

ANH NGUYEN  
OPHTHALMOLOGY

# 101 Things to Know about LASIK

WELCOME TO ANH NGUYEN OPHTHALMOLOGY  
VIRGINIA'S PREMIER CLINIC FOR LASER VISION CORRECTION  
AND OTHER SPECIALIZED EYE TREATMENT TECHNOLOGY



431 PARK AVENUE, SUITE 103, FALLS CHURCH, VA, 22046  
TEL 703-534-4393 INFO@VIRGINIA-LASIK.COM

VIRGINIA-LASIK.COM

*“A customer is the most important visitor on our premises. He is not dependent on us. We are dependent on him. He is not an interruption of our work. He is the purpose of it. He is not an outsider of our business. He is part of it. We are not doing him a favor by serving him. He is doing us a favor by giving us the opportunity to do so.”*

*– Mahatma Gandhi, 1890*

## **DEAR PATIENT,**

Thank you for interest in Anh Nguyen Ophthalmology! Your eyes are your windows to the world!

For over 15 years, our team has been dedicated to helping you see every important moment clearly. From vision correction procedures including LASIK to new surgery techniques for cataracts and glaucoma, and more, our experienced team is on the cutting-edge of vision technology and science. We’re constantly perfecting the newest, safest, and most effective ways to ensure quality vision for all our patients. While we pride ourselves on our knowledge and experience, our most important priority is you, our patients.

We’re dedicated to a personal approach to eye care that puts you at the center of everything we do. Before making any decisions, we bring you into the process and help you understand the right course of action.

It’s your eyes. It’s your vision. It’s YOU! We’re here to make it crystal clear.

If you’re looking for a cutting-edge approach with a personal touch to all your vision needs, Anh Nguyen Ophthalmology is the right place to be.

We are not a discount LASIK center and will never push any procedure and treatment on you. If you are not a LASIK candidate we are more than happy to discuss any other treatment options, but we always place your safety first.

Welcome to the family,

Sincerely, Anh Nguyen, MD

**Congratulations and Thank you for putting your trust in us,**

You now have your appointment for your laser vision correction procedure. In preparing for your appointment, please take the following into consideration.

- The laser room tends to be cold, so if you get cold easily, please prepare yourself by coming with a layer of **warm clothing**.
- The laser is sensitive so please refrain from wearing **perfume, cologne, fragrant lotions, and do not use hairspray**. These can affect & interfere with the lasers.
- In order to have the laser vision correction surgery, please **remove your contact lenses 2 weeks before your procedure date**.
- Please ensure that you wear **no make-up** on or around your eyes at least one day prior to surgery and to removal ALL eyeliner & mascara thoroughly.

There is **NO swimming/hot tub/sauna/Jacuzzi** for **3 weeks** following the procedure. If you plan on taking Valium (which we offer you prior to your procedure), plan on having someone pick you up from your appointment.

**We legally cannot let you leave alone if you choose to take Valium.**

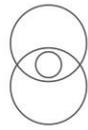
You have been provided with 2 prescriptions for your procedure. You need to use **Pred-Forte** eye drops (anti-inflammatory) & **Vigamox** (antibiotic) **one day prior** (one drop four times a day) to your surgery. After the surgery, Dr. Nguyen, will go over further instructions on usage of both drops. **\*If you are having PRK, you need to start taking Vitamin C (1mg) as soon as possible.**

You will need to see Dr. Nguyen in the office for a **one day post-operative**.

**Please read over the consent form and bring it with you the day of surgery.**

If you have any questions as you're reading these consents, feel free to call me and I will help in any way that I can. If you have any questions regarding these instructions or your surgery in particular, please call the office at (703)534-4393 and I will be happy to assist you.

**Genuinely,** Layla Sabet



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## EYE CONDITIONS

**Nearsightedness (Myopia)** occurs when the cornea is too curved or the eye is too long. This causes light to focus in front of the retina, resulting in blurry distance vision.

