



# ALL ABOUT LASIK



Visionary  
Eye Doctors

*Advanced technology with a loving touch*

# TABLE OF CONTENTS

WELCOME TO YOUR LASIK JOURNEY!	3
HOW LASIK CORRECTS VISION	5
3 STEPS OF LASIK	7
WHAT TO EXPECT WITH LASIK	8
COMMON QUESTIONS ABOUT LASIK	10
IMPORTANCE OF THE LASIK CONSULTATION	15
LASIK ALTERNATIVES	16
PAYMENT AND PRICING	18
MEET OUR LASIK EXPERT	20
WHY CHOOSE US?	21
ARE YOU READY?	22

# WELCOME TO YOUR LASIK JOURNEY!

Having laser vision correction is a big decision. Like most people, you probably have many questions and concerns. We’ve assembled comprehensive information in this eBook to aid in your research process.

## THIS EBOOK WILL ANSWER QUESTIONS SUCH AS:

- How does LASIK work?
- What kind of results can I get?
- Does LASIK hurt?
- How safe is it?
- Can I afford LASIK?

If you haven’t already done so, schedule a LASIK consultation to learn first-hand why choosing Visionary Eye Doctors could give you the best LASIK experience and results. LASIK is not for everyone and our consultation is necessary to determine if you are a candidate for the procedure and to answer any questions you may have.

Enjoy the freedom and comfort that comes with clear vision.



## HOW LASIK CORRECTS VISION

### UNDERSTANDING THE EYE

There are three main parts to the human eye:

- 1. CORNEA: THE CLEAR OUTER LAYER OF THE EYE**
- 2. LENS: CLEAR PART OF THE EYE BEHIND THE IRIS**
- 3. RETINA: THE BACK LAYER OF THE EYE**

In normal vision, the cornea refracts (bends) light so it can be directed correctly through the lens and onto the retina. If the shape of your cornea doesn't perfectly match the length of your eye then you will probably require glasses or contact lenses. LASIK solves the problems of nearsightedness, farsightedness and astigmatism by using lasers to reshape the curvature of the cornea so that normal, clear sight is achieved.



## HOW LASIK CORRECTS VISION

### NEARSIGHTEDNESS

Nearsighted people can see close objects clearly but objects in the distance are blurry. Being nearsighted means the curve of the cornea is too steep, or the eye itself is elongated, which results in images being focused in front of the retina. LASIK corrects this condition by flattening the curvature of the cornea. This allows the cornea to focus images on the retina.

### FARSIGHTEDNESS

Farsighted people see distant objects better but intermediate and close-up objects are blurred. In a farsighted eye the shape of the cornea is too flat, or the eye is too short, causing light rays to focus behind the retina. LASIK corrects this condition by steepening the cornea so that it focuses images onto the retina.

### ASTIGMATISM

Astigmatism is the inability to focus clearly at any distance due to an irregular or misshapen cornea. With astigmatism the cornea is shaped more like a football than a basketball and light rays focus at differing points on the retina. This causes both distant and near images to be distorted. LASIK corrects this oval shape so images can be clearly focused on the retina.

**Experience life in high-definition.**

## 3 STEPS OF LASIK

- 1.** The first step of the LASIK procedure is the creation of the corneal flap on the outer layer of the eye. The corneal flap can be created in one of two ways. In the early days of LASIK, doctors used a spinning hand-held blade called a microkeratome to cut the corneal flap. At Visionary Eye Doctors we use a blade-free femtosecond laser to create the corneal flap. This approach is a safer method for patients while providing greater precision and accuracy.
- 2.** Once the flap is gently folded back, an excimer laser is used to reshape the cornea according to your unique refractive error. With the precision of this advanced laser, most patients need a very miniscule section of tissue removed to make the correction.
- 3.** After the cornea has been reshaped, the flap is replaced to its original position where it immediately begins to bond with the tissue from which it was temporarily separated.

By the next morning, most patients have much improved vision, although it may take a few weeks or even longer for vision to completely stabilize.

Visionary Eye Doctors continues to raise the standard for safety and precision in vision correction by researching and implementing advanced, customized, all laser LASIK technologies. These systems have a permanent home in our office, allowing us to provide the most accurate results with less risk of side effects.



