

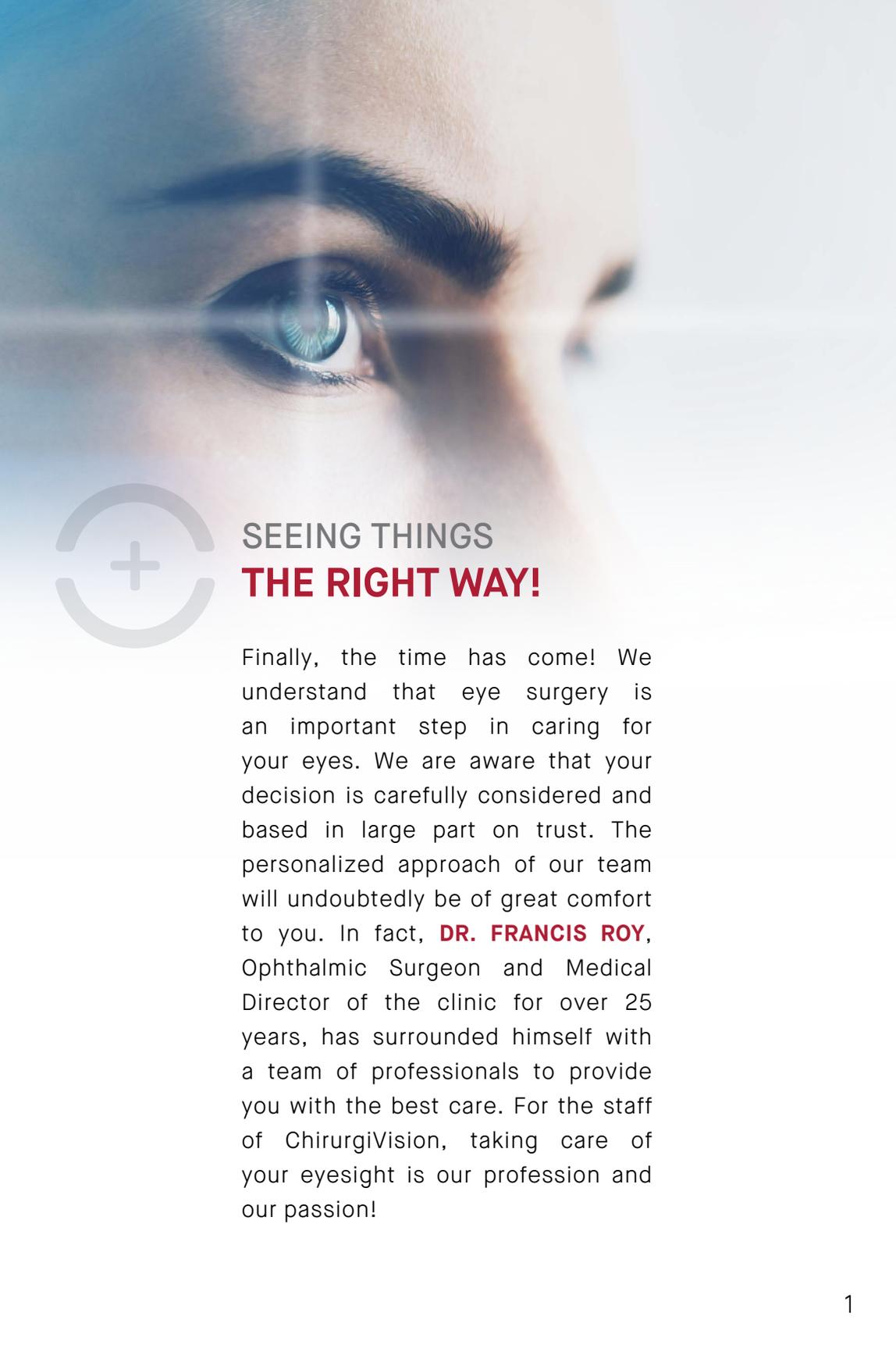


Laser

PATIENT'S HANDBOOK

CHIRURGI
VISION  N





SEEING THINGS **THE RIGHT WAY!**

Finally, the time has come! We understand that eye surgery is an important step in caring for your eyes. We are aware that your decision is carefully considered and based in large part on trust. The personalized approach of our team will undoubtedly be of great comfort to you. In fact, **DR. FRANCIS ROY**, Ophthalmic Surgeon and Medical Director of the clinic for over 25 years, has surrounded himself with a team of professionals to provide you with the best care. For the staff of ChirugiVision, taking care of your eyesight is our profession and our passion!

