

## BECAUSE THERE IS SO MUCH TO SEE.

### Stop looking... and start to see

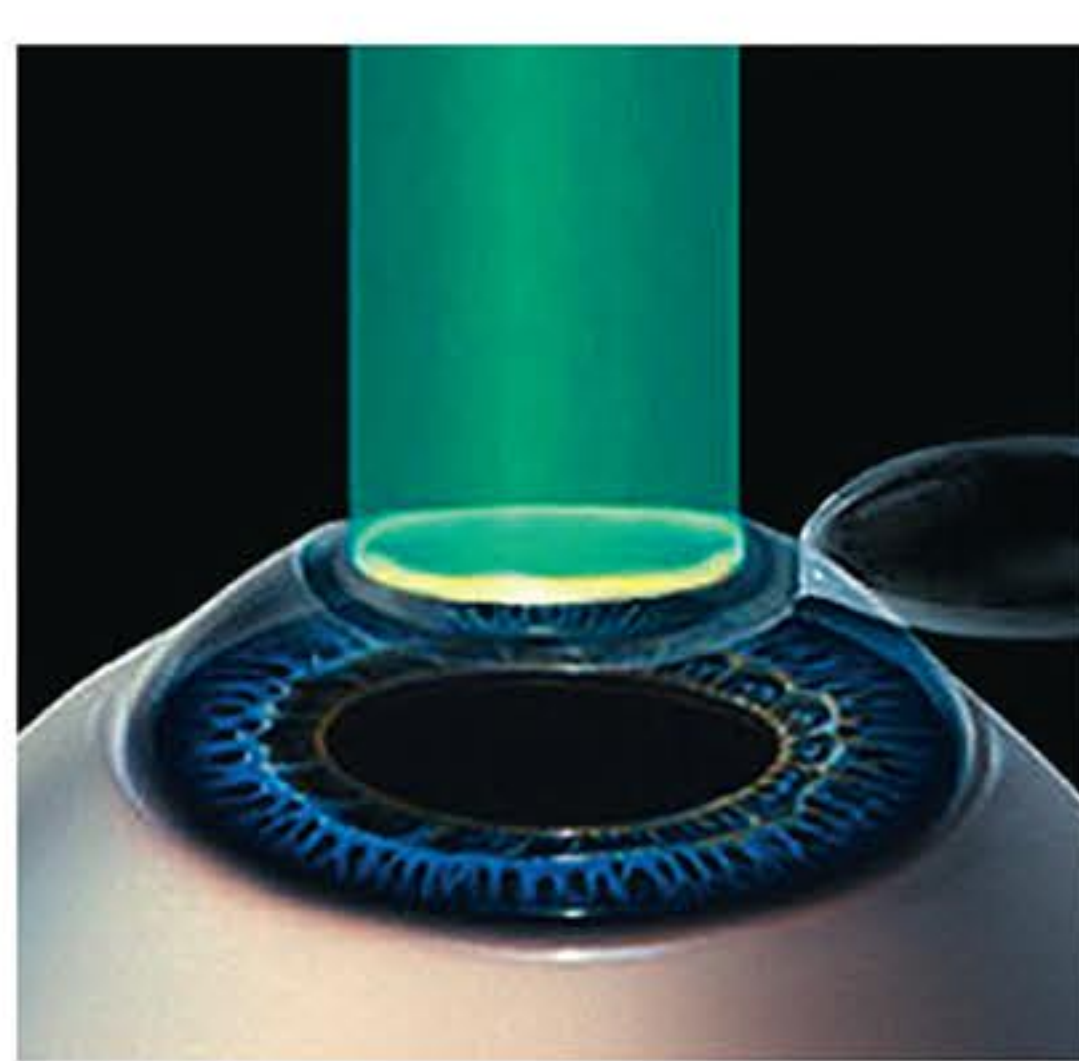
Refractive Surgery is all about freedom. Freedom that allows people to make life style choices that were not available to them before, because they were totally dependant on glasses or contact lenses. Refractive surgery has now experienced the dawning of a new era with the advent of a new laser procedure called LASIK.

#### Lasik – Laser In Situ Keratomileusis

Shaping the cornea from within. Lasik combines the precision of the Excimer Laser with the proven benefits of lamellar keratoplasty (surgery under the protection of a flap of corneal tissue). The vast majority of people who undergo LASIK are able to pass an international drivers licence test without glasses or contact lenses.

#### The LASIK Procedure

Imagine the cornea to be the dome shaped transparent outermost layer of your eye – much like the glass on your watch. Using the precision and accuracy of the Excimer laser. LASIK changes the shape of the cornea to improve the way rays of light are focused by the eye. First, a thin layer of the cornea or the corneal flap is lifted up as an instrument called the Keratome glides across the cornea. Now, instead of steel blade cutting the flap, a laser called the Femto Laser fashions the flap using only light. The Femto or 'bladeless' LASIK makes the procedure exceptionally safe. Next, in less than 60 seconds, ultraviolet light and high energy pulses from another laser called the Excimer laser reshape the internal cornea with an accuracy upto 0.25



microns. By computerized adjustments of the laser beam, it is possible to treat high levels of shortsightedness (myopia – minus numbers) and moderate levels of long sightedness (Hypermetropia – plus numbers) including high levels of astigmatism. After the cornea has been reshaped, adherence of the flap is rapid and does not require stitches. The whole procedure is performed using eye drop anesthesia and many patients see a dramatic improvement in vision on the first day. For higher degrees of myopia, the recovery is a bit slower.