## WHAT TO EXPECT WITH LASIK

Many of the nationwide LASIK centers may not actually employ full-time surgeons. Their surgeons may come in from another practice – or even out of state – to perform as many surgeries as can be scheduled for that day and then move on to other assignments elsewhere, never seeing their patients again after they leave the operating room.

### Not at Visionary Eye Doctors!

Our local LASIK specialist, Dr. Daniel Sarezky, will be with you during your entire LASIK journey: from your initial consultation to all of your post-op appointments.

### Pre-Operative Exam

The exam process includes full corneal mapping of your eyes, refraction measurement, corneal thickness measurement, tear film consultation and careful dilated exam. These examinations take 2-3 hours and supply us with all the data necessary to verify that you are a candidate and provide you with a fully customized treatment. The thoroughness of these tests determines precisely which technology will produce the best possible vision outcome for you.

#### Instructions for Contact Wearers

- Soft contact lens wearers should stop wearing contacts for 1 week prior to the consultation and 2 weeks prior to the procedure.
- Gas permeable contact lens wearers should stop wearing contacts for 4 weeks prior to the procedure.

## WHAT TO EXPECT WITH LASIK

### Surgery Day

If you are nervous, we can provide you with medication to help you relax. The actual LASIK procedure only takes minutes per eye and is very comfortable. Shortly after your procedure is complete you will begin to notice clearer vision. However, you should not drive immediately after the procedure so make sure you have someone available to take you home where you should relax. Recovery is fast and most patients return to their normal activities the very next day.

### Post-Operative Care

Included in the cost of your LASIK procedure at Visionary Eye Doctors are a series of post-operative exams, the first of which will be on the day following your procedure. The remainder of these follow-up exams will be at one week, one month and three months. These are provided at no additional charge.

You'll be happy to know that most patients drive themselves to their post-op exam the day after their procedure! You may notice during the brief healing period that your vision fluctuates periodically and you may experience some mild dryness. These symptoms are normal and will disappear over time.



## COMMON QUESTIONS ABOUT LASIK

### Will LASIK hurt?

This is one of the most frequently asked questions when patients come in for their exam. For most patients, LASIK is virtually painless. Your eyes are numbed with a series of eye drops and you will be comfortable during the procedure. The only discomfort you should experience is a little pressure during the first step of the process. Afterward, you may experience some itching and redness as your eyes heal, but nothing that medicated eye drops can't handle.

### How soon can I go back to work?

LASIK is a very patient-friendly procedure and patients are surprised to hear they can generally return to work and other normal activities within 24-48 hours after their LASIK procedure. Most of our patients see 20/20 or better the very next day.

### What happens if I blink or move my eye during the procedure?

The lasers we use are equipped with eye trackers that will track any small movement your eye may make during the procedure. These eye trackers are so sophisticated that they track eye movements up to 400 times per second, completely neutralizing eye movements to assure a quality treatment and increased patient safety.





## COMMON QUESTIONS ABOUT LASIK

### Is LASIK affordable?

Studies have shown that the maintenance of glasses, contact lenses, contact lens solutions, etc., can often exceed the one-time cost of LASIK over an 8-10 year period. Getting a quality procedure from a highly accredited surgeon is well worth the investment. Bargain LASIK may not produce the results you want or include our level of personalized care. Plus, with the financing options available, LASIK may be more affordable than you think.

### What are the risks?

While no surgery is risk-free, keep in mind that over 14 million Americans have already had LASIK and that number is steadily increasing each year. Some ophthalmologists believe the long-term risk of wearing contact lenses is 5 times higher than the one-time risk of LASIK.\* We will explain the potential risks in detail during your LASIK consultation.

\* Sources: Mathers, W.D. Archives of Ophthalmology, October 2006; vol 124: pp 1510-1511. William Mathers, MD, Professor of Ophthalmology, Oregon Health & Science University Casey Eye Institute, Portland, OR.



## COMMON QUESTIONS ABOUT LASIK

### Can I really get rid of my glasses?

By choosing LASIK with the right doctor and advanced technology, the typical person age 21 to 40 will not need prescription glasses. Starting around age 40, people with normal distance vision may need reading glasses, whether they have had LASIK or not, due to reduced flexibility of the eye's natural internal lens. This change in near vision is called presbyopia. Monovision is one option that may reduce your need for reading glasses. This procedure allows for one eye to be treated for distance vision and the other eye to be treated for near vision.

