LASIK GUIDE

// DISCOVER THE FREEDOM OF LASIK //
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The decision to have corrective eye surgery is certainly an important one and not one that should be taken lightly. At The Eye Care Institute, we believe you should have all available information to determine what is involved in corrective eye surgery so that you can make an informed decision about whether this procedure is the right course of action for you.

LASIK eye surgery is the process of changing the curvature of the cornea to improve and correct your vision. During the procedure, your surgeon will use a laser to create a hinged flap, thereby allowing access to the treatable areas of the cornea. At this point, precision treatment of the cornea is undertaken using a second laser to correct myopia, hyperopia or even astigmatism.
With LASIK, the surgeon is able to reshape the cornea using a laser to improve the way in which the eye focuses light rays onto the retina. The result is better vision. LASIK is a two-step process. The first step involves the use of a femtosecond laser to create a flap on the surface of the eye, which allows the surgeon access to the treatable area. The second step involves the use of the excimer laser, which uses micron-sized measurements to treat the cornea and improve vision.

Many people think that LASIK hurts and that it is scary because it involves the eyes. In reality, LASIK surgery is not painful because the surgeon places numbing drops in the eyes before your procedure. After your surgery, you may feel some burning, stinging, and like something is in your eye. These sensations are all normal, but by avoiding rubbing the eyes, healing happens more quickly. It should be understood that while LASIK has experienced numerous advancements, it cannot reverse certain vision problems, which occur primarily during the aging process and especially include the development of cataracts.

“LASIK HAS CHANGED THE LIVES OF SO MANY. DISCOVER IF LASIK IS THE RIGHT CHOICE FOR YOU.”
NEARSIGHTEDNESS (MYOPIA)

In a myopic eye, the corneal surface is too steeply curved, and the light rays are focused in front of the retina, resulting in a blurry image. To a near-sighted person, distant objects are blurry and near objects are clearer.

FARSIGHTEDNESS (HYPEROPIA)

In a hyperopic eye, the corneal surface is too flat, and light rays are focused behind the retina, resulting in a blurry image. To a farsighted person, near distance objects are clearer, and far objects are blurry.

PRESBYOPIA

In an presbyopic eye, the ability to see things up close gradually diminishes. It is a normal part of aging and often starts at ago 40.

ASTIGMATISM

In an astigmatic eye, the cornea takes on an oblong shape rather than a spherical shape. Light rays are focused at multiple points, again creating a blurry image. Many people with myopia or hyperopia also have astigmatism.
HOW THE EYE WORKS:

Light passes through the cornea and the pupil located at the front of the eye. From there, the lens focuses light onto the retina, situated at the back of the eye. The cornea and the lens bend the light so it can pass through the thick vitreous gel located in the posterior chamber and then projects onto the retina. From there, the retina converts light into electrical impulses. These electrical impulses are transported by the optic nerve to the brain. Finally, the brain converts the electric pulses into the images that we see. While it certainly sounds like a complicated process, and it is, it happens extremely quickly.

To put it in perspective of a camera, the cornea acts somewhat like the lens of a camera by primarily focusing light. The eye’s iris works similarly to a camera diaphragm by controlling the amount of light that reaches the back of the eye. This is done by adjusting the size of the pupil automatically, like the aperture of a camera. The crystalline lens of the eye, which is situated directly behind the pupil, is responsible for further focusing light. A process known as accommodation works to assist the eye in focusing on both near and approaching objects automatically, sort of like an auto focus camera lens. In many ways, the retina works in a fashion similar to the electronic image sensor on a digital camera. It converts optical images into electronic signals. These signals are then transmitted by the optic nerve to the visual cortex, which is the part of the brain that is responsible for controlling our sense of light.
At The Eye Care Institute, we guide you through 3 phases of LASIK - the first appointments, the procedure and life after LASIK.

Our goal is to help you see better. We aim to make the LASIK process as simple as possible for you so you can get back to living the life you deserve. We’ve broken down the LASIK process into 3 phases to help you get a better understanding of how it all works.

*PRO TIP: Your surgery coordinator will be with you through the entire process including the initial consultation, pricing arrangements, the procedure and answering any questions you may have. Your coordinator will act like your own personal counselor.
STEP 1: YOUR FIRST VISIT

During your first visit, which is often called an evaluation or consultation, you will meet your surgical counselor, a LASIK technician and your surgeon. The LASIK technician will run a series of tests so that you can review the results with the surgeon to determine if LASIK is the best refractive surgery option for you.