PRE-OPERATIVE EXAMINATION

We determine the possibility of treatment and the pertinence of using one technique rather than another based on the results obtained during the pre-operative examination. If you are a good candidate for surgery, we can proceed with the planning of your procedure.

PAYMENT

Payment options include cash, direct payment (make sure the amount of the surgery will not exceed the security limit imposed by your bank branch), Visa, MasterCard, bank draft or certified cheque made payable to **Clinique ChirurgiVision T-R inc.**

FINANCING AVAILABLE

<p>6 MONTH INTEREST-FREE PERIOD: half of the total cost due on the day of the surgery and the other half payable in 6 equal instalments, starting the following month, or 1 instalment in 6 months (please note that we need a valid credit card for the upcoming payment(s) and that you must submit to a credit check).</p>	
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PLANNING YOUR SURGERY

Contact us to plan your surgery.

BY PHONE: 819 693-5757 or toll free 1 800 693-5657

ADDRESS: 579, rue Laviolette, Trois-Rivières G9A 1V6

If your pre-operative examination was done by an optometrist in your area, they will send us the referral form and we will contact you when the file has been examined and approved by the surgeon.

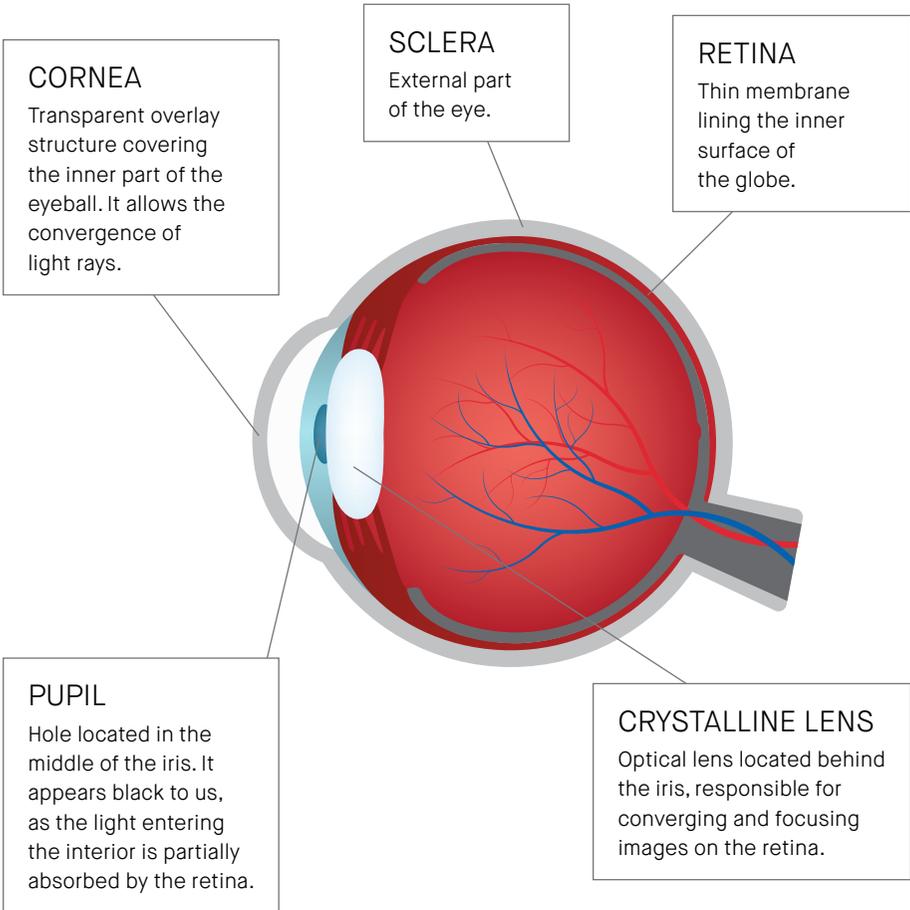
Please note that our appointments are scheduled one month in advance. Therefore, allow 2-3 weeks notice when making your reservation. A deposit of \$250 will be requested at the time of reservation.

ANATOMY OF THE EYE

The eye is like a camera. It is made up of two natural lenses, the CORNEA, located in front of the iris, and the CRYSTALLINE LENS, located behind the iris.



TO PROVIDE THE MAXIMUM INFORMATION, HERE IS A DIAGRAM EXPLAINING THE ANATOMY OF THE EYE.