### Will LASIK work for me?

Most people over age 21 who suffer from nearsightedness, farsightedness or astigmatism can be helped with LASIK, but a thorough eye consultation is the only way to determine if LASIK can achieve your expectations. The consultation should include full corneal mapping (topography), Wavefront diagnostic technology, corneal thickness measurement, tear film consultation and measurement of your pupil size to ensure that LASIK is right for you. You should feel comfortable with the assessment of your anticipated outcome before proceeding.

**Enjoy new adventures with clarity.**

## IMPORTANCE OF THE LASIK CONSULTATION

Our LASIK success is due, in part, because we only perform LASIK on people who are good candidates for this procedure. Our consultation includes eye dilation and comprehensive pre-op testing that takes 2-3 hours. We assess the thickness of your cornea, the health of your eyes, your refractive error and other aspects of your vision and lifestyle to determine the right procedure for you. Even with the extensive and advanced technologies available, some patients simply aren't ideal candidates for LASIK due to general eye health or corneal conditions. We promise to be very honest with you; if you are not a candidate, we will let you know why we don't recommend surgery. We pride ourselves in telling a significant number of patients who come in for consultations that we do not recommend LASIK, as our sincerest hope is for our patients to be happy and satisfied with their outcome.

We also use the consultation to answer all of your questions so you can be comfortable making the decision that is right for you. If you are an excellent candidate for LASIK it's up to you to decide what your next step should be.



## LASIK ALTERNATIVES

Not everyone is a candidate for the LASIK procedure due to specific medical conditions such as cataracts, corneal thinning or other reasons. If it is determined that LASIK is not right for your eyes, we will discuss with you why LASIK is not recommended and offer alternate treatment options to consider.

### Photorefractive Keratectomy (PRK)

We may recommend PRK (photorefractive keratectomy) for patients with thin corneas. With PRK there is no flap created; instead, the cornea's outer layer (epithelial) is gently removed to allow access to the underlying corneal tissue for laser treatment. The corneal reshaping treatment is the same for both LASIK and PRK. While the visual outcomes of PRK are comparable to LASIK, the recovery times are usually longer and patients may experience some discomfort during the healing process. We will advise you at the time of your consultation if PRK is recommended for your eye condition.

### Clear Lens Exchange or Refractive Lens Exchange

LASIK vision correction is not always the best treatment option for patients who are severely farsighted (meaning they have trouble seeing clearly up-close). Alternatively, if your eye lenses are starting to lose their flexibility due to normal aging (presbyopia), LASIK may not be the best option. Dr. Sarezky may recommend a procedure called clear lens exchange or refractive lens exchange instead. During these procedures, your natural eye lens is removed and replaced with an artificial Intraocular Lens (IOL) that is designed specifically to help you achieve the clear vision you want. There are different types of IOL options that can provide varying levels of vision clarity. Our team will help you determine the best IOL for your lifestyle, vision goals and budget.

## LASIK ALTERNATIVES

### Implantable Collamer Lens (ICL)

Implantable Collamer Lenses (ICL) are a good alternative for people who are not suitable for refractive procedures such as LASIK or PRK because of moderate to severe nearsightedness, thin corneas, history of dry eye or large pupils. Dr. Sarezky may recommend the Visian ICL, a lens that is implanted in your eye through tiny corneal incisions. The lens allows light entering the eye to focus on the retina for clear vision. Even though the lens will be invisible to others, it can make your vision sharper and more vivid. The procedure takes as little as 15 minutes per eye with very little discomfort for most patients because the eye is numbed with a topical or local anesthetic prior to the procedure.

**Discover what you've been missing.**

## PAYMENT AND PRICING

Although some LASIK centers may advertise extremely low LASIK prices, it's important to know that most patients do not qualify for the lower rates. These centers may also offer outdated technology, extra hidden fees, a low level of patient care, less experienced surgeons and, ultimately, unsatisfactory vision results after surgery.

At Visionary Eye Doctors, we will work hard to make high quality vision correction affordable for you. Our free LASIK consultation includes a fully dilated exam with all pre-op testing required to determine your candidacy for LASIK. When we have assessed your eye health, we will be able to provide you with the total cost of your procedure.