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**Farsightedness (Hyperopia)** occurs when the cornea is too flat in relation to the length of the eye. This causes light to focus at a point beyond the retina, resulting in **blurry close vision and sometimes blurry distance vision as well.**

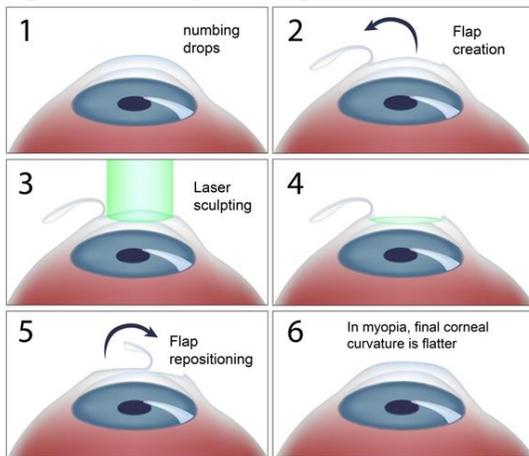
**Astigmatism** occurs when the cornea is shaped like a football (more curved in one direction than the other) and often occurs with nearsightedness or farsightedness. This causes light to focus in more than one point on the retina, resulting in blurry and distorted vision.

Presbyopia is the natural aging process of the eye that affects everyone, usually starting around age 40. As we age, the natural lens in our eye loses flexibility, thereby decreasing the ability to focus on things up-close creating the need for reading glasses, bifocals, or even trifocals. Presbyopia is unlike nearsightedness and farsightedness, which are related to the length of your eye, and cannot be corrected by LASIK. However, we are proud to offer alternative options to reading glasses; **MonoVision LASIK** and **clear lens exchange** with **premium intraocular lenses (IOLs)**.

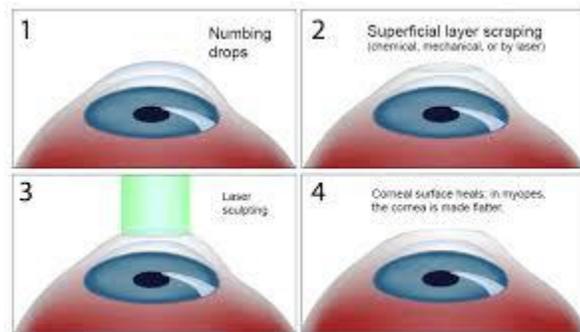
## LASIK/BLADE FREE TECHNOLOGY

Laser assisted in situ keratomileusis, or LASIK, is a refractive procedure that uses a Femto and an Excimer laser to permanently reshape the cornea. The reshaped cornea helps focus light directly onto the retina to produce clearer vision. (PIC 1)

LASIK is usually performed as an outpatient procedure using topical anesthesia with drops. The procedure itself generally takes about fifteen minutes. The surgeon creates a flap in the cornea with a FEMTO LASER (IntraLase®). The flap is lifted to the side and the cool beam of the excimer laser is used to remove a layer of corneal tissue. The flap is folded back to its normal position and sealed without sutures. The removal of corneal tissue permanently reshapes the cornea.



PIC 1



PIC 2

The ideal candidate for LASIK has a stable refractive error within the correctable range, is free of eye disease, is at least eighteen years old and is willing to accept the potential risks, complications and side effects of LASIK.

Because of the superior accuracy of the IntraLase method, certain patients who were ineligible for LASIK may now be able to have treatment. Ask your doctor today if you are a candidate.

With the IntraLase® Method, LASIK is not only 100% blade-free, but also allows Dr. Nguyen to tailor-make the flap based on what's best for your eye, providing you a greater opportunity to achieve 20/20 vision or better.

**PRK (Photo Refractive Keratectomy)** is a type of refractive surgery to correct Myopia, Hyperopia and Astigmatism. The main difference between PRK and LASIK is the first step of the procedures (PIC 2).

Instead of creating flap with laser, in PRK, the thin outer layer of the cornea (epithelium) is removed using alcohol and mechanical instruments and discarded prior to reshaping the underlying corneal tissue with an excimer laser. The epithelium repairs itself (grows back over the corneal surface) within a few days after surgery.

PRK is an outpatient procedure, done under topical anesthetic eyedrops. It takes about fifteen minutes. Because no incisions are made, the procedure does not weaken the structure of the cornea.

Immediately following surgery, the eye is patched or a bandage contact lens is placed on the eye. After PRK vision is blurry for 3 days to one week. It may take a month or longer to achieve one's best vision. Patients may be on eyedrops for up to three months.