- Meet with your LASIK counselor and technician to discuss the procedure and answer any questions you may have.
- The LASIK technician will record and document your medical and eye care condition. The technician will also perform a refraction vision check, and also see how dry your eyes may be.
- The technician then performs many digital diagnostic tests to check the shape and thickness of your cornea, which allows the surgeon to have as much predictive analysis as possible about your surgical outcome.
- Then you’ll meet with your LASIK surgeon. The doctor will review your tests, examine your eyes and review the results with you so that you and the surgeon can jointly decide how to achieve the best vision outcome.
- Lastly, you will again talk with the surgical counselor who will explain the LASIK journey from beginning to end. Many patients choose their surgery date at this visit and schedule post-op visits as well.
Once you’ve made the decision to have LASIK, the day of surgery finally arrives. You’ll be taken into an exam room where we will make sure that all of your questions have been answered and that you are comfortable. In that exam room, the technician will instill eye drops and you will again meet with the surgeon to verify your measurements and desired outcome. You will have a final opportunity to ask the surgeon any questions you may have.

Next, we will walk with you to the LASIK suite. Then, we will have you lie on your back in a reclining chair and position you under the laser system. The LASIK team, which consists of the surgeon and 2-3 other staff members, will verify the measurements placed into the laser system’s computer. You should expect your surgeon will be speaking with you, and the LASIK team, during the entire procedure to keep you updated on your progress. An instrument, referred to as a lid speculum, will keep your eyelids open during the procedure.

Next, we will use the femtosecond laser to create the flap. After this, the reclining chair will gently move you about 2 feet so that you are positioned under the excimer laser.

After the creation of the flap, it is folded back to reveal the stroma or underlying cornea. This allows us to use the excimer laser to remove the appropriate amount of corneal tissue. The laser utilizes a cool ultraviolet light beam to remove microscopic amounts of tissue to reshape the cornea.

Once we have put the flap back into place and smoothed the cornea, we then apply a special solution to help the flap re-float for proper placement. The cornea begins sealing itself within just a few minutes. We then allow you to rest in the reclining chair for a few minutes and then we apply anti-inflammatory and antibiotic drops to your eyes. After this is done, the reclining chair is gently moved about 2 feet so that it is once again underneath the femtosecond laser and we can start treatment of your second eye.
STEP 3: LIFE AFTER LASIK

After LASIK surgery, you may notice a few of these symptoms while your eyes heal and adjust to your new vision:

WHAT TO EXPECT
Expect some discomfort the day of surgery. This is completely normal. A nap is recommended once you arrive at home.

The day after surgery you can resume normal activities. Limit physical activity with heavy lifting. No swimming for two weeks. No eye makeup for one week. Other than that, enjoy your new vision!

COMMON SYMPTOMS
Many patients experience light sensitivity and dry eyes, possible glare or halos with night driving while healing.

WHAT YOU CAN SEE
Every patient’s recovery is different. Many are seeing significantly better within 24 hours. Colors are brighter, and vision is crisper. Some patients will continue to improve for several weeks before they reach their best vision.

*PRO TIP: Ask if your surgeon will give you his cell phone number in the event you have any questions immediately after surgery.*
WHAT’S THE COST?

Making the decision to have LASIK can be made even more difficult when you begin to look at financing because of the discrepancy between the advertised cost and the actual cost of LASIK. You may hear ads promising LASIK for a very low price per eye. While it sounds good up front, the reality is that those low prices typically only apply for people who need very small amounts of vision correction.

Now for the good news: The Eye Care Institute is proud to offer up-front, transparent pricing. Our price includes a free LASIK screening and consultation, topography-guided all-laser Contoura™ LASIK, post-operative prescriptions, post-operative visits, and our “Love Your Vision or We’ll Pay Another Physician” Guarantee.

Absolutely every part of your procedure is covered in our pricing - from your prescriptions and follow up appointments, to our “Love Your Vision or We’ll Pay Another Physician” Guarantee.”
At The Eye Care Institute we pride ourselves on helping you discover the freedoms of LASIK. As Louisville’s Leaders in LASIK® we guarantee your satisfaction with the industry’s first “Love Your Vision or We’ll Pay Another Physician Guarantee”

If you’re not completely tickled and thrilled with your new visual acuity in the first 6 months, following your procedure, we’ll pay for you to receive an enhancement from another LASIK provider of your choice. No questions asked.

See Doctor for Details

OUR PRICING

$1,995 per eye

Our price includes all of the following:
- Topography-guided all-laser Contoura™ LASIK
- FREE LASIK Screening
- FREE LASIK Consultation
- Post-Operative Medications
- All Post-Operative Visits
- “Love Your Vision or We’ll Pay Another Physician” Guarantee
WHAT IS LASIK SURGERY?

LASIK surgery helps to reduce or even eliminate the need for contacts or eyeglasses. The Eye Care Institute uses both a femtosecond laser and an excimer laser to provide a blade-free process to gently reshape the cornea to correct your vision.