TECHNIQUES ADAPTED TO YOUR NEEDS

+ THE EXCIMER LASER

Several types of laser can be used to treat the eyes. One of them is the excimer laser, used in refractive surgery to remodel the cornea. We have been using the Schwind AMARIS 750S platform since 2015. Clinical results have shown that this device offers unmatched reliability thanks to its advanced diagnostic system. It also provides a better vision quality, namely for night driving. More specifically, this laser's energy breaks intermolecular bonds, breaks down tissue and simply changes the shape of the cornea in a very safe way.

+ LASIK (IN SITU KERATOMILEUSIS LASER)

You may have heard of it before. This technique, combining laser and a microkeratome, is the most widespread since 1994. With a microkeratome, a thin corneal flap is lifted, then the laser pulverises the cells of the deeper layers of the cornea. Once the laser treatment has been applied, the flap is replaced to its original position, without suturing.

+ PRK (SURFACE LASER)

In 1993, PRK was the first laser technique used to correct vision. This technique is used when LASIK is not recommended for reasons such as: dry eyes, too thin cornea or irregularity on the surface of the cornea. The results obtained with this technique are similar to those obtained with LASIK, but without additional risk. Within this protocol, the corneal epithelium is removed, and the laser treatment is then applied. The risk of corneal haze is also limited with the use of a low concentration Mitomycin C.



REPARING FOR YOUR
LASER INTERVENTION
(LASIK OR PRK)

**ESSENTIAL
INFORMATION
TO REMEMBER**

- +** If you are taking medication, follow your usual prescription.
Also bring all your eye drops.
- +** Do not wear any jewelry, makeup, or perfume.
- +** Wear comfortable clothes.
- +** Eat a light breakfast or lunch.

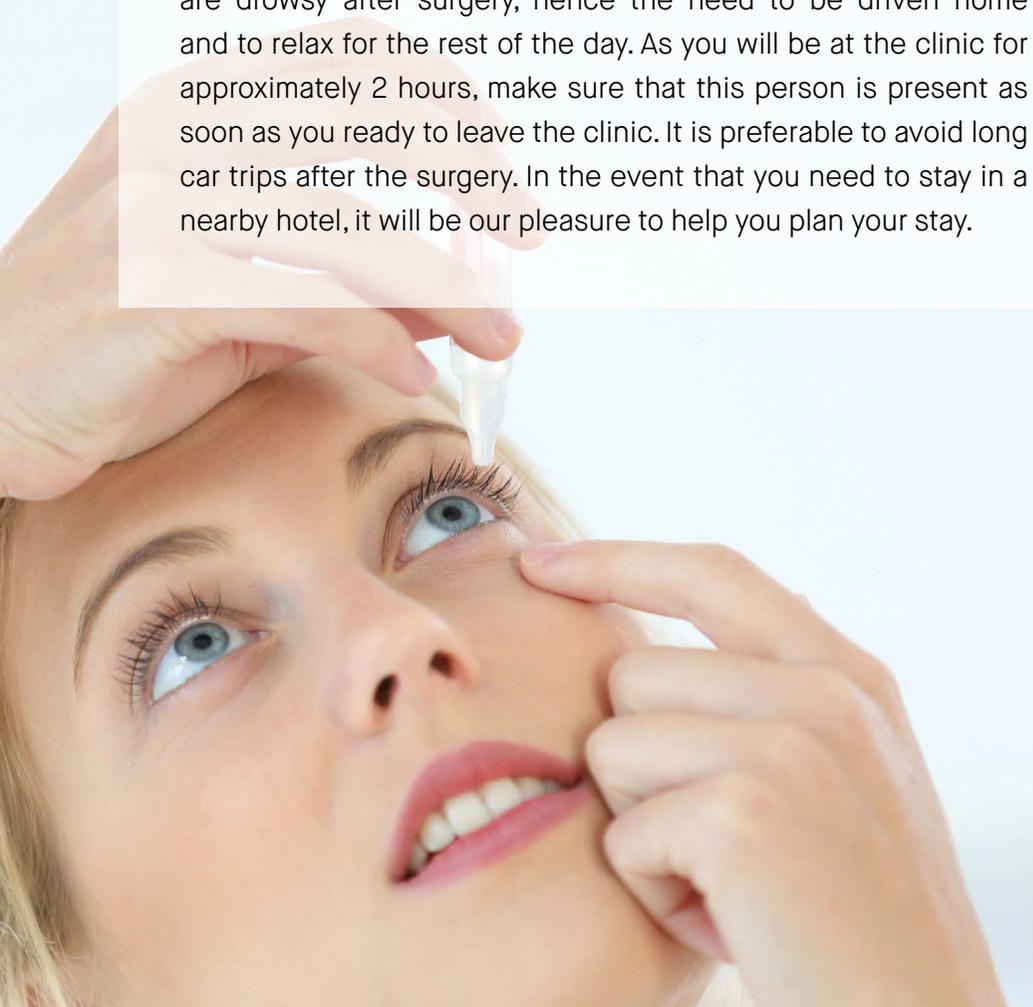
WHAT TO DO BEFORE?