### The fees for LASIK at Visionary Eye Doctors include:

- Pre-operative exam
- Laser vision correction procedure
- 4 follow-up exams

If cost is a concern, we will inform you about options to work clear vision into your budget.

### 0% Interest Financing

We offer no-interest financing and low-interest extended payment options through CareCredit®. The approval process is quick and easy and we are happy to help you with the paperwork.

## PAYMENT AND PRICING

### Flexible Spending Accounts

You can also use Flexible Spending Accounts, Health Spending Accounts or Health Reimbursement Arrangements to pay for your LASIK procedure. The accounts allow you to set aside pre-tax dollars for procedures like LASIK.

### Don't enroll in the plan until you:

1. Know for sure you are a good candidate for LASIK by scheduling your LASIK consultation at Visionary Eye Doctors.
2. Know how much your LASIK procedure will cost so you can allocate the right amount to your account. This will be determined at your LASIK consultation.
3. Make sure you can work the LASIK procedure into your schedule before the time limit runs out on your plan.
4. Fully understand all of the rules of your plan.

We also accept most major credit cards and personal checks.

LASIK is not typically covered by insurance plans because it is not considered a medical necessity. However, if your insurance plan covers refractive surgery, we ask that you submit your claim to your own insurance plan. With or without insurance coverage, it is important to choose a LASIK center that is reputable – one with a long list of happy patients.



## MEET OUR LASIK EXPERT



### Daniel Sarezky, MD

Board-Certified Ophthalmologist  
Cornea and External Diseases

Dr. Sarezky earned his medical degree from Northwestern University. He completed his residency in Ophthalmology at the Scheie Eye Institute of the University of Pennsylvania, followed by a fellowship in cornea and external disease at the Wilmer Eye Institute of Johns Hopkins University. He has participated in numerous research studies and has been published in several ophthalmic journals.

Dr. Sarezky enjoys spending time with his growing family and enjoys hiking and camping. Interesting trivia fact: Dr. Sarezky has visited all 50 states in the United States. Dr. Sarezky sees patients in our Rockville and DC offices.

## WHY CHOOSE US?

Hundreds of thousands of people have chosen Visionary Eye Doctors for their vision care needs since our founding in 1997. Since the first day opening our doors, we have been a practice built on the foundation of the Golden Rule. Every patient is treated with the utmost respect and compassion from every member of our team – exactly how we would like to be treated. Nothing is more important to us than your eye health, overall health and well-being. We will never recommend cataract surgery or advanced lens options unless we truly feel it will benefit your quality of life.

When you come in for a free LASIK consultation, you will experience first-hand our level of commitment:

- **Personal Attention:** We understand that many of our patients are anxious about having an elective procedure like LASIK. It is our job to put your mind at ease and make you feel at home in our office. Our entire team extends friendly and compassionate care to all of our patients.
- **Integrated Surgeries:** Sometimes patients come to us with other vision or medical issues such as glaucoma, diabetes or previous surgeries. Our team works together to ensure that complex conditions are carefully evaluated before we recommend LASIK.
- **Multicultural Practice:** We have the ability to speak in 7 languages: English, Spanish, French, Creole, Arabic, Farsi and Tagalong. Additional translators are available for other languages.

## ARE YOU READY?

We hope that we have provided you with enough information to help you make an informed decision about LASIK. The one answer we cannot provide in this booklet is if LASIK is right for you. The only way we can answer this is by performing a thorough examination to determine your candidacy for the procedure. If you feel hesitant about taking this step, please rest assured that our goal is to help you understand your options. There is absolutely no obligation to proceed with the procedure.

Choosing a qualified surgeon and center is a difficult process and one of the most important decisions you can make for a successful outcome. When it comes down to the final decision, it's all about trust. We hope you will trust Visionary Eye Doctors to help you achieve freedom from the irritation, dependence and expense of glasses and contact lenses. Thousands of people have trusted us for their vision care...schedule your consultation to find out why.



**SCHEDULE A LASIK  
CONSULTATION TODAY**

**(301) 945.7908  
WWW.VOEYEDR.COM**

## LOCATIONS

### ONE CENTRAL PLAZA

11300 Rockville Pike, Suite 1202  
Rockville, MD 20852

### VAN NESS CENTER

4301 Connecticut Ave., NW, Suite 125  
Washington, DC 20008

### DAMASCUS

26135 Ridge Rd.  
Damascus, MD 20872