

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



LASIK AND BEYOND:

LATEST ADVANCES IN TECHNOLOGY AND
SURGERY OPTIONS

REVOLUTIONARY

Developments in technology have revolutionized every industry, including eye care and surgery. Techniques and tools that were at the forefront a decade ago are giving way to even newer and more progressive approaches today.

What that means for your eyes is this: Pre-eminent eye surgeons now have access to technology superior to that in the past, which means surgery techniques have changed and outcomes can be even better. The LASIK surgery you may be familiar with has grown into an even more sophisticated version, while new procedures now exist for when LASIK is recommended. For instance, [EVO Implantable Contact Lenses](#) (ICL) help those who have dry eye syndrome or severe nearsightedness.

Read on to learn about these and other developments in the eye-care industry. Remember, you and your doctors have the same objective in mind: the clearest vision possible.



LASIK is a safe and effective way to improve your vision and get to enjoying life without glasses and contacts.

SCOTT PERKINS, MD

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



WHY NEW TECHNOLOGY MATTERS WHEN IMPROVING YOUR EYESIGHT



Refractive surgery is surgery that corrects your vision so that you no longer need glasses or contacts, and LASIK – the term stands for laser-assisted in-situ keratomileusis – continues to be the most popular refractive surgery, due to its wide acceptance and patients’ satisfaction with their surgical outcomes.

Leading-edge technology today begins with the laser that a surgeon uses. Barnet Dulaney Perkins Eye Center uses the [WaveLight Allegretto Wave Eye-Q laser](#), a laser approved by the FDA for topography-guided laser vision correction. Its advancements include a super-fine laser beam that centers automatically and an eye-tracker that notes even minuscule eye movements before laser pulses begin.

If you first learned about LASIK years ago, you’re probably more familiar with previous versions of the surgery. In earlier years of LASIK, surgeons numbed the eye with anesthetic eye drops and then used a tool called a [mechanical microkeratome](#) to cut a thin, hinged flap into the cornea. The flap was folded back, and the surgeon guided an excimer laser over the middle of the cornea to reshape it. Unlike earlier lasers, excimer lasers could make vision corrections without harming nearby tissue. When finished, the corneal flap was laid back into place, where it would heal on its own.

Femtosecond lasers use energy to replace a microkeratome blade when cutting the corneal flap. Our femtosecond lasers are more precise in many situations. This means, among other things, that even people with thin corneas – some who were previously unable to have LASIK – may now qualify as a candidate for the procedure.

Newer yet was a laser platform called a “wavefront guided laser,” which offered surgeons eye measurements in smaller increments and mapped how light traveled through the eye and landed on the retina. With this information, the laser had a path as individual as a fingerprint to follow.

Today, the surgeons at Barnet Dulaney Perkins Eye Center use [Contoura Vision/Topography-Guided LASIK](#), which measures the curvature and characteristics of the surface of your eye to a degree not possible with previous technology.

Think of a topographic map of the United States – the layers build up where there are hills and mountains, recede where there are valleys or lakes, and curve where the landscape has sculpted itself around a fixed object. The topography of your eye is similar, in miniature, and topography-guided LASIK can follow that individual map of your eye.

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



When Contoura Vision/Topography-Guided Lasik was studied in clinical trials, researchers saw the following results:

- The new technology reduced the number of post-operative complaints about glare, sensitivity to light and difficulty with night driving due to a halo effect.
- 92 percent of patients had 20/20 or better vision after their procedure.
- 98 percent of patients said they would choose the procedure again.

Technological progress always brings with it the question of what went before – were old procedures bad? The short answer is: No.