**TWO DAYS BEFORE SURGERY,
APPLY EYEDROPS**

The eyedrops were prescribed to you or the prescription was sent to your pharmacy when you scheduled your surgery. **You must wait 5 minutes between each application if you are using two kinds of eyedrops or more.** All instructions for continued use of eyedrops will be provided on the day of surgery, so please bring them with you to the appointment.

Also, you must **plan a driver for the ride home.** Most patients are drowsy after surgery, hence the need to be driven home and to relax for the rest of the day. As you will be at the clinic for approximately 2 hours, make sure that this person is present as soon as you ready to leave the clinic. It is preferable to avoid long car trips after the surgery. In the event that you need to stay in a nearby hotel, it will be our pleasure to help you plan your stay.



Once again, if you wear contact lenses, you will need to remove them before your surgery:

- + 1 week for soft contact lenses.
- + 2 weeks for toric lenses for astigmatism (with weights).
- + 3 weeks or more for gas permeable lenses (also known as hard lenses). Usually, vision fluctuations occur after you stop wearing hard contact lenses because the shape of the cornea changes. Although the cornea usually returns to its natural shape within three weeks, this process can take up to 6 months (soft contact lenses can then be worn during this period).
- + If you have already removed your contact lenses for some time prior to the preoperative exam, the time frame may vary. We will confirm this duration when planning your intervention.



ON **THE DAY** OF THE SURGERY

As soon as you arrive, you will meet our communications officer to schedule your postoperative appointments and finalize your payment. You also received a consent form, which you will have taken the time to read carefully at home, for you to identify any questions or concerns that may remain. Please have it with you to discuss it with the surgeon before surgery.

Following your payment, a nurse will complete the exams if needed. You will then meet with the ophthalmic surgeon to discuss the upcoming procedure. Finally, the nurse will explain the postoperative instructions to you. Once the explanations given, a sedative will be administered to help you relax and you will then be taken to the surgery room for the procedure.





AND AFTER?



Even if the procedure was successful, we value postoperative follow-ups; all patients are seen **the day following** the surgery.

Depending on the laser technique used, you will be seen in postoperative follow-ups as planned.

If you have been referred by an eye care professional, it will be possible to be seen by that professional, in your area. Once the intervention date has been decided, you can notify him or her so that follow-ups can be planned. Please note that the optometrist who follows you must send us a report of your condition after each visit with him or her. In the event that the results do not meet the set objectives, we will re-evaluate and discuss the possible options with you.

LASIK ANTICIPATED SIDE EFFECTS

In the first few hours, you will feel pain and discomfort as well as a itching sensation and some tearing; you may take 1 to 2 acetaminophen tablets every 4 hours for relief.

In the following days and weeks, you will notice vision fluctuations between the beginning and the end of the day, or from one day to the next. Your vision will not be perfect, and it is normal. The evening halos will gradually diminish over the following months, depending on whether you tend to have dry eyes. Blood spots on the white part of the eyes can also occur; they are harmless and will disappear within 10 days.

RESTRICTIONS AFTER LASIK SURGERY



AFTER SURGERY: IT IS IMPORTANT

To protect the eyes with safety glasses during activities that could lead to a trauma that could displace the flap, even several years after the procedure.	
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You will need to wear the protective shell to sleep for 7 days.	
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You will not be able to resume driving until 24 hours after surgery, after receiving permission from the eye care professional.	
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Also note that you will need to plan a convalescence of 3 days or more , depending on your job.	
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FOR THE FIRST TWO WEEKS

- + Do not use mascara or other makeup.
- + Be careful when bathing or showering to avoid splashing shampoo, soap or lotion in your eyes.
- + Avoid sprays: hairspray, perfumes, insecticides.
- + No swimming (head under water).
- + Avoid smoky and dusty places.
- + **FOR A MONTH,** do not rub the treated eye.