The final results of PRK surgery are comparable to LASIK outcomes, but initial PRK recovery is slower because it takes a few days for new epithelial cells to regenerate and cover the surface of the eye.

PRK is not a common use procedure for vision correction however might be the best procedure in certain circumstances

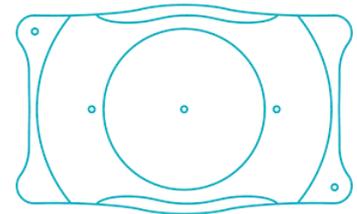
## ICL

Have you heard about Visian ICL? Are you seeking a Visian ICL Boston specialist? Many vision correction procedures promise an improved level of vision, but few vision correction options offer the quality and features found with the Visian ICL. Namely:

- Does not induce dry eye syndrome
- Sharp, Clear Vision
- Excellent Night Vision
- Great for those with thin corneas
- UV protection built into the biocompatible lenses;
- A typically quick, 20-30 minute or less procedure and most people are able to resume daily activities in just a few short days with clearer vision
- Treats moderate to high myopia (nearsightedness).

Removability for your peace of mind.

The advantage of the Visian ICL is that it can permanently correct your vision, yet no natural tissue is removed in any way during the procedure. If for the unlikely reason, you need or wish to remove your Visian ICLs in the future, your doctor can accommodate you.



Vision correction with a legacy of success.

Visian ICL has been approved in Europe since 1997 and in the U.S. since 2005. In that time, over 550,000 eyes have been implanted with Visian ICLs by certified, specialized surgeons with a study showing a 99% patient satisfaction rate.

In harmony with your natural eye.

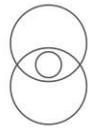
For people who value health and wellness the Visian ICL could be the choice for you. The Collamer base of the lens material is biocompatible, meaning it is designed to function in harmony with your natural eye.

Anh Nguyen ICL surgeon

Not every eye surgeon in Northern Virginia can be certified for this lens implant. Because Dr. Nguyen is one of Northern Virginia's leading edge ophthalmologists she has been selected and furthermore certified to implant the Visian ICL. Please contact our office directly if you feel this is a good option for you and Dr. Nguyen will provide a consultation. The ANO Visian ICL ophthalmology team for you!

**EASY TO COMPARE TOOL**

	LASIK	PRK	VISIAN ICL
<b>Vision Quality</b>			
Visual acuity	Excellent	Excellent	Excellent
<b>Patient experience</b>			
Recovery time	Quick	Up to 4 weeks	Quick
Outpatient procedure	Yes	Yes	Yes
15-20 minute procedure	Yes	Yes	Yes
Immediate visual acuity	Yes	Yes	No
Contributes to dry eye	Occasional	Yes, during recovery period	No
Patient satisfaction	High	High	High
<b>Safety Features</b>			
Removable or reversible	No	No	Yes
UV protection	No	No	Yes
<b>Patient Types</b>			
Nearsightedness	Mild to Moderate	Mild to Moderate	Moderate to severe
Farsightedness	Yes	Yes	No
Astigmatism	Yes	Yes	No
Thin cornea	Limited	Limited	Yes
Large pupil	Limited	Limited	Yes



## 10 MYTH ABOUT LASIK

1. **I'm too old!** Anyone over 18 years of age, with a stable prescription is a potential candidate for LASIK. Boston Laser has performed thousands of surgeries on patients of all ages. Stability of your prescription and the health of your eyes are the most important factors independent of age.

2. **It's too expensive and isn't covered by insurance!** While LASIK is not covered by insurance, discounted pricing is available for certain insurance carriers. Additionally, you could easily end up spending thousands of dollars through the course of your lifetime on contact my health lenses and glasses. After a few years of not having to replace glasses or buy contacts, LASIK pays for itself.

3. **LASIK is the only way to reduce my dependency on glasses and contacts!** If you have been deemed not a good candidate for LASIK in the past, there are many new modalities now that can correct somebody's vision. These include, PRK, LASEK, Implantable Contact Lenses, as well as lens replacement surgery.

4. **It does not fix Astigmatism!** Most forms of Astigmatism can be corrected with laser eye surgery. A consultation with your doctor is the best way to know whether you qualify.

5. **LASIK hurts!** The majority of patients report no significant discomfort during the LASIK procedure. A dose of Valium is usually administered by mouth in conjunction with numbing eye drops before surgery to ensure your comfort. Some patients experience a burning sensation in the few hours after the procedure is completed; however, this is relatively mild, and typically goes away within a day or two.