Laser vision correction involves the use of a cool (non-thermal) beam of light to reshape the cornea, or surface of the eye, to improve vision. The laser works to remove microscopic bits of tissue to flatten the cornea and irregularities in your eye. The goal of laser eye surgery is to change the shape of the cornea so that it works better at focusing images onto the retina, resulting in sharper vision.

IS LASIK THE RIGHT SURGERY FOR ME?

LASIK surgery offers a tremendous amount of potential to enjoy a life without the need to reach for eyeglasses or wear contacts on a daily basis. The best way to determine whether it is the right surgical procedure for you is to have a consultation and exam with an experienced LASIK surgeon.

Typically, you must be at least 18 years of age, have a stable eye prescription for the last year, and healthy eye. Patients with certain medical conditions and women who are pregnant or who are nursing may not be good candidates for this procedure.

The only way to know for certain whether you are a good candidate for this procedure or whether it is right for you is to schedule a consultation and have your eyes evaluated. During this evaluation, your eyes will be assessed and you will gather information. At The Eye Care Institute, you will meet with your surgeon to help you decide whether this is the right course of action based on your unique situation.

WHEN SHOULD I EXPECT MY VISION TO IMPROVE FOLLOWING MY PROCEDURE?

Most patients can expect to experience clearer vision within 24 hours of their procedure. More stabilized vision will occur over the next several weeks. In most instances, it takes from a few weeks to six months for the final outcomes to be apparent after the healing process has progressed.
IS LASIK SAFE?
Complications in this procedure are rare. The FDA has recognized LASIK as being quite safe and effective. Numerous safeguards have been put into place to reduce the risk of complication or error. There are no known risks of blindness associated with this procedure. Overall, the risk for complications that would threaten your sight are quite low. Even so, it is important to understand that this is a surgical procedure and does carry some risks. For this reason, it is important to do your research and select a LASIK surgeon who is well-respected and experienced. When talking to prospective physicians, be sure to have a list of questions to ask.

IS LASIK PAINFUL?
Most patients report feeling no pain during their LASIK procedure. Prior to the beginning of the surgery, anesthetic drops will be used to numb your eye. You may feel pressure around the eye during the procedure. If necessary, you can also be provided with a mild sedative before the procedure to help you relax.

Following your laser vision surgery, you may feel a little irritation for a few hours. After taking a nap, most patients feel quite comfortable. You will be given eye drops to promote comfort and healing following your procedure.

WHAT ARE THE SIDE EFFECTS OF LASIK?
The temporary side effects following laser vision correction surgery include sensitivity to light, dry eyes, and halos at night. Halos or glares at night typically go away within a few weeks of having your surgery. Night vision disturbances related to imperfections in the eye prior to your surgery can be reduced or even eliminated thanks to the introduction of custom technology.

Dry eyes experienced during the healing process can be treated with the use of artificial tears. It is advisable to wear sunglasses when you are outdoor after your surgery in order to reduce sensitivity to light while also protecting your eyes. As is the case with any other elective procedure, individual results may vary. There also may be additional risks related to having LASIK surgery. Such risks include under correction or over correction. With that said, the risk of complication associated with laser vision surgery is minimal.
The Eye Care Institute is the first in Kentucky and among the first in the nation to provide Topography-guided all-laser Contoura™ LASIK. Our LASIK patients receive a custom LASIK procedure using 22 thousand precision points to map the eye. This technology allows us to provide the best visual results for our patients.

**Did you know?**

- Our LASIK surgeons see you at every preoperative and postoperative visit.
- Our LASIK surgeons give you their cell phone number.
- Dr. Meyer is a corneal specialist, and one of the few in the region with a specialized degree in laser vision correction.
- Dr. Pattar studied Ophthalmology at Indiana University School of Medicine, and has a PhD in Cellular & Integrative Physiology.
- Our LASIK surgeons only practice in Louisville.
- Our LASIK fee includes complete, transparent, package pricing with no hidden fees.
- Our practice offers complete medical and surgical eye care for you and your family and answers emergency calls 24/7/365.
I have been seeing Dr. Woodruff since I moved to Louisville. I had LASIK and it was the BEST decision I've made for myself in a long time. Dr. Pattar and his staff--especially Morgan and Spencer--took amazing care of me. I highly recommend this practice and LASIK!!

- KAREN MORGAN

LASIK went wonderfully! I had a great experience all the way through. Dr. Meyer was not only clearly skilled and knowledgeable, but also available to answer all of my questions. He and his staff were extremely helpful, accommodating to my hectic schedule all along the way. I would choose their team again without reservation.

- GRAHAM THEISEN

I had Contura LASIK done at The Eye Care Institute the service was outstanding and the outcome way better than expected. Highly recommended!

- ANDREW BARBOUR

They are very friendly and communicate clearly about the lasik procedure to clarify the doubts and fears about the procedure. I highly recommend The Eye Care Institute who anyone willing to go through LASIK.