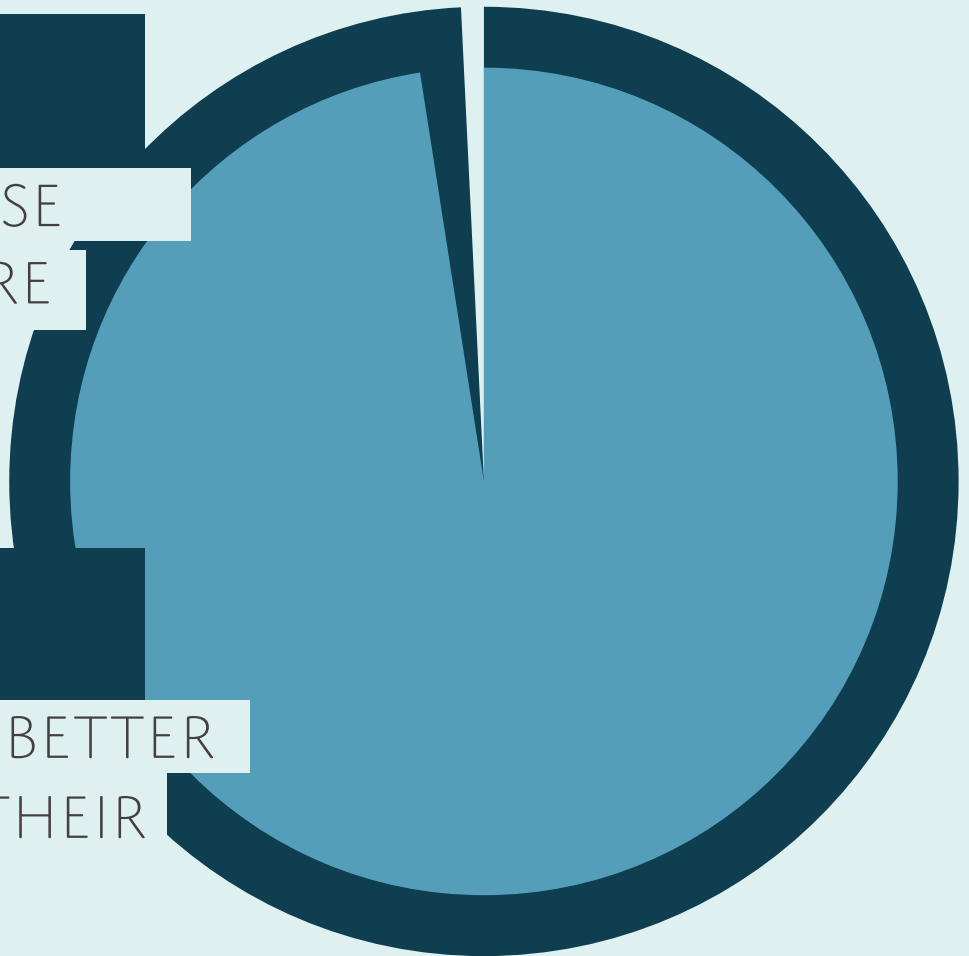
In LASIK's case, there have long been high success rates and high numbers of satisfied patients. But when a technological development makes an even more sophisticated and precise result achievable, it is the option a surgeon will favor. The surgeons at Barnet Dulaney Perkins Eye Center use topography-guided LASIK tools, consistent with their belief that it is the best and safest option available.

98%

WOULD CHOOSE
THE PROCEDURE
AGAIN

92%

HAD 20/20 OR BETTER
VISION AFTER THEIR
PROCEDURE



Call us at 602-932-2255 to speak with a
to speak with a

[SCHEDULE ONLINE](#)

WHEN THE EVO IMPLANTABLE CONTACT LENS (ICL) IS NEEDED INSTEAD

Not everyone is a candidate for LASIK surgery. People with extremely thin corneas, for instance, those prone to dry eye syndrome or those who have extreme prescription correction needs may not get the vision correction results they seek. But there are significant technological developments in other aspects of eye surgery that can help these patients.

One of the best technologies available has its roots in the treatment of an old condition: cataracts. A cataract happens when the natural lens we are born with gets clouded over, affecting the clarity of our vision and our impressions of light and color. In cataract surgery, tiny incisions are made near the edge of the cornea, allowing the surgeon to remove the clouded lens and insert a new, clear lens, called an [intraocular lens](#) (IOL). The lens takes over where your old lens was, refracting light back toward the retina. Your sight improves immediately, because the clouded lens is gone.

