LASIK GUIDE

DISCOVER THE FREEDOM OF LASIK

The Eye Care Institute®
WHAT IS LASIK?

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 about 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 laser vision correction is eye surgery which changes the curvature of the cornea to improve and correct your vision. During the procedure, your surgeon will use a laser to create a piano hinge type 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 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 is scary since it involves the eyes. But because the surgeon places numbing drops in the eyes before the procedure, LASIK is not painful. Most people report a feeling of pressure during the procedure. After surgery, you may feel some burning, stinging, or like something is in your eye. These are all normal sensations, 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, including the development of cataracts.
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 lens bend the light so it can pass through the thick vitreous gel located in the posterior chamber, and then projects onto the retina. The retina then converts light into electrical impulses, which are transported by the optic nerve to the brain. The brain converts these electric pulses into the images that we see. While it sounds like a complicated process (and it is!), it happens extremely quickly.

Think of it like a camera. The cornea acts like the lens of a camera by primarily focusing light. The iris works like a camera’s diaphragm, 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 (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, similar to an auto focus camera lens. The retina works like the electronic image sensor on a digital camera, converting optical images into electronic signals. These signals are then transmitted by the optic nerve to the visual cortex – the part of the brain responsible for controlling our sense of light.
COMMON EYE ISSUES

MYOPIA (NEARSIGHTEDNESS)
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 nearsighted person, distant objects are blurry and near objects are clearer.

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

PRESBYOPIA
In a presbyopic eye, the ability to see things up close gradually diminishes. It is a normal part of aging and often starts at age 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, creating a blurry image. Many people with myopia or hyperopia also have astigmatism.
WHAT TO EXPECT

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

1. The first appointments
2. The procedure
3. Life after LASIK

YOUR LASIK TEAM

SURGERY COUNSELOR

Your surgery counselor will be with you through the entire process, including the initial consultation, pricing arrangements, and procedure. They are there to answer any questions you may have. Not sure what to ask? Be sure to ask for our guide: Top Questions Our LASIK Patients Ask.

SURGEON

You should expect to meet your surgeon at the pre-operative and post-operative visits, not just during the surgery. Your surgeon will also give you their cell phone number in the event that you have any questions or concerns immediately after surgery.
During your first visit, 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 that you will review 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 ask 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 see how dry your eyes may be.

The technician will perform many digital diagnostic tests to check the shape and thickness of your cornea, allowing the surgeon to have as much predictive analysis as possible about your surgical outcome.

Meet with your LASIK surgeon. The doctor will review your tests, examine your eyes, and talk through the results with you. You and the surgeon will jointly decide how to achieve the best vision outcome.

Talk again 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.
THE PROCEDURE

When the day of the surgery finally arrives, you will be taken into an exam room where we will make sure that all of your questions have been answered and you are comfortable. The technician will instill eye drops and you’ll meet again with your surgeon to verify your measurements and desired outcome. You will have a final opportunity to ask the surgeon questions.

We will walk you back to the LASIK suite where you’ll lie on your back in the procedure chair. We will position you under the laser system and the LASIK team (the surgeon and 2–3 other staff members) will verify the measurements placed into the laser system’s computer. Your surgeon will be speaking with you and the LASIK team during the entire procedure to keep you updated on your progress. An instrument called a lid speculum will keep your eyelids open during the procedure.

The femtosecond laser will be used to create the flap on each eye. Then, the procedure chair will gently move you about 2 feet so that you are positioned under the excimer laser.

The flap will be folded back to reveal the stroma or underlying cornea, allowing the surgeon to use the excimer laser to remove the appropriate amount of corneal tissue. The laser will utilize a cool ultraviolet light beam to remove microscopic amounts of tissue to reshape the cornea.

Once we put the flap back into place, we will apply a special solution to help the flap re–float for proper placement. The cornea will begin sealing itself within just a few minutes. You will rest in the chair for a few minutes while we apply anti–inflammatory and antibiotic drops to your eye. The procedure chair will then gently move about 2 feet so it is once again under the femtosecond laser. We will repeat the excimer laser treatment for the second eye.
WHAT TO EXPECT

Some discomfort the day of surgery is completely normal. A nap is recommended once you arrive home.

WHAT YOU CAN AND CANNOT DO

The day after surgery you can resume normal activities. Limit physical activity with heavy lifting. No swimming for 2 weeks. No eye makeup for one week. Other than that, enjoy your new vision!

COMMON SYMPTOMS

Many patients experience light sensitivity and dry eyes. It is possible you will experience glare or halos with night driving while healing.

