps. Dr. Tersigni performs all EVO ICL surgeries and conducts all post-operative examinations personally at the Lake Oswego location, which serves as the practice's sole surgical site for patients across the Portland metro area. During the pre-operative consultation, Dr. Tersigni reviews each patient's occupational demands and daily routine so that the post-operative schedule reflects the patient's actual life, including activity clearance for active Portland patients such as runners, cyclists, and outdoor athletes.

The Tersigni Vision Advanced Ocular Analysis, a 90-minute pre-operative examination, establishes the baseline measurements used to evaluate recovery at each follow-up visit and to determine which of the practice's vision correction procedures best matches a patient's anatomy, prescription, and daily routine.

More information about EVO ICL surgery at Tersigni Vision in Portland is available at tersignivision.com or through the practice's Google Business Profile. Tersigni Vision publishes additional patient education resources on EVO ICL, LASIK, PRK, SMILE, and Refractive Lens Exchange for residents of Portland, Lake Oswego, Tigard, and Beaverton researching vision correction options.

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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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