- AMRUTHA GARIMELLA

Had an incredible experience today! There was not a long wait and the staff were all very friendly! Dr. John Meyer and the LASIK team are very knowledgeable and great to work with!

- AMANDA VANCE

Very caring staff and excellent Dr's. I took part of a research study and was very impressed with the treatment I received. Dr. Meyer is a fantastic surgeon. I had LASIK, and my results have been great. Highly recommend!

- CATHY PENNELL

I recently had LASIK at The Eye Care Institute and I am thrilled with my results! Thanks to Dr. Meyer I no longer have to wear glasses or contacts...I couldn't be happier. The staff is attentive, knowledgeable, and caring. Dr. Meyer is a great surgeon. He answered all of my questions, and talked me through the entire procedure to help calm my nerves. I would highly recommend The Eye Care Institute if you are interested in laser vision correction.

- SPENCER HOLLEY

I received LASIK Surgery almost six years ago...I see clearly, without the benefit of glasses. The freedom that comes from not being tethered to my glasses is amazing! Dr. Meyer was patient and informative with a calming disposition. He offered me his cell phone number in the event I had additional questions. His staff was insightful and quite helpful. They answered my many questions and were quite delightful to work with. My experience was fantastic and I would highly recommend The Eye Care Institute to anyone needing caring, patient, thorough eye care providers.

- AJ W.

I just had a life changing experience with a first class crew behind the wheel. Sherry introduced me to Dr. Meyer and for that I am grateful. I have been in contacts/glasses for about 30 years and today I was able to toss them all. Dr. Meyer did a fantastic job and I am pretty sure that I see better than I ever did with contacts or glasses. My only regret is that I didn’t do this sooner. Dr. Meyer and his excellent support staff really did a great job of easing my fears throughout the process. I felt like a patient and not a customer.

- TREY SIMS
Dr. Meyer and his wife have four adult children. They have lived in Jefferson County since 1995. His personal interests include spending time with his family, martial arts, yoga, physical fitness, reading, woodworking and home renovation. Dr. Meyer and his family especially enjoy outdoor activities including boating and camping. Dr. Meyer and his son are proud of the street rod automobile they built together.

Dr. Meyer provides care for patients in Louisville at our Story Avenue office. While in training at Emory University, he was able to test the Excimer laser (used in LASIK) before it received the approval of the Food and Drug Administration.

**EDUCATION**

- St. Mary’s University, San Antonio, Texas, BS, in Chemistry, summa cum laude, 1982
- St. Mary’s University, San Antonio, Texas, BS, in Biology, summa cum laude, 1982
- St. Louis University School of Medicine, St. Louis, Missouri, MD, 1986
- Naval Hospital San Diego, San Diego, California, Internship in General Surgery, 1987
- Naval Aerospace Medical Institute, Pensacola, Florida, Naval Flight Surgeon, 1988
- Anheuser-Busch Eye Institute, St. Louis, Missouri, Residency in Ophthalmology, 1994
- Anheuser-Busch Eye Institute, St. Louis, Missouri, Chief Resident in Ophthalmology, 1994
- Emory University School of Medicine, Atlanta, Georgia, Fellowship in Cornea, External Diseases and Refractive Surgery, 1995

**SPECIALIZATIONS**

- Laser vision correction for nearsightedness, farsightedness and astigmatism, Corneal Transplants, Cataract Surgery with Intraocular Lens Implant, Cornea and External Diseases, Laser Cataract Surgery.
Dr. Pattar enjoys spending time with his wife, two young daughters, and two dogs. His interests include HIIT (High Intensity Interval Training), spending time outdoors whether it be hiking and running or grilling. He also enjoys listening to music, especially his collection of vinyl records at home or going to outdoor concerts.

Additionally, he is an avid sports fan particularly of Indiana teams like the Pacers, Colts, and Indiana Hoosiers. Dr. Pattar is excited to be in Louisville as he and his family love eating at local restaurants.

**EDUCATION**

Ophthalmology Resident, Indiana University School of Medicine, Indianapolis, Indiana, 2015

Indiana University School of Medicine, Indianapolis, Indiana, PhD Cellular & Integrative Physiology, 2014

Transitional Year Resident, St. Vincent Hospital, Indianapolis, Indiana, 2012

Indiana University School of Medicine, Indianapolis, Indiana, MD, 2011

Indiana University, Indianapolis, Indiana, MS Cellular & Integrative Physiology, 2006

Creighton University, Omaha, Nebraska, BA Political Science, 2003

**SPECIALIZATIONS**

Laser vision correction for nearsightedness, farsightedness and astigmatism, Comprehensive Ophthalmology, Cataract Surgery with Intraocular Lens Implantation, Vitreo Retinal Treatment and Care, Glaucoma Treatment and Care