

# Today's Facts about LASIK

**Twelve things  
you should know  
to make an  
informed decision  
about  
Laser Vision  
Correction**



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**T**he Latest LASIK in the hands of a skilled and experienced surgeon ensures the best possible results for your eyesight. The following information is crucial for you to be able to make an informed and educated decision based on your personal vision condition and needs.

### 1. WHAT ARE THE RISKS?

Any surgery has risks. The American Academy of Ophthalmology has declared LASIK safe and effective for most people. When you consider the risks of LASIK surgery you



should also consider that long-term contact lens wear also has risks, including the possibility of serious infections, which may cause loss of vision. Many ophthalmologists believe

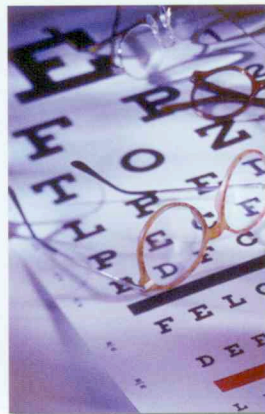
the long-term risk of wearing contact lenses exceeds the one-time risk of LASIK. While glasses don't pose a health risk, they can be hazardous as they reduce your field of vision, which can be particularly dangerous while driving.

Of the two million plus people who had LASIK last year, less than one percent experienced complications.

### 2. CAN I FINALLY GET RID OF MY GLASSES?

It depends on your individual condition.

The vast majority of patients have enjoyed significantly improved vision and see well enough to drive legally without glasses. Despite all the advancements in LASIK, not all people can have perfectly corrected vision and some may still require corrective lenses for certain conditions.



### 3. IS LASIK RIGHT FOR ME?

A preliminary consultation and examination is necessary to determine if LASIK can improve your vision. The exam should include orbscan corneal mapping, corneal thickness measurements, and measurement of your pupil size to ensure that your conditions are within safe limits. Your doctor should discuss your goals and expectations as well as the risks and benefits of the procedure. You should feel comfortable with your doctor's assessment of your anticipated outcome. Since it is the surgeon who performs the procedure, he/she is ultimately responsible for your results. You should be comfortable with that person and the information he/she provides you before you sign the consent form.

**Remember, there are no "dumb" questions except those not asked!**

### 4. WILL IT HURT?

#### HOW LONG BEFORE I CAN RETURN TO WORK?

The procedure is virtually painless for most people; a mild sedative will be offered to make you more comfortable. Shortly after the procedure is completed, your eyes will probably be



teary, light sensitive, and your vision may be "steamy". The best thing to do at this point is rest with your eyes closed, or better yet, sleep. When you wake up several hours later your eyes may still be a little light sensitive or scratchy but will be greatly improved.

Most people are able to drive to their follow-up visit and return to work the next day. The actual procedure takes about 10 to 20 minutes.

### 5. HOW DO I CHOOSE A SURGEON?

Choosing a surgeon is an important personal decision. Your surgeon should be board certified with an excellent track record including a low complication ratio. There is no substitute for experience; the longer the surgeon has been performing LASIK, the better. The surgeon should stand behind his/her work. It is always helpful to get referrals from people you know who have had the procedure. The surgeon should be up to date on the most recent procedures and have extensive experience with the LASIK equipment he/she is using. Check to see if they routinely perform other ophthalmic procedures. Do they offer non-surgical alternatives? Which laser do they use and why? Find out how many LASIK procedures they have successfully



performed. Is the laser updated and calibrated regularly? Are enhancements and routine follow-up visits for one year included in the fee? Is the surgeon's staff friendly and helpful? Do they take the time to answer your questions completely? Are visual results tracked with computer software? Are the surgeon and his/her staff people you can communicate and feel comfortable with? Will your follow up visits be done at the

center that performed your surgery?

**Most importantly, does the surgeon have the confidence that can only come with a superb track record?**

## 6. DOES THE TYPE OR BRAND OF LASER EQUIPMENT MATTER?

There are many fine Lasers on the market today but some are better than others. When approved in 2003 as the first new laser in five years, the FDA granted ALLEGRETTO WAVE the widest approval range ever initially given for both myopic and hyperopic vision correction. Since then, the results have been astoundingly positive. ALLEGRETTO WAVE has been proven to provide superior clinical results. Older lasers using technology not designed to remove the unique imperfections of your cornea can result in starbursts and poor night vision.

**It is important the surgeon is well versed in using their particular laser in order to best judge your potential outcome.**

## 7. WHAT IS THE NEW "TRACKING" TECHNOLOGY - WHY IS IT IMPORTANT?

"Tracking" technology monitors the natural involuntary movements of the eye, and precisely positions each laser pulse during treatment. As you can imagine, using a laser system with advanced multidimensional tracking provides a great deal of comfort to any patient worried about keeping his eyes perfectly still during the procedure. The laser's accuracy in adjusting the precise amount of corneal tissue from exactly the right position also increases significantly when using a system that tracks movement in all three dimensions, as well as the rotational movement of the eye. Additionally, you should be certain that



your LASIK surgeon uses wavefront-optimized technology that compensates automatically for the curvature of the cornea. In earlier laser correction systems, the "optical zone," or area of correction, was centered on the front of the cornea; the result was a flattened circular area that ended with an abrupt edge, causing unwanted side effects like poor night vision, glare, and halos. The latest and most advanced technology today measures and adjusts energy levels in the laser pulse from creation to delivery and charts the eye's movement 200 times per second. As a result, every laser pulse is completely controlled and accurate, achieving the most accurate level of correction possible. For the first time, it is possible for patients to see better than they did with their corrective lenses - but the consumer must beware. LASIK centers offering discount pricing typically use older diagnostic and laser technology to keep their prices low. The latest enhanced technology produces the best visual results.