6. **It would be too much time "OFF" of work!** Contrary to what many people think, most LASIK patients can drive back to the office the next day without glasses and contact lenses. Most patients return to work the next morning with their improved vision. The in-office procedure takes about 12 minutes for both eyes. PRK and LASEK take longer to heal (5-7 days).

7. **LASIK doesn't last forever!** 95% of LASIK patients never need an adjustment after their procedure. While about 5% of patients do need more laser at some point after the procedure, most laser centers have plans that cover you for a lifetime.

8. **I'm worried about halos and worsening dry eye condition!** Some LASIK patients report minor issues with night halos, or dry eyes within the first few weeks after surgery. For the majority of the population, these issues resolve themselves after a month or so. At **ANH NGUYEN OPHTHALMOLOGY** we perform extensive testing before the procedure to help evaluate your risk for such issues. If you are a candidate for LASIK, our expert medical team will explain any risks you face before scheduling the surgery.

9. **I may go blind!** Millions of people have undergone LASIK since the early nineties. When strict parameters are followed, blindness should not be part of the feared risks. Although LASIK is not a procedure without risks, contact lenses do carry similar risks to the eye including risks of severe corneal infections.

10. **All LASIK is the same!** Don't trust your eyes to just anyone. You have only one pair of precious eyes and selecting your surgeon is not just important for ensuring a good result, but most importantly, it is to ensure you are in good, experienced hands to manage any unexpected event that may happen, no matter how rare.

### THE LASIK PROCEDURE STEP BY STEP

After your eyes have been numbed with eye drop anesthesia, an eyelid speculum will be positioned to hold your eyes open. You will remain awake and comfortable throughout the procedure as we walk you through each step. Once the procedure is completed, you will be given additional eye drops. Your vision will probably be a little blurry at first, so have someone drive you home and relax for the rest of the day. Recovery from LASIK is amazingly fast. In fact, many patients go back to work and drive themselves to their appointment the very next day!

**STEP 1** During your comprehensive exam, we diagnose your prescription using the WaveScan to create a WavePrint map or “fingerprint” of your vision. This information is transferred to the laser before your procedure to give you the CustomVue treatment.

**STEP 2** During the second step of the LASIK procedure Dr. Nguyen uses a computer-controlled cool beam laser to create a small corneal flap. This technology gives you added peace-of-mind by providing you the highest level of safety, predictability, and accuracy.

**STEP 3** During the third step of the procedure Dr. Nguyen uses the state-of-the-art laser with Iris Registration to apply a cool beam of light, which gently reshapes the cornea. This allows images to be more sharply focused by the retina to improve your vision.

**STEP 4** During the final step of LASIK, Dr. Nguyen gently places the corneal flap that was created in step one back into its original position. This starts healing almost immediately and allows many patients to realize the “wow” factor of iLASIK more quickly.

**RELAX we will hold your hand every STEP of the WAY!!**

## WHAT YOU NEED TO KNOW post-LASIK

FOR EMERGENCIES, SUCH AS SEVERE EYE PAIN OR SUDDEN DECREASE IN VISION, CALL OUR MAIN LINE AND SOMEONE CAN CONNECT YOU WITH YOUR SURGEON.

**MAIN LINE: (703) 534-4393**

### **Immediately following surgery:**

Keeping your eyes closed may make your eyes more comfortable since you may experience irritation, burning and tearing. Tearing is beneficial since it lubricates and cleans the eyes' surface. It is not necessary to keep your eyes closed, but you may be more comfortable doing so.

**You MUST sleep with the plastic shields provided for 1 week after your procedure.**

Your eye drop regimen begins 4 hours after your surgery. Please refer to your eye drop regimen sheet for instructions. **Use the preservative free artificial tears as needed if your eyes feel dry.** It is extremely important to keep the eyes well lubricated for the first 24 hours.

Your eyes may appear "bloodshot" or have red blotches for 5-10 days following your procedure; this is totally normal and will go away.

