



ORIGINAL ARTICLE

Patient profile and postoperative follow up compliance in refractive surgery



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KEYWORDS

LASIK;
Refractive surgery;
Follow-up compliance;
Patient profile;
Post-operative education

Abstract

Purpose: Analyze the relationship between LASIK patient profile and its follow-up compliance.

Methods: The following study analyzes 108 randomly selected patients in a time period of 2 years that underwent refractive surgery, with a total of 213 eyes.

Results: The average age of the LASIK patient was 31 ± 7.8 years, with patients ranging from 18 to 39 years (61%). Professional sector and students outnumbered the occupational profile with a total of 53 professional sector patients and 35 students. The most common refractive error was myopia 54% followed by hyperopia 31%. The recommended six follow up visits were only completed by 6% of the patients; the average follow up number of visit was three. 78% of the patients that underwent refractive surgery had only one prior consult.

Conclusions: Patients are not completing their suggested follow up visits. There was no association with age, gender, occupation or surgical treatment in the patients that did complete the established six follow up visits. However a non-significant trend was observed with the non-professional sector and the patients that had only one follow up visit.

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PALABRAS CLAVE

LASIK;
Cirugía refractiva;
Visitas postoperatorias;
Perfil paciente;

Perfil del paciente y cumplimiento en el seguimiento postoperatorio en cirugía refractiva

Resumen

Propósito: Analizar la relación entre el perfil del paciente de LASIK y su cumplimiento con sus consultas de seguimiento.

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Educación postoperatoria

Métodos: El siguiente estudio analiza a 108 pacientes que se realizaron cirugía refractiva, seleccionados aleatoriamente en un periodo de tiempo de 2 años, consistiendo la muestra en un total de 213 ojos.

Resultados: La edad promedio de los pacientes de LASIK fue de 31 ± 7.8 años, con un rango de 18 a 39 años (61%). El sector profesional y los estudiantes tuvieron la participación más alta, con un total de 53 pacientes y 35 estudiantes. El error refractivo más común fue la miopía, con un 54%, seguido por la hipermetropía, con un 31%. Se recomendaron 6 consultas de seguimiento postoperatorias, que solo fueron cumplidas por el 6% de los pacientes; estos fueron en promedio a 3 consultas post operatorias. El 78% de los pacientes que se sometieron a cirugía refractiva solo tuvieron 1 consulta pre operatoria.

Conclusiones: Los pacientes no están cumpliendo con las consultas preoperatorias recomendadas. No hubo asociación con la edad, el género, la ocupación o el tratamiento quirúrgico; sin embargo, se observó una tendencia no significativa entre los pacientes del sector no profesional y los pacientes que solo acudieron a una visita post operatoria.

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Introduction

Originating immediate vision correction and significantly less side effects than its predecessors, it is no wonder LASIK surgery has become one of today's most popular elective procedures, with more than 28 million procedures performed worldwide.^{1,2} A successful LASIK eye surgery depends mostly on the patient being a good candidate; meeting the age request, stable refractive error, as well as normal corneal topography. Follow-up appointments during the first 6 months after surgery also play an important role in the safe and satisfactory patient recovery.³

Different reports analyzing the functional outcomes and patient satisfaction after LASIK correction for myopia and astigmatism affirm that satisfaction rates were around 95–98%.^{4,5} Most satisfaction in patients comes from the fact that they no longer need glasses, their vision improved greatly and there were no serious complications.^{6,7} It is important to analyze the possible complications and that is the main objective of studying patients follows up recommended compliance. Most patients believe that if they have their vision corrected after the procedure they no longer need to schedule eye doctor visits, and they are far from the truth.⁸ Even though some patients experience perfect vision after LASIK it is essential they attend all follow-up visits since surgeons can detect problems, long before they cause discomfort or vision problems.^{1,9–10}

The purpose of the study was to build a profile for LASIK patients and follow them through their post-operative journey in order to observe their compliance in the established follow-up visits. Once that was recorded we aimed to analyze if there was a relationship with the patients profile and the number of visits after the surgery.

Materials and methods

The following study analyzes 108 Hispanic randomly selected patients that underwent refractive surgery in a 2-year time period. None of the cases had previous ocular pathology and had a normal corneal topography and preoperative central corneal thickness $>500 \mu\text{m}$.

The research was retrospective, observational and included independent variables such as: age of patient, sex, occupation, refractive errors, pre-operative visits and if it was a binocular or monocular surgery. The dependent variables were the number of postoperative visits to the doctor. To collect the data we used the patient's records. For the inclusion criteria we defined: patients in age range from 18 year olds to 60 year olds. Cornea thickness with a minimum of $500 \mu\text{m}$, normal topography and without any other pathological eye problems.

We randomly selected records of patients who underwent myopic and hyperopic LASIK in a time period of 2 years (January 2012 to January 2014) at the Zambrano Hellion Medical Center in Monterrey, Mexico. All the patients signed an informed consent previous to the refractive surgery and were informed of the potential use of their refractive outcomes data for research purposes. Medical records from three different surgeons were revised. The Excimer laser platform used for all the procedures was Bausch + Lomb Technolas 217z (Technolas Perfect Vision GmbH). Procedures included: Zyoptix PersAdvanced (TLS)-2, Zyoptix Tissue Saving-2, Plano Scan and Zyoptix Aspheric-2. Descriptive statistic data as mean, median, range and standard deviation were obtained. Pearson's χ^2 test was used to find association between predictor variables (age, gender, occupation, baseline refraction, preoperative visits and monocular/binocular surgery) with the outcome variables (postoperative visits). Statistical significance was considered with a p value < 0.05 . Statistical analysis was performed with the SPSS software version 20.0 (IBM, Inc., NY, USA) for Windows.

Results

Average age of the LASIK patient was 31 ± 7.8 years (range 18–59 years), with patients ranging from 18 to 29 years making up the 61% of the total, patients from 30 to 40 years were 9% of the sample and patients >40 years were 30%. 53% were female and 47% male as seen in Table 1.

On the occupational variable there were the following categories: professional sector, which included

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