Unlike the procedure in cataract surgery, the patient's natural lens is left in the eye. The EVO Visian Implantable Contact Lens works with that lens to improve your sight. Most patients never need further adjustment or surgery on it. In a case where a patient's prescription needs are drastically altered, however, the ICL is removable and replaceable. Barnet Dulaney Perkins Eye Center was the first practice in the Southwest to offer STAAR Surgical's EVO Visian ICL Lenses.

Now, implantable contact lenses (ICL) are available to people who do not have cataracts, but want to improve their vision. Instead of altering the outer surface of the eye, implantable contact lenses correct a patient's vision from inside the eye. No change takes place on the cornea.

Vision improvement with implantable contact lenses will be immediate.

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



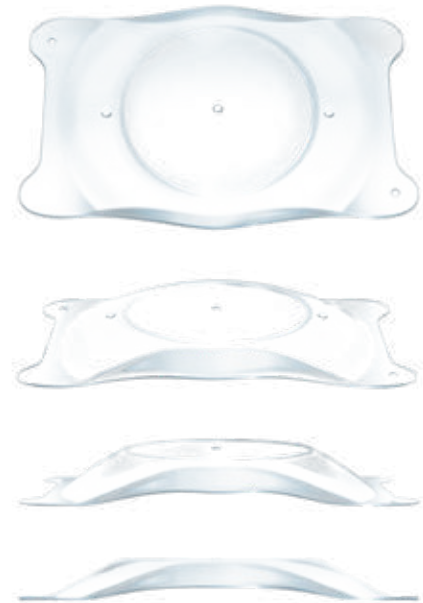
WHY ARE ICL'S SUITABLE IN PATIENTS WHEN LASIK SURGERY IS NOT?

It will help if you understand the cornea a little bit. Your cornea is the transparent, outer, dome-shaped, protective surface of your eye. It is made up of membranes, tissue and fluid. Your cornea has a curvature that, in the best possible circumstances, bounces light back through the pupil and through the natural lens toward the retina, focusing it at exactly the right angle.

However, if the curvature of your eye is off, your cornea can bounce light too far in front of or too far in back of the retina to focus clearly. If your eye focuses the light before it reaches the retina, you are nearsighted. If your eye focuses the light behind where it hits the retina, you are farsighted.

LASIK surgery, therefore, adjusts that outer surface of the cornea, making the light refract properly. In the following cases, however, LASIK may not always be appropriate:

- **Patients with dry-eye syndrome:** A person gets dry-eye syndrome when their eyes fail to naturally produce enough tears. It sometimes happens with aging, but also can accompany some medical conditions, such as Sjogren's syndrome, diabetes and lupus, and some medications. Because LASIK surgery often can produce temporary dry-eye symptoms, doctors don't want to make an already uncomfortable condition worse. Implantable contact lenses, however, do not contribute to dry eye syndrome.
- **Patients needing extreme prescription correction:** Because LASIK corrects vision by altering the surface of the cornea, there are limits to the degree of myopia, or nearsightedness that can be corrected. The United States has approved LASIK treatment for a prescription up to -15 diopters (D), but some doctors believe -8 D should be the limit. Visian implantable lenses, however, can be used in cases of extreme refractive error.
- **Patients with thin corneas:** The concern about whether a patient's corneas are too thin for LASIK surgery is logical; since a flap must be cut in the cornea and folded back before the laser is used, there will be less corneal tissue for the surgeon to work with. Because Visian implantable contact lenses are placed inside the eye, there is no change to the cornea at all.



*EVO Visian ICL

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



WHAT IF I WEAR READING GLASSES?

A natural part of aging, [presbyopia](#) makes it harder to focus on close objects – like that menu or medicine bottle. In presbyopia, the natural lens is hardening, and becomes no longer able to precisely focus light back to the retina as needed.

The need for reading glasses is so common – and the task of buying them for a few dollars without a prescription is so simple – that we tend to think of presbyopia as minor.

But when you really need them, dealing with reading glasses can seem frustrating and constant. You're always putting them on, then taking them off; misplacing them, then buying new ones.

One defense mechanism is to buy several pairs and leave them all over – at work, another in your car, at home on your desk, in the kitchen and on your nightstand. It's a good strategy, but there are still times you can't find a pair.

