



UPTOWN EYECARE & OPTICAL

REFRACTIVE SURGERY

Refractive surgery is a big decision. Many factors should be considered prior to surgery, especially the long-term health of your eyes and how your vision affects your lifestyle. All surgery involves some risk, so careful consideration is prudent before deciding to undergo this elective surgery. Today's laser procedures are better and safer than ever before, but results of the surgery are permanent and irreversible. Although less than 1% of patients have uncorrectable vision loss, some patients experience a loss of crisp contrast even with 20/20 vision. Laser treatment for refractive errors has been used since 1988. LASIK is now the procedure of choice due to its safety, predictability, patient comfort and convenience. Other refractive surgery options are: Epi-Lasik (PRK) and Visian ICL implant.

ARE YOU A GOOD CANDIDATE?

Good candidates for refractive surgery have needs not well met with glasses or contacts, such as:

- * **Occupational Needs:** Are glasses or contacts a hazard at work? Is there a safety concern if you break or lose your glasses or contacts? (firemen, police officers, grill cooks, etc.)
- * **Recreational Needs:** Are contacts or glasses unsafe or inconvenient? (water skiing, scuba diving, mountaineering)
- * **Eye Health / Safety Needs:** Do you have chronic irritation or infections with contacts? (allergies, dry eyes, excessive wearing hours)
- * **Emotional Needs:** Do you feel vulnerable being dependent on glasses or contacts?

We find that the people who are happiest after refractive surgery are those who have active lifestyles and problems with glasses or contacts. Individuals with high prescriptions tend to be happier than individuals with low prescriptions because they can now do most daily activities without glasses, which is a new freedom. Enhancement surgery or residual nearsightedness is more likely with higher prescriptions. Individuals more likely to be disappointed after laser surgery:

- * Demand crystal clear vision and to see as good or better than with contacts or glasses
- * Refuse to wear glasses for some activities
- * Never want to wear bifocals

Laser surgery is not a "cure all". Your uncorrected vision after surgery may not be 20/20. Most people end up needing glasses for night driving. If you are over the age of 40, you will still need glasses for reading.

SERVICES PROVIDED AT OUR OFFICE

Consultation - We will provide information and talk about options to help you decide if refractive surgery is right for you. This can be done before your pre-op, or after your pre-op examination. Your doctor will discuss with you:

- * Different types of refractive surgery
- * Which surgery is best for your prescription and lifestyle
- * Whether or not you are a good candidate
- * What to expect during and after surgery
- * Show you what vision to expect after surgery
- * Risks involved with refractive surgery

Pre-Surgical Examination (Pre-Op)

We will establish an extremely accurate measurement of your natural eye shape and prescription, and evaluate any eye health problems that might interfere with a good surgical outcome. Expect to have your eyes dilated. Cycloplegic eye drops are also used to allow precise measurement of your refractive error, so we can determine if your correction is stable.

We will also screen you for dry eye and corneal irregularity (topography), as well as measure the thickness of your cornea (pachymetry) to see if you have enough corneal thickness for surgery. It is essential to measure the eye in its natural shape without the influence of contact lenses. Soft contacts cannot be worn for at least 1 week / RGPs for 1 month prior to the pre-surgical exam at our office and again prior to surgery.



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Post-Surgical Examinations (Post-Op)

Your doctor and your surgeon will work together to make sure your eyes are healing properly and that your vision outcome is optimized.

HOW DO I CHOOSE THE RIGHT REFRACTIVE CENTER?

Studies have repeatedly shown that the best surgical outcomes depend on the experience of the surgeon, using the right laser, screening out poor candidates, and good post-surgical care. We review your information and examination findings and select a surgeon who has the right laser and experience for your particular needs. The surgeons we recommend monitor and regularly report their surgical results to establish a proven track record of success, and have demonstrated the integrity and ability to handle any problems, which may arise. Our #1 recommended referral source for refractive surgery is TLC at Bridgeport Village.

WHAT APPOINTMENTS ARE NEEDED AFTER THE SURGERY?

***1 Day:** The surgeon checks your eyes to make sure they are healing properly.

***3-7 Days:** Your doctor at Uptown EyeCare will adjust your medications and check healing.

***1 Month & 3 Months:** Your doctor at Uptown EyeCare will check your refraction and eye health. If too large a residual refractive error remains, you may be referred back to the surgeon for an enhancement surgery.

***After three months:** As part of our care, we may want to see you more often based on how your eyes are healing and how you are seeing.

***Yearly Examinations:** Even though you may no longer be nearsighted, your retina retains all the increased eye health risks of nearsightedness. Dilated eye examinations are recommended yearly.

WHAT DOES REFRACTIVE SURGERY COST?

Surgeon Fees (LASIK, PRK): About **\$2,000-\$3000 per eye** depending on the doctor and clinic. Typically this includes: Pre-surgical screening / Consultation, Surgery and First day Post-op.

Uptown EyeCare Fees if we co-manage your refractive surgery:

\$ 266 - Pre-Surgical Evaluation & Consultation for both eyes (\$157 for one eye)

\$ 700* - Post-Surgical care for LASIK (\$ 350 for one eye): 3-5 days, 1 & 3 months

\$ 800* - Post-Surgical care for PRK and Visian ICL (\$ 400 for one eye): 4 & 7 days, 1, 2 & 3 months

* For TLC, Uptown EyeCare will collect its own Pre-Op fees and TLC will reimburse Uptown EyeCare for all LASIK Post-Op fees and majority of PRK/Visian ICL Post-Op fees (extra fees will be collected from patients for PRK and Visian ICL since these do take more visits and expertise).

Full comprehensive exam at our office is required first before your Pre-Op & Consultation. For LASIK, post-op fees cover maximum of 4 visits within 6 months of the surgery (3-5 days, 1 month & 3 month post-surgical visits are required). For PRK/Visian ICL, post-op fees cover maximum of 5 visits within 6 months of surgery (4 day, 7 day, 1, 2 and 3 month post-surgical visits are required). These fees do not cover an evaluation or co-management of enhancement surgery, or contact lens services that might be needed during healing.

Enhancement: Enhancements are usually not recommended prior to 6 months after surgery. Any complications outside of the maximum covered post-surgical visits will be billed to patient's medical insurance, or will be patient's responsibility. If the surgeon approves an enhancement, patient will be financially responsible for new Pre- and Post-Op fees. Refractive surgery for residual prescriptions after Visian ICL might be considered as early as 3 months post-op.