**Be sure that your surgeon believes enough in his technology that he has his own laser on site and that it encompasses the characteristics described above.**

## 12. WHAT DOES ALL THIS MEAN TO YOU?

Having Laser Vision Correction or LASIK is not a decision to be taken lightly. Your eyes are one of your most important gifts, and you should choose a center that offers the very best in every respect. Our advice is to take your time and get enough information to make a comfortable and informed decision. Your comfort level with your surgeon and staff are extremely important. You want the best possible value available. As with everything we purchase: low price usually means low quality. **Make sure you look for all the indicators of a high quality practice when comparing LASIK centers. You will be very glad you did.**



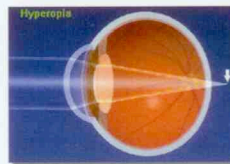
## 8. HOW TO KNOW IF YOUR LASIK CENTER USES THE MOST ADVANCED EQUIPMENT AVAILABLE?

Not all cutting edge advancements equate to more safety or better results. For example, "bladeless" is a big buzzword in LASIK these days. There is no evidence that this technology produces better postoperative vision or fewer complications compared with the microkeratome technology normally used. The most advanced LASIK centers use wavefront-optimized cornea scanning technology combined with a customized laser treatment and eye tracking to produce the best outcomes.

**Ask the LASIK center if they offer these services.**

## 9. WHAT IS YOUR PERSONAL EYE CONDITION?

Do you have astigmatism, large pupils, or thin corneas?



Are you hyperopic or myopic? Do you wear toric or rigid gas - permeable contacts? Are you presbyopic? Has your vision significantly changed in the last year?

**These special conditions are discussed during your LASIK consultation and exam so that the surgeon and his/her staff can determine the best treatment plan for you.**

## 10. WHY SHOULD YOU MEET THE SURGEON WHO WILL PERFORM YOUR PROCEDURE?

Your surgeon should take the time to review your exam results, and your personal condition, and give you his or her candid opinion on what outcome you can reasonably expect.

**The surgeon and his/her staff should make you feel at home when you come in for a visit, and they should present you with helpful information and clear answers.**

## 11. CAN I AFFORD IT?

Although LASIK is a significant investment, a lifetime of glasses and/or contact lenses is actually more expensive. An exact quotation is only possible after an examination, but many of our patients find LASIK can be as affordable as \$79 per month on a payment plan. In addition to accepting major credit cards, make sure your LASIK center offers various financing plans. Ask if they offer interest free payment plans with up to 12 months to pay. A properly equipped and well-designed LASIK facility with a highly trained staff is a considerable investment, but is necessary to achieve consistently good results.

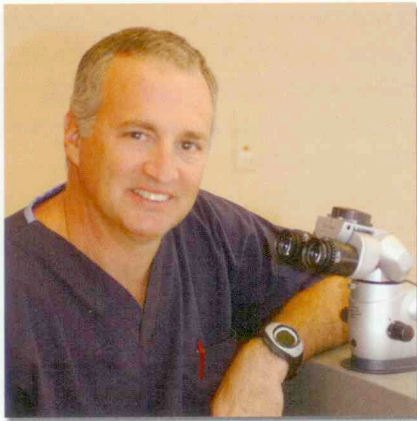
In the long run, the difference between the cheapest and the best LASIK center may only be a few dollars a month.

EyeCare 20/20 is considered by most to be the premier eye care facility serving the tri-state area, with tens of thousands of success stories using laser eye surgery procedures such as LASIK, LASEK, EpiLASIK, and other eye care procedures including cataract surgery and glaucoma treatment.

### State of the Art Technology and Service

We pride ourselves in offering the best possible care with state-of-the-art technology and a highly trained and experienced professional staff. EyeCare 20/20 has played a leading role in introducing virtually every advance in refractive surgery to the tri-state area since 1992, and is distinguished by a range of features.

We are the first practice in New Jersey to offer treatment with the new Allegretto Excimer Laser. This is the most advanced Laser Technology available today. We will gladly give you all the information on this new technology, or you can visit our website at [www.eyecare2020.com](http://www.eyecare2020.com) to find out more about this advanced laser and its capability.



Dr. Cary Silverman

### More about Dr. Cary Silverman

Dr. Cary Silverman graduated from the University of Medicine and Dentistry Medical School in Newark, New Jersey, in 1982. He performed his internship at Monmouth Medical Center in Long Branch, New Jersey in 1982-83. His residency was at Hahnemann University Hospital in Ophthalmology, in Philadelphia, PA, which was completed in 1986.

Dr. Silverman founded Parsippany EyeCare Associates in 1986. He began performing RK in 1992 and PRK in 1996 upon the FDA's approval of the excimer laser. In 1997, he began performing LASIK. In 1999, because Parsippany EyeCare Associates had grown into a regional eye care center, the name was changed to EyeCare 20/20. He has used his office as a training facility for other ophthalmologists. As an expert in his field, Dr. Silverman is frequently sought out by journalists and others to comment on LASIK and general eye care.

### Free Consultation and LASIK Exam

EyeCare 20/20 and Dr. Silverman are interested in determining the best procedure to reduce or eliminate your dependency on glasses or contact lenses. That is why we provide a complimentary eye exam to determine if LASIK is right for you. During your personal consultation, Dr. Silverman will answer your questions and make the right recommendation for your eyes, so that you can obtain the vision you have always wanted, but have not yet achieved.