### **The first 24 hours:**

- Avoid squinting and squeezing your eyes. Do not rub or bump your eyes for the first 7 days.
- Avoid heavy physical activity for the 1<sup>st</sup> day after your surgery.
- Do not plan to work the day after surgery. Although many patients do return to work the next day, your mental capacity may be slow due to the Valium you were given on the day of surgery and vision in the eye that was operated on will be blurry for 5-10 days.

### **The 1<sup>st</sup> few weeks:**

- Avoid contact sports for **2 weeks** following the procedure.
- Refrain from wearing make-up on or around your eyes for **1 week**.
- Avoid sunscreen or lotion directly around your eyes. When applying use the bones surrounding the eye as a reference, avoid area below your eyebrow and above your cheekbone. If you do get sunscreen/lotion in your eye, use the artificial tears to wash it out.
- No swimming/hot tub/sauna/Jacuzzi activity for **2 weeks**.

**Showering:** Keep your eyes closed to avoid getting water, shampoo or soap in your eyes. If you do get something in your eyes, rinse them out with artificial tears.

**Exercising:** Don't plan to exercise for 2 days following your surgery. Avoid any heavy lifting (15 lbs+) for the weekend. Make sure to use a sweat band or a towel to avoid getting sweat in your eyes. If you do get something in your eyes, rinse them out with the artificial tears.

**YOU WILL NEED TO SEE YOUR DOCTOR THE MORNING AFTER YOUR SURGERY.**

## EYE DROP REGIMEN FOR LASIK PATIENTS

### WHAT YOU WILL BE USING

**PRED FORTE**  
prednisolone acetate 1%



**VIGAMOX**  
moxifloxacin HCl 0.5%



Wait **5 minutes** between each drop when using more than one brand of drop together;

- **NO** squinting, squeezing, or rubbing your eyes;
- **NO** swimming, hot tub, sauna, Jacuzzi for 2 weeks;
- **NO** eye make up for 1 week;

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
Pred Forte 1%	1 drop every hour	1 drop every hour	1 drop every hour	4 times a day	4 times a day	<b>STOP!</b>
Vigamox	4 times a day	4 times a day	4 times a day	4 times a day	4 times a day	<b>STOP!</b>

You may use any brand of **preservative free** artificial tears as often as you'd like. Try to use these several times throughout the day for more comfort.

If you have any questions please call office (703) 534-4393. If you need to contact Dr. Nguyen directly, you may reach her on her cell phone (571) 594-4081. If she is unable to answer or does not return your call immediately, it may be because he is in surgery or out of town. You may also call (214) 334-4433 to speak to Surgical Coordinator Layla Sabet.

## WHAT YOU NEED TO KNOW post- PRK/LASEK

### Immediately following surgery:

Keeping your eyes closed may make your eyes more comfortable since you may experience irritation, burning and tearing. Tearing is beneficial since it lubricates and cleans the eyes' surface. It is not necessary to keep your eyes closed, but you may be more comfortable doing so.

**You MUST sleep with the plastic shields provided for 1 week after your procedure.**

Dilation drops will be put in your eyes at the end of the procedure, these drops can last up to 24 hours. Dilation will make you sensitive to light and make your near vision blurry, this is normal and will go away.

Your eye drop regimen begins 4 hours after your surgery. Please refer to your eye drop regimen sheet for instructions. **Use the preservative free artificial tears as needed if your eyes feel dry.** It is extremely important to keep the eyes well lubricated for the first 24 hours.

You will have a soft contact lens placed in your eye; drops can be applied over the lens. You can sleep with the lens and the doctor will take it out for you at your 1 week appointment.

You may experience some discomfort after this procedure so you will be given a prescription for Tylenol#3 (with codeine) Percocet to take after the procedure to make you more comfortable. It is not mandatory to take this and if you prefer, you can take Extra-Strength Tylenol or Advil.

### The first 24 hours:

- Avoid squinting and squeezing your eyes. Do not rub or bump your eyes for the first 7 days.
- Avoid heavy physical activity for the 1<sup>st</sup> day after your surgery.
- Do not plan to work the day after surgery. Although many patients do return to work the next day, your mental capacity may be slow due to the Valium you were given on the day of surgery and vision in the eye that was operated on will be blurry for 5-10 days.

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## YOU WILL NEED TO SEE YOUR DOCTOR THE MORNING AFTER YOUR SURGERY.

## EYE DROP REGIMEN FOR PRK/LASEK PATIENTS

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prednisolone acetate 1%



**VIGAMOX**  
moxifloxacin HCl 0.5%



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- **NO** squinting, squeezing, or rubbing your eyes
- **NO** swimming, hot tub, sauna, Jacuzzi for 2 weeks
- **NO** eye make up for 1 week

	Week 1	Week 2	Week 3	Week 4
Pred Forte 1%	4 times a day	3 times a day	twice a day	1 time a day
Vigamox	Continue 4 times a day until otherwise directed			
Vitamin C	We highly recommend you take 1 gram/100 mg per day for 3 month to help prevent scarring			

You may use any brand of **preservative free** artificial tears as often as you'd like.  
Try to use these several times throughout the day for more comfort.

If you have any questions please call office (703) 534-4393. If you need to contact Dr. Nguyen directly, you may reach her on her cell phone (571) 594-4081. If she is unable to answer or does not return your call immediately, it may be because he is in surgery or out of town. You may also call (214) 334-4433 to speak to Surgical Coordinator Layla Sabet.

## SEVEN TIPS FOR BATTLING DRY EYE

Living with dry eye can be a challenge, but the following tips are simple things you can do to help relieve some of the symptoms of dry eye.

1. **Use artificial tears.** Artificial tears are available without a prescription. There are many brands on the market, so you may want to try several to find the one you like best. Use them as often as you wish, but if you find yourself using them more than once every two hours, preservative-free brands may be better for you. Lubricating gels can also help, but because they are thicker and blur your vision, you will probably want to apply them at bedtime.

2. **Avoid too much air movement.** Fans, wind and hair dryers can make your eyes even drier, so you should limit your exposure to them. If you are going to be outside on a windy day, wear a pair of wraparound sunglasses to reduce the chance of wind blowing directly into your eyes.

3. **Use a humidifier in the winter.** Heating your home in the winter often dries the air out, so use a humidifier to add some moisture back into the air. Don't have a humidifier? A pan of water on your radiator is a good substitute.

4. **Give your eyes a rest.** If reading or watching television makes your eyes feel dry, make sure you take frequent breaks. Giving your eyes a rest and blinking more frequently will allow your eyes to regain some of the moisture that they've lost.

5. **Avoid cigarette smoke.** There are already a lot of good reasons not to smoke or be exposed to second-hand smoke, but cigarette smoke can irritate your dry eyes so stay away from it. Smoking can also increase your risk of developing dry eye in the first place.

6. **Warm compresses and eyelid washing.** Putting warm compresses on your eyes and then gently washing your eyelids with baby shampoo can help release the oil in your eyelids' glands, thus improving the quality of your tears. Make sure you rinse all of the soap away from your eyes when you are finished.

7. **Consider an omega-3 fatty acid supplement.** Some people may find relief from dry eye by supplementing their diet with omega-3 fatty acids, which are found naturally in foods like oily fish (salmon, sardines, anchovies) and flax seeds. Ask your ophthalmologist if you should take supplements of omega-3 fatty acids and, if so, in what form and dosage.

Dry eye is frequently a chronic condition, so knowing how to manage it can help make you feel better. Today ophthalmologists have a huge arsenal for successful battling with Dry Eye Syndrome, so if you are bothered by dry eye, talk with your ophthalmologist to determine the best course of treatment for you.

## TOP 5 WAYS TO DEAL WITH EYE ALLERGIES

**1. Avoid eye allergies by reducing your exposure to allergens.** This means changing your environment, so that you come into contact with your allergy triggers less. For instance, stay indoors behind air conditioning when pollen counts are high, keep the dog and cat out of the bedroom, and get rid of carpeting and upholstered furniture that harbors dust mites. Prevention is always the best measure for dealing with any kind of allergies.

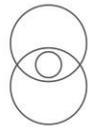
**2. Take your antihistamine.** These days, you have quite a few choices. Oral antihistamines are probably the most frequent choice, such as Claritin, Zyrtec and Allegra. Antihistamine nasal sprays may also provide some relief for eye allergy symptoms. This is another preventive measure.

**3. Use allergy eye drops as needed.** I'm referring to either prescription eye drops like Patanol or Lotemax or the newer over-the-counter topical antihistamine eye drops sold as Alaway or Zaditor. The OTC variety tend to be cheaper and I've found them to be very effective. A word of caution, though: Avoid the decongestant type eye drops such as Visine, etc. They can actually make your eye allergy symptoms worse.

**4. Employ comfort measures.** Even if you do all of the above, you may not be able to control your eye allergy symptoms completely. Artificial tears type eye drops can be soothing and help keep your eye membranes moist. Cold compresses can also help with the discomfort and the swelling. Dim the lights indoors, wear sunglasses and a hat outdoors to shade your eyes, and reduce your computer time.

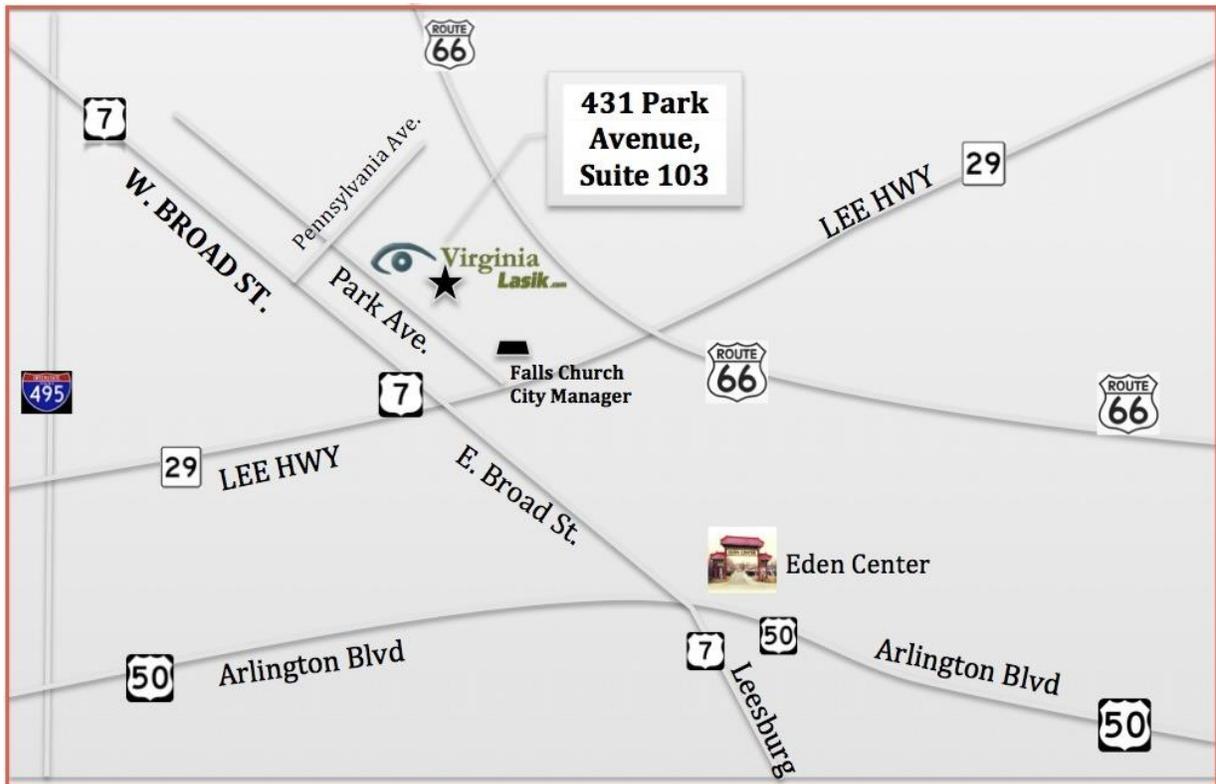
**5. Leave your eyes alone.** When your eyes are irritated, treat them with care. Switch from contacts to eyeglasses. Wash your eyes only with warm water; no soap or other cleansing solutions. Avoid wearing makeup. And do your best to avoid rubbing, scratching or otherwise touching your eyes.

It is a very good time to talk with your eye doctor about laser vision correction. LASIK can reduce or eliminate your need for corrective lenses. Since contact lenses can seriously exacerbate allergy symptoms, you will also enjoy freedom from itchy, uncomfortable eyes. Additionally, you can enjoy an improved appearance. Like many patients, you may wear your glasses more often in the springtime as you attempt to control your allergy symptoms. With LASIK, you will enjoy clear vision without bulky frames and lenses.



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