

Sensitivity in the eyes, years after LASIK refractive surgery, can occur due to various reasons, including:

1. Dry Eye Syndrome

- LASIK can disrupt corneal nerves that play a role in tear production. While this usually resolves within a few months, some individuals may experience chronic dry eye, which can lead to persistent sensitivity.
- Symptoms may include burning, grittiness, or discomfort in windy or dry environments.

2. Nerve Regeneration

- After LASIK, corneal nerves begin to regenerate, but this process can take years to fully stabilise. During this time, nerves may remain hypersensitive or misfire, causing discomfort or sensitivity.

3. Residual Refractive Error or Regression

- A slight return of refractive error or residual correction issues may cause visual strain or discomfort, contributing to a sense of sensitivity.

4. Corneal Neuropathy

- Rarely, some individuals develop long-term corneal nerve pain or hypersensitivity, known as corneal neuropathy. This condition can make the eyes feel unusually sensitive to touch or environmental factors.

5. Chronic Inflammation or Epithelial Issues

- Chronic inflammation of the ocular surface or delayed healing of the corneal epithelium could lead to ongoing sensitivity.
- Conditions such as recurrent corneal erosions or epithelial ingrowth might also be factors.

6. Exposure to Environmental Triggers

- Increased sensitivity to bright lights, wind, or pollutants may be due to subtle changes in corneal surface properties or tear film stability post-surgery.

7. Post-Surgical Complications

- Although rare, complications such as flap-related issues, irregular corneal healing, or ectasia can cause persistent symptoms years after surgery.

What Can You Do?

1. Dry Eye Management

- Use preservative-free artificial tears regularly.
- Consider treatments such as punctal plugs, omega-3 supplements, or thermal lid therapy for better tear production and quality.

2. Eye Protection

- Use sunglasses to shield eyes from bright light and environmental irritants.
- Avoid prolonged screen time or use blue-light-blocking glasses to reduce

3. Regular Follow-Ups

- Ongoing monitoring ensures that any delayed healing or regression is addressed early.

Persistent sensitivity is uncommon but manageable with proper diagnosis and treatment. If symptoms significantly affect your quality of life, prioritise a specialist consultation.

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