It's always been a hassle, with little to do except buy more pairs of readers. Lens replacement surgery may be a better option for people with presbyopia and high hyperopia (farsightedness).

Call us at 602-932-2255 to speak with a patient representative, or

[SCHEDULE ONLINE](#)

Barnet • Dulaney • Perkins
VISION CORRECTION • COSMETIC SURGERY



WHAT IS REFRACTIVE LENS EXCHANGE (RLE)?

During refractive lens exchange surgery, your eye's natural lens is gently removed through a sutureless microscopic incision. It is replaced with an artificial lens, also known as an intraocular lens (IOL), which is specially designed to enable clear vision at all distances, usually with minimal or no need for glasses or contact lenses.

Your eye surgeon should have experience with all currently available Advanced Technology IOLs, such as the Trifocal lens, ReSTOR multifocal, Tecnis Symphony, and the Crystalens, and can recommend the best one for you based on your lifestyle and visual needs.

Some of the most up to date technologies, including the LenSx femtosecond laser and Optiwave Refractive Analysis (ORA), provide an analysis of your eye during the lens replacement procedure, which is not possible with conventional measurements and instruments. The technology works by directing a beam of low intensity laser light into the eye during surgery. The laser light then reflects off the back of your eye and sensors in the device analyze the reflected wave of light exiting your eye.

This real-time analysis measures all of the eye's unique optical characteristics, allowing the surgeon to address minor astigmatism, while providing an accurate measurement of your eye's focusing capabilities.

The LenSx femtosecond laser is designed to improve safety and precision during certain challenging and delicate steps of lens replacement surgery that were previously performed manually. The precise, reproducible steps performed by the LenSx laser contributes to better lens positioning, less trauma to the eye, and more predictable visual results, which are especially important with Advanced Technology IOLs.

Furthermore, lens replacement comes with the added bonus of eliminating the need for future cataract surgery.



Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY

WHY DO LASIK, ICL COSTS VARY SO MUCH?

This can be confusing to anyone. Maybe you've had a consultation with an eye surgeon for LASIK who quoted you one cost, and later that day you see an advertisement for "Cheap LASIK," or "Low-Cost LASIK," or "LASIK starting at \$299 per eye." How can the cost vary so widely? There are multiple factors here:

- **What's behind the advertising:** We all understand the concept of a low price on a car that gets someone in the front door of a dealership, but once they get there the specific the car is gone. Other cars are available, but all are more expensive. It's called bait-and-switch, and it can be the same with LASIK advertisements. You may walk in the door hoping to pay \$600 to have LASIK on both eyes, but walk out with a much higher cost because your eyes require a higher level of correction, because you choose a specific kind of procedure or because of add-on fees. (The advertised cost may not include all required pre- and post-op visits, maybe different technologies are offered, or lifetime commitments may cost extra.)

- **The technology:** Is your surgeon using the latest, most precise laser machines available? Since LASIK technology has been upgraded several times over the years, there may be many older machines still in use that, while still operable, may not give you the results available with newer technology today. The cost of new technology does bring the price up, but the improvement in the procedure and in your resulting vision are what matter most.
- **The experience of your surgeon:** New surgeons must start somewhere, but you'd rather it not be on your eyes. An experienced LASIK surgeon may have done 10,000 to 25,000 procedures or more.



The amount you pay for your LASIK surgery doesn't start or stop with the 10 or 15 minutes you are in surgery. It includes pre-op consultations, tests and examinations; prescription eye drops; the procedure itself; post-op consultation and checks, and surgery enhancements if needed.

Barnet•Dulaney•Perkins

VISION CORRECTION • COSMETIC SURGERY















NOT ALL LASIK IS CREATED EQUAL...