PRK ANTICIPATED SIDE EFFECTS

During the first 24 to 72 hours after surgery, you may experience pain, discomfort, and severe itching and tearing of the eyes. For relief, you may take pain medication (a prescription will be given to you) or 1 to 2 acetaminophen tablets every hour, depending on the pain. You can also apply ice, rolled up in a clean cloth, to the treated eye.

During this period, your vision will be very blurred and will diminish for the next 4 days, which is normal during the healing process of this technique. The eye may be slightly red and sensitive to bright light. These symptoms will improve after a few days. If necessary, wear sunglasses.



A therapeutic (non prescription) contact lens will be applied to the treated eye as a bandage. Usually, three to five days after surgery, the surface cells will regenerate, and the contact lens will then be removed at the clinic or at your optometrist's office. If it displaces and you are familiar with handling contact lenses, you will be provided with an additional lens. If it falls, contact us immediately.

RESTRICTIONS AFTER PRK SURGERY



AFTER SURGERY: IT IS IMPORTANT

Plan a **convalescence of at least 7 to 10 days.**

You may be able to resume driving 4-7 days after surgery. However, healing and requirements are not the same for everyone, so you may need up to 3 weeks to recover.



FOR THE FIRST TWO WEEKS

- + Do not use mascara or other makeup.
- + Be careful when bathing or showering to avoid splashing shampoo, soap or lotion in your eyes.
- + Avoid sprays: hairspray, perfumes, insecticides.
- + No swimming (head under water).
- + Avoid smoky and dusty places.
- + **FOR A MONTH,**
do not rub the treated eye.
- + **FOR 4 MONTHS,**
if you are taking vitamin C supplements, do not exceed 250 mg/day.

APPOINTMENT CANCELLATION POLICY

Any patient who does not show up for the medical appointment, without notifying us at least 24 hours in advance, will have their appointment considered as service received. If the patient wishes to reschedule an appointment, he or she will then have to pay the related \$60 fee. To ensure that you can notify us in a timely manner, a voice mailbox is available to you, as well as an email address, **reception@chirurgivision.com**.

RIGHTS AND DUTIES OF PATIENTS

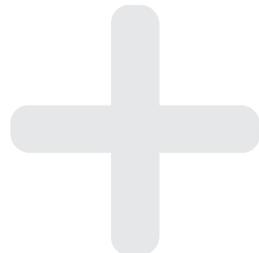
CHIRURGIVISION PATIENTS ARE ENTITLED TO:

- + Be treated with courtesy, fairness and understanding, in any intervention, and this with respect and acknowledgement of their dignity, their autonomy and their needs.
- + Be informed about the services offered and how to access them.
- + Be informed about their state of health, to have access to their file, to participate in professional discussions and to take part in the clinical decision, in order to provide informed consent regarding the care and services to be received.
- + Refuse a proposed treatment.
- + Be accompanied by a significant person and to be assisted if necessary.
- + Receive confidential services anytime and anywhere.

- + Receive personalized services of quality, on the scientific, human, social levels, in a safe manner.
- + Be informed, as soon as possible, of any accident occurring during the provision of services.
- + File complaints or comments with management.

PATIENTS, WHO RECEIVE SERVICES AT THE CLINIC, UNDERTAKE TO:

- + Make their needs and lifestyle known, to allow a precise and adequate assessment of their needs.
- + Participate in decision-making that concerns them.
- + Respect the privacy and integrity of staff and other patients and maintain courteous and respectful relationships with them.
- + Maintain personal hygiene as well as adequate clothing.
- + Recourse to the support of their relatives and appoint a significant person who can represent or accompany them when required.
- + Inform staff of their satisfaction with the services received or, otherwise, to express their dissatisfaction using the mechanisms provided for this purpose.



PROCEDURE IN CASE OF DISSATISFACTION

- 1** As a first step, you are invited to communicate any complaint or comment to a staff member or to the treating professional.
- 2** Secondly, you can fill a complaint form and present it to the clinic management, in the interest of both parties.
- 3** 30 days are provided to the clinic to follow up on a complaint and find a suitable solution.
- 4** The clinic confirms the settlement in writing and sends a copy to the patient.



Share

THE CHIRURGIVISION'S MISSION

which is to offer its patients diagnostic services as well as personalized surgical treatments and options of exceptional quality in the field of eye care. Rigorous and structured processes are in place to govern the services offered. Patient satisfaction and the results obtained are the most important indicators of the clinic's success.

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THE RIGHT WAY