WHAT YOU CAN SEE

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

Have questions? Our surgeons give you their cell phone number in the event any questions or concerns arise after surgery.
WHAT’S THE COST?

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

Now for the good news: The Eye Care Institute offers up-front, transparent pricing. Our price includes everything you need to enjoy life with LASIK, with no hidden fees. This includes all LASIK screenings, evaluation and consultation, topography-guided all-laser WaveLight® LASIK vision correction, post-operative prescriptions, and all post-operative visits. At The Eye Care Institute, one price is all you pay to enjoy the benefits of LASIK laser vision correction.

OUR FLAT FEE

$1,745 per eye

Our price includes all of the following:

- Topography-guided all-laser WaveLight® LASIK
- LASIK screening, evaluation, and consultation
- Post-operative medication
- All post-operative visits

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 LASIK 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.
WHY CHOOSE THE EYE CARE INSTITUTE?

The Eye Care Institute is the first in Kentucky and among the first in the nation to provide topography-guided all-laser LASIK using the Alcon WaveLight® platform. Our LASIK patients receive a custom LASIK procedure using thousands of precise laser-guided measurements 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 pre-operative and post-operative visit.
- Our LASIK surgeons give you their cell phone number for any questions or concerns you may have following your procedure.
- 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.

Leaders in LASIK®
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, yoga, physical fitness, woodworking, and home renovation. Dr. Meyer and his family enjoy outdoor activities such as boating and camping. He earned a second degree black belt and is proud of the street rod automobile he built with his son.

While in training at Emory University, Dr. Meyer was able to test the excimer laser (used in LASIK) before it received the approval of the Food and Drug Administration.

EDUCATION

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

SPECIALIZATIONS

Laser Vision Correction for Nearsightedness, Farsightedness, & Astigmatism • Corneal Transplants (PK, DSEK, DMEK) • Cataract Surgery with Intraocular Lens Implantation • Cornea & External Diseases • Laser Cataract Surgery
Dr. Pattar enjoys spending time with his wife and three daughters. His interests include HIIT (High Intensity Interval Training) and spending time outdoors, whether it be hiking, running, or grilling. He and his family enjoy eating at local restaurants. Dr. Pattar also enjoys listening to music – both his collection of vinyl records at home and at outdoor concerts. He is an avid sports fan and his favorite teams include the Pacers, Colts, and Indiana Hoosiers.

**EDUCATION**
- Indiana University School of Medicine • Indianapolis, IN • Ophthalmology Resident • 2015
- Indiana University School of Medicine • Indianapolis, IN • PhD in Cellular & Integrative Physiology • 2014
- St. Vincent Hospital • Indianapolis, IN • Transitional Year Resident • 2012
- Indiana University School of Medicine • Indianapolis, IN • MD • 2011
- Indiana University • Indianapolis, IN • MS in Cellular & Integrative Physiology • 2006
- Creighton University • Omaha, NE • BA in Political Science • 2003

**SPECIALIZATIONS**
- Laser Vision Correction for Nearsightedness, Farsightedness, & Astigmatism
- Comprehensive Ophthalmology
- Cataract Surgery with Intraocular Lens Implantation
- Vitreo Retinal Treatment & Care
- Glaucoma Treatment & Care
LASIK FAQ

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 (the 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 at least a year, and have healthy eyes. Patients with certain medical conditions and women who are pregnant or nursing may not be good candidates for this procedure.

The only way to know for sure if you are a good candidate for LASIK or if 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 about LASIK. 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 6 months for the final outcomes to be apparent after the healing process has progressed.
HOW LONG DOES LASIK TAKE?
The actual laser treatment takes less than one minute per eye to perform. However, patients should expect to be in the LASIK suite between 15–30 minutes. Most people are surprised at how fast the procedure is and how good they feel after it is completed.

IS LASIK SAFE?
Complications in this procedure are rare. The FDA approved LASIK in 1999. 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 very low. Even so, it is important to understand that this is a surgical procedure and does carry some risks. For this reason, we encourage you 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. Not sure what to ask? Be sure to ask for our guide: Top Questions Our LASIK Patients Ask.

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

You may feel a little irritation for a few hours following your surgery. 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. Nighttime halos or glares typically go away within a few weeks. Dry eyes experienced during the healing process can be treated with the use of artificial tears. It is advised that you wear sunglasses when you are outdoors following surgery to reduce sensitivity to light and protect your eyes. As is the case with any other elective procedure, individual results may vary. There may be additional risks related to having LASIK surgery, such as under correction or over correction. However, the risk of complication associated with laser vision surgery is minimal.