Barnet•Dulaney•Perkins

VISION CORRECTION • COSMETIC SURGERY

BARGAIN LASIK/NATIONAL CHAINS

LASIK TECHNOLOGY	ALL-LASER LASIK, WAVEFRONT OPTIMIZED	MANUAL BLADE LASIK OUTDATED LASIK TECHNOLOGY
		
LASIK PROCEDURES	YES, WE OFFER LASIK ALTERNATIVES IE. PRK, EVO ICL, & RLE	LASIK, AND PRK ONLY
	 	
PRE-POST OP EXAMS	WE OFFER A FREE CONSULTATION! POST-OP EXAMS ARE INCLUDED IN YOUR QUOTE.	MAY COST EXTRA
		
PRESCRIPTION EYE DROPS	USE PRESCRIPTION DRUG COVERAGE OR PAY \$55 FOR DROPS IN OFFICE!	TYPICALLY NOT INCLUDED, MAY COST UP TO \$300 WITHOUT INSURANCE
		
SURGEONS	OUR SURGEONS ARE LOCAL AND BOARD-CERTIFIED OPHTHALMOLOGISTS	DOCTORS MAY NOT BE LOCAL OR HAVE THE SAME LEVEL OF EXPERIENCE.
		
COST	24 MONTHS 0% FINANCING *OPTIONS AVAILABLE	TOO-GOOD-TO-BE-TRUE-PRICE AS LOW AS \$200 AN EYE
		<p>Read The Fine Print! Extremely low LASIK pricing often entails outdated technology, and hidden costs and most people don't qualify for the advertised price.</p>

Barnet•Dulaney•Perkins

VISION CORRECTION • COSMETIC SURGERY

*These comparisons are generalizations that will vary by practice and surgeon. Comparisons are meant to encourage patients to ask questions when shopping LASIK & to make informed decisions while considering refractive surgery.



VISION FOR LIFE

THE LIFETIME VISION PLAN

The Lifetime Vision Plan is Barnet Dulaney Perkins' commitment to maintaining your highest quality of vision throughout a lifetime. Our surgeons are so confident in the stability of our patients' results over time that we offer the Lifetime Vision plan.

If at any time you experience changes in your vision and a laser enhancement is considered medically advisable, participating patients are eligible for the procedure with an eligible BDP surgeon at no charge.

Who is eligible?

You are eligible if you are in good general eye health and are qualified by a BDP provider. Your initial laser eye treatment must be performed by an eligible BDP surgeon. To maintain eligibility in the Lifetime Vision Plan, you must obtain annual eye exams from a qualified vision provider. Our team will provide detailed eligibility requirements during one of your pre-surgery appointments.

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY



DOES INSURANCE COVER LASIK?

Some insurance companies may cover some of the cost of LASIK, but most do not, primarily because it's seen as an elective procedure. However, some of the nation's biggest insurance providers have negotiated with LASIK providers for a discount, so ask your surgeon if this is available with yours.

If you have flexible spending accounts with your employer – accounts where you can set aside pre-tax dollars for medical costs – it's worth using that advantage to help pay for your eye surgery.

In any case, should the cost of your LASIK surgery exceed your flexible spending or insurance coverage, most eye surgery centers make financing options available. Two such options are [Care Credit](#) and [Alphaeon Credit](#), which are healthcare financing companies that offer payback programs (such as reduced APR or longer-term fixed monthly payments) that are not available through an ordinary credit card.

You must choose based on what's best for your eyes, not just the bottom line. Your vision is worth that.

MAKING YOUR DECISION

If you are considering vision correction surgery today, you want surgeons with the most experience, state-of-the-art technology and peerless aftercare. For LASIK surgery, that choice right now is topography-guided LASIK, where even the infinitesimal characteristics of your unique eye are factored into the machine's calculations about how to improve your eyesight.

The cost may seem substantial, but the payoffs are more so. Being able to do such things as wake up in the morning and see what time it is, read the paper, watch the television, drive to work and go to the gym at lunchtime – all without glasses – pay everyday dividends that reach far into the future.

If you have more questions or are interested in more information about LASIK surgery, implantable contact lenses or vision inlays to correct presbyopia, the staff at Barnet Dulaney Perkins Eye Center wants to help.

Call us at **602-932-2255** to speak with a patient representative, or

SCHEDULE ONLINE

Barnet • Dulaney • Perkins

VISION CORRECTION • COSMETIC SURGERY

