



LASER EYE SURGERY

LASIK

LASIK (laser in situ keratomileusis) is one of the most common types of laser eye surgery performed in Australia.

This is a two-step, two-laser vision correction procedure. A thin flap is created in the cornea to allow the reshaping to occur beneath the surface of the eye, resulting in less discomfort during healing and rapid visual recovery (when compared to PRK/ASLA).

LASIK can be used to treat short-sightedness (myopia), long-sightedness (hyperopia), astigmatism (asymmetrical curvature of the cornea) and presbyopia (loss of near vision or reading vision).

Who is suitable for a LASIK procedure?

You may be suitable for LASIK if you:

- are over 18 years of age
- have a stable prescription
- have sufficient corneal thickness
- have a normally shaped cornea
- have healthy eyes with no active disease.

LASIK may not be recommended for people with thin or irregular corneas or chronic dry eyes. In these cases, other vision correction procedures may be safer and more appropriate.

How does LASIK work?

At Vision Eye Institute, LASIK is performed using advanced laser technology.

Before your operation, we check the corneal thickness and shape by creating a map of your cornea and calculate the precise measurements required to correct your vision. This test is non-invasive and painless.

LASIK vision correction is usually performed on both eyes on the same day, taking approximately 20 minutes in the laser theatre (although you will be in the laser suite for about 2 hours to allow for preparation and recovery).

Anaesthetic eye drops are used to numb your eyes and minimise discomfort. You may feel some pressure on your eyes, but the LASIK surgery itself is not painful. You can also choose to have a mild oral sedative, which takes about 30–45 minutes to work.

An eyelid holder is used to stop blinking and the lasers have inbuilt trackers that actively adjust the laser beam when eye movements are detected.

The surgery involves two main stages:

1. Creation of a corneal flap

A femtosecond laser is used to create a thin flap in the outer layer of the cornea. This flap remains attached by a small hinge and is lifted by the surgeon to access the underlying corneal tissue known as the corneal stroma.

2. Reshaping the cornea

The excimer laser is then used to reshape the corneal stroma with microscopic precision according to your individual measurements. The corneal flap is then carefully placed back into position, where it naturally adheres without stitches.

What is recovery like after LASIK?

After the operation, you will rest quietly in the recovery area before being discharged. A friend, family member or carer must accompany you home, as your vision will be blurry and the effects of the sedative may not have completely worn off.

You will be given a pack with protective glasses, eye drops (antibiotics and steroids) and aftercare instructions. Artificial tears are recommended for at least one week after surgery.

Your follow-up appointments are an important part of postoperative care to monitor healing and visual outcomes.

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PRK = photorefractive keratectomy,
ASLA = advanced surface laser ablation



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One of the advantages of LASIK eye correction is rapid visual recovery, although fluctuations in your vision are normal for the first week or so.

- Vision often improves within 24 hours after LASIK
- Usually quick return to normal activities, except for swimming (2 weeks) and contact sports (1 month)
- Vision continues to stabilise over several weeks

Many patients can attend work and resume driving as soon as the next day after LASIK. However, we recommend taking a few days off to aid recovery and rest your eyes.

Please contact the clinic if you have any questions about which activities you can or cannot participate in.

Occasionally, a follow-up procedure may be recommended to enhance the result or address changes that have occurred in the eye over time.

Is LASIK safe?

LASIK has been performed worldwide for over 30 years and is considered a safe and effective procedure when performed on suitable candidates using modern laser technology. As with any medical procedure, there are potential risks and side-effects. These can include dry eye, glare, halos, vision that is worse than before, and short-term visual fluctuations.

A comprehensive eye assessment is essential to determine whether LASIK, or another vision correction treatment, is the safest and most suitable option for you. It may be that you may not be suitable for any procedure.

Your ophthalmologist will discuss potential risks and expected outcomes in detail during your consultation so you can make an informed decision. Having your procedure performed by an experienced laser eye surgeon at a reputable eye clinic can help reduce these risks.

