

REFRACTIVE SURGERY

The refractive surgical procedures are performed on the cornea (keratorefractive procedures). Dr. Anvesh Annadanam is an expert in the field, and will advise you on your candidacy for surgery at the time of your consultation.

What is laser vision correction?

Laser vision correction reshapes the cornea to improve focus. A computer-controlled excimer laser removes a thin layer of corneal tissue, correcting vision problems like nearsightedness, farsightedness, and astigmatism.

What types of vision issues can refractive surgery correct?

Refractive surgery can effectively treat:

- **Nearsightedness (myopia)** – Difficulty seeing distant objects clearly.
- **Farsightedness (hyperopia)** – Difficulty seeing close objects clearly.
- **Astigmatism** – Blurred vision due to irregular curvature of the cornea.
- **Presbyopia** – Difficulty with near vision due to aging (special options like monovision are available for this).

Who is a good candidate for laser vision correction?

You may be a candidate if:

- Your prescription has been stable for at least one year.
- You are nearsighted, farsighted, or have astigmatism.
- You are 18 years of age or older.
- Your eyes are in good health.

What should I expect during the consultation?

During your consultation:

- A detailed eye exam will be conducted, including corneal mapping and measuring your prescription.
- We'll discuss your vision goals and determine if refractive surgery is suitable for you.
- We will explain your procedure options, recovery times, and answer any questions to help you make an informed decision.

How safe is laser vision correction?

Laser vision correction is highly safe. In U.S. clinical trials:

- 100% of patients had improved natural or uncorrected vision.
- No sight-threatening complications were reported.

We will discuss any potential risks to ensure you're fully informed.

What are the risks or side effects of laser vision correction?

While very safe, some side effects include:

- **Dry eyes** – Common in the weeks following surgery but manageable with eye drops.
- **Halos or glare** – Some patients notice halos around lights at night, which usually improves over time.

- **Under-correction or over-correction** – In rare cases, a follow-up procedure may be necessary to fine-tune results.

What are the most advanced laser vision correction procedures?

- **LASIK (Laser-Assisted In Situ Keratomileusis)**
- **PRK (Photorefractive Keratectomy)**

These are the most common procedures for correcting refractive errors.

How is the LASIK flap created?

During LASIK, a femtosecond laser creates a thin flap in the cornea. Suction is applied to stabilize the eye for precision. The patient is then moved to the excimer laser for the vision correction.

What happens if I blink during the procedure?

Blinking is not possible during the procedure. A gentle instrument holds the eyelids open, and the numbing drops suppress the blinking reflex, making it comfortable to keep your eyes open.

Does the procedure hurt?

The procedure is generally painless due to the use of numbing eye drops. Some patients report mild discomfort a few hours after the procedure, such as stinging, tearing, or a foreign body sensation. Recovery varies depending on whether you undergo LASIK or PRK. Refer to your postoperative instruction sheet for more details

How soon can I resume normal activities?

- **LASIK:** Most patients can resume driving and normal activities the next day.
- **PRK:** Recovery may take longer, with discomfort lasting 2–3 days. Most patients can resume normal activities in about a week.

During recovery, avoid wearing eye makeup, swimming, getting water in your eyes, and exposing your eyes to dusty environments. Avoid rubbing your eyes for at least one week.

What happens after surgery?

Post-surgery care is crucial for the best results:

- Attend all follow-up visits to monitor healing.
- Use prescribed eye drops to prevent infection and promote healing.
- Follow our guidelines on activities like swimming or rubbing your eyes.

Are the results permanent?

For most patients, the results are permanent after their eyes stabilize. However, natural changes in the eye, such as cataracts or presbyopia (age-related near vision loss), may occur later in life and are unrelated to the surgery.

Can I still wear glasses or contact lenses after surgery?

While most patients no longer need glasses or contact lenses, some may still need them for specific tasks or later in life due to presbyopia.

Can I have one eye treated at a time?

Yes, though over 90% of patients choose to have both eyes treated at once, you can opt for one eye at a time if preferred.

Does insurance cover the procedure?

Most insurance plans do not cover laser vision correction. However, it's best to check with your insurance provider, as some plans may offer partial coverage.

How do I prepare for surgery?

Before surgery:

- Stop wearing contact lenses for a period before your pre-op visit (we'll provide specific instructions based on your lenses).
- Avoid eye makeup, lotions, or creams on the day of surgery.
- Arrange for someone to drive you home after the procedure.

What are the results of laser vision correction?

In U.S. clinical trials:

- 99% of patients achieved 20/40 vision or better, which is good enough for driving.
- 90% of patients achieved 20/20 vision or better.

We look forward to working with you to achieve your vision goals!