LASIK, Just for Me

Was this what I’d been looking for the whole time?

LASIK Basics
At-a-glance info!

MY DEEPEST SECRET
Why I decided to get LASIK.

Is the LASIK Lifestyle Right for You?
Get an answer with our quick and easy quiz!

Life After LASIK: Finally Free!
How will you celebrate your newfound freedom?

Compliments of:

* Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.
karen*

Chose a LASIK procedure optimized for her unique vision.

Your eyes are as unique as you are.
Make sure they’re treated that way.

Consult with your doctor about the risks associated with LASIK surgery.

For important Safety Information and full Directions for Use, please reference the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System Directions for Use at the end of the magazine.

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See What You’re Missing.

There’s a whole wide world of unique things to see and do out there. And you? You’re part of that. As unique as you are, you deserve every opportunity to experience life without compromise, to stand out from the crowd. Sometimes, though, it can feel like something’s holding you back. Maybe something as simple as a pair of contacts or glasses.

If you’re looking for a way out from under contacts and glasses, LASIK surgery may be able to give you the freedom you need to do more of the things you’ve always wanted.

Still, LASIK is more than just being free from glasses and contacts – it’s about having the unique confidence to shine in every part of your life, and getting you in the spotlight where you belong.

You probably already know the gist of LASIK. But, no doubt you still have questions – about safety, about what to expect – and we’ll answer those questions the easiest way we know how: By sharing stories of what most patients have experienced before, during and after LASIK.

Once you’ve got the full story, you can decide if LASIK makes sense for you. And if it does, well, get ready to see what you’re missing.

LASIK, Just for Me

Your eyes are unique – shouldn’t your LASIK treatment be, too?

What is LASIK, anyway?

LASIK (laser-assisted in-situ keratomileusis) is a surgical procedure which involves reshaping your eyes with a laser to help improve eyesight. By creating a tiny door, or flap, in the surface of your eye, your surgeon can easily correct vision problems; this door is then closed, and your eyes heal up on their own. Although LASIK can provide benefits to your vision, it’s still a surgical procedure and also carries some risks; make sure to discuss the pros and cons of LASIK with your doctor, so you can make an informed decision.

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.
My Deepest Secret

Why I decided to get LASIK.

The secret is out. LASIK is in.

I think it’s finally time to share my secret. Not just any secret, though: My deepest, darkest secret. The one that’s been haunting me for years.

I have myopia.

*Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.*
All right, so maybe that doesn’t sound like such a big deal, but my myopia has put me through a lot. And now that I’ve finally got my act together — strong and independent and confident — it’s time for LASIK surgery to put that secret to rest, once and for all.

In the grand scheme of things, I know that being nearsighted isn’t the end of the world. I can’t see faraway objects very well, so I need contacts or glasses. No big deal, right? Well, try telling that to my middle school self.

It all started back in seventh grade. The classic story, you hear it all the time: Couldn’t see the blackboard. Got the glasses. Got teased. Relentlessly. I was counting myself lucky if I got compared to some kind of bug-eyed insect half a dozen times a day. And don’t get me started on school dances; I was a late bloomer to begin with, and Coke* bottle lenses weren’t exactly helping my cause.

Now, since the day I first talked my parents into contacts in high school, no one’s been the wiser about my little secret. But that little bug-eyed glasