

I had SMILE on 5 October 2017—eight days before writing this. I want to share my experience for others who, like me, were extremely anxious about getting laser eye surgery.

Being anxious about it is perfectly normal. I mean, we're messing with our sight, our most important sense! I was terrified going in. My Fitbit thought I was doing exercise during my surgery because my heart rate was so high. But, personally, it has already been worth every moment of trepidation.

The procedure itself was so simple and quick I was a bit shocked when they said it was done. It felt like more should be required to fix an impediment I'd suffered from for over 20 years. But I was in and out of the operating theatre within 30 minutes.

I'm not going to lie: those 30 minutes weren't fun, but they weren't awful either. It's disconcerting to have your eye held open by a metal contraption and wanting to blink purely by reflex but not being able to. It's also very strange to watch things touching your eyeball. But it really was only a few minutes per eye all up, and you don't feel or see the laser at all.

The procedure is easier in some ways than the recovery. The first day, expect things to be fuzzy. They will be. I highly recommend a darkened room and audiobooks. But when I woke up the day after my surgery, I could look around my bedroom. I could see.

Over these eight days, I have gotten very used to putting in eye drops. So very many eye drops. And the gel ones you use at night feel really weird—I mean, it's a gel, on my eyeball! But it works well.

Expect to wear sunnies most of the time the first week. I looked odd at work wearing sunnies inside for a few days, but it helped so much! And now the sensitivity to light is almost gone. I am still getting glare and blurriness around specific light sources, like traffic lights and car head lights, but that is slowly getting better.

I can now open my oven door without having my vision obscured. I can see when getting out of the shower. I can put on sunnies while driving without the scary moment of changing from my normal glasses to prescription sunnies. I even went for a walk in the rain, because I could see while doing it.

I also have nothing but kind words to say about the staff at Canberra Eye Laser. From the reception to the orthoptists, optometrists and the surgeon, they all treated me with personal care. They recognised my anxiety and did all in their power to help me feel safe, secure and supported.

This is only eight days of my new vision. I am still recovering (and still reaching for my glasses each morning). But I am so happy that I did it.

It's normal to be scared. But if you really want it, don't let that hold you back.

Angel
13 October 2017