

Is LASIK Surgery Right for You?

Wouldn't it be nice to wake up in the morning and be able to see the time on the alarm clock? Have you ever thought what it would be like to go throughout the entire day and not have to worry about your contact lenses drying out? Are your glasses getting in the way of your daily activities? Have you ever considered laser vision correction?

Currently one of the most frequently performed elective procedures in North America, LASIK (Laser-Assisted-In-Situ Keratomileusis) has shown to be a highly effective outpatient procedure used to treat a broad range of nearsightedness, farsightedness, astigmatism and in some cases, presbyopia (the loss of reading vision due to the normal aging process of the eye).

LASIK involves a painless two-step procedure in which a flap of corneal tissue is created on the front surface of the eye – either by using a traditional blade or a “bladeless” method using a laser. Once the flap has been created, an excimer laser applies computer-controlled beams of ultra-violet light to gently reshape the middle layers of the cornea.

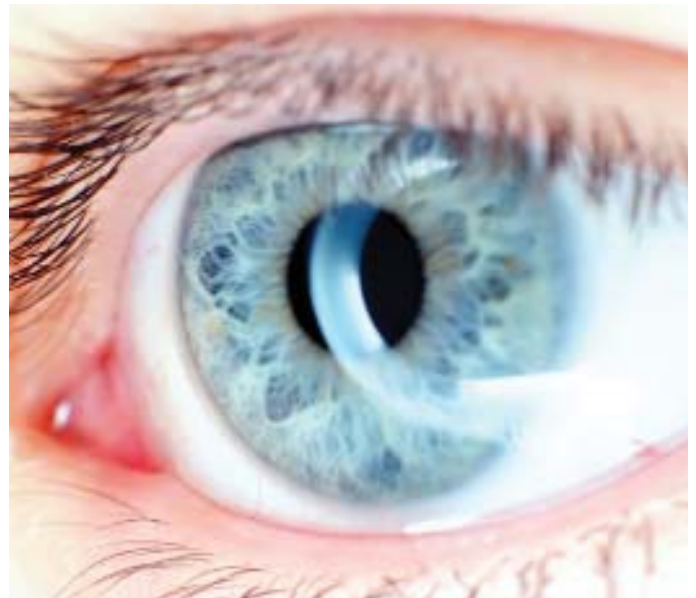
Who are good candidates for LASIK?

The best candidates for LASIK are at least 18 years of age without eye diseases. Potential LASIK candidates should also be free of certain health problems including uncontrolled diabetes, autoimmune or collagen vascular disease, and any medication or condition which slows down the healing process. In addition, it is critical that a potential LASIK candidate has achieved a stable prescription for at least one to two years.

The overall outcome of the procedure is dependent on a variety of factors, including the strength of the patient's prescription, thickness of the cornea, size of the pupil and ocular anatomy. Therefore, the most important objective is to obtain both the correct testing and education prior to proceeding with laser vision correction, in order to determine whether you are a candidate for laser vision correction.

What is the difference between conventional or custom LASIK?

Conventional LASIK measures and treats simple conditions of the eye such as nearsightedness, farsightedness and astigmatism. These irregularities of the eye are similar to what is corrected with glasses and contact lenses. After a conventional LASIK procedure, most LASIK patients with mild to moderate prescriptions achieve 20/20 vision or are within one to two lines of 20/20 vision on an eye chart. This means they no longer need glasses or contact lenses to drive, play sports, watch movies and TV, or par-



ticipate in careers requiring excellent vision.

Custom LASIK, on the other hand, is a procedure that enables your surgeon to further customize the conventional method to your individual needs by measuring and treating lower-order and higher-order aberrations of the eye. Higher-order aberrations are tiny imperfections in the eye that can have a significant impact on a patient's quality of vision – following this customized procedure, patients may experience clearer and sharper vision than ever before. Clinical studies have shown that custom LASIK may improve not only what you see but also how well you see it. As a result, doctors are able to focus not only on the quantity of vision, but also on the quality of vision. Higher-order aberrations, that have been linked to glare and halos at night, have not been previously treatable with contacts, glasses or Conventional LASIK. Now Custom LASIK may help to further customize your treatment of these higher-order aberrations that, in the past, could not be adequately treated, thus improve the quantity and quality of vision. **HB**

For more information about LASIK or to schedule a complimentary LASIK consultation, please contact Dr. Ivan Tsai or Dr. Shilah Tsai of Huntington Beach Optometry by phone at (714) 840-2020 or email: drivantsai@hboptometry.com or drshilah-tsai@hboptometry.com. We will take the time to discuss which laser vision correction options will best suit your individual visual needs, as well as the range of probable outcomes based on your