#### Are you a candidate for LASIK?

In general, a candidate over 18 years of age and has healthy corneas. Candidates who have not had a significant increase in their prescription in the last 12 months.

#### Realistic Expectations

The decision to have LASIK is an important one that ultimately only you can make. It is important that you have realistic expectations and that your

decision is not based on hopes or misconceptions. The primary goal of refractive surgery is to reduce your dependence on eye wear.

#### FAQs

#### Will I have perfect vision after my surgery? Will I still need my glasses?

Every patients vision will improve after LASIK, though the degree of improvement will vary from patient to patient depending upon the initial spectacle or contact lens correction. Overall, 95% of patients achieve 6/12 vision which means they can drive legally, play sport and join the services, all with out glasses. If your initial correction is very high, there is likelihood that glasses will be required for driving. The spectacle number will however, be small and for a majority of your working day, no corrective lenses will be necessary.

#### What are the long term effects of the procedure?

The Excimer laser procedure has been prevalent in many countries around the world since the early 1980s. Many clinical studies have investigated the long term effects of the Excimer laser on the cornea. All of these studies, without exception, have failed to demonstrate any long term effects on the integrity of the eye.

#### Can I go blind?

**In the year 2003, LASIK became the most frequently performed surgery in the whole field of medicine!** Several million patients in 48 countries have improved

require any form of spectacle correction (95%), some patients will require reading glasses or a thin pair of glasses for activities such as night driving. It is best not to think of the procedure eliminating your glasses, but as reducing your functional dependence upon them.

#### Are all laser procedures the same?

No they are not. Broadly speaking, LASIK can be differentiated by

- THE METHOD BY WHICH THE CORNEAL FLAP IS CREATED...

A flap can be made with a steel blade ( Microkeratome)

OR

With a beam of light (**Femto LASIK - or bladeless LASIK**). Femto LASIK is the more advanced and safer of the two options.

- THE WAY AN EXCIMER LASER RESHAPES THE CORNEA.

Dr Banaji will ascertain which Excimer Laser method is best for your eye. It could be a Custom/CustomPlus procedure or in challenging cases, a Topographic linked procedure. (refer [www.banajieyecare.com](http://www.banajieyecare.com)). In either of these procedures, an optical "fingerprint" of your eye is captured by sophisticated instruments and this optical fingerprint is transferred to the laser so that it may

their vision as a result of Excimer laser technology. No cases of blindness have ever reported from either the PRK or LASIK procedure.

#### Is the procedure painful?

You will have no pain or discomfort during the procedure itself. Post operatively, at most you might feel a sensation of mild stinging or a transient grittiness which may last for a few hours. This is in direct contrast to the other laser procedure (PRK) where the post operative recovery can be uncomfortable.

#### When can I get back to work?

Usually on the next day.

#### What are the side effects?

Your vision may fluctuate for a few days after surgery. You may notice some glare around lights at night. Your vision in the evening might not be as sharp as it is in bright day conditions. These are temporary and usually pass with time.

#### How long does the effect of LASIK last?

The effect is permanent.

#### False expectations

One of the more important difficulties that an Excimer laser candidate can experience is false expectation. Many Excimer advertisements you see in the press, promise that you can "throw away your glasses". These ads can be and are, infact misleading. Whilst it is certainly true that most LASIK patients will never

"customise" the treatment for your eye only. Think of it as a made to measure suit/dress as compared to an "off the rack" garment.

Therefore, LASIK can be done as a combination of

- A flap made by cutting the cornea with a steel blade + Excimer laser reshaping of the cornea.

OR

- A flap made by the Femto Laser + Excimer laser reshaping of the cornea.

Thus making it an **ALL LASER procedure**.

**An all laser procedure is far more accurate, more controlled and thus a safer procedure in general.**

**Dr Banaji pioneered LASIK in India in 1995 and has trained surgeons in the LASIK procedure world wide. Several surgical instruments used in performing the LASIK procedure have been designed by Dr Banaji and are used by thousands of surgeons around the world.**

#### The first step.

Finding out about your refractive error is the first step towards visual independence. This is accomplished by calling **Banaji Eyecare** and scheduling a LASIK evaluation. If we feel that we can help you achieve your visual goals, then we will be happy to have you under our professional care.

# BANAJI EYECARE

Navsari Bldg., 240 Dr. D. N. Road, Mumbai 400 001.

Tel: (91-22) 2207 8823. Fax: (91-22) 2203 5653.

Email: [info@banajieyecare.com](mailto:info@banajieyecare.com)

Web: [www.banajieyecare.com](http://www.banajieyecare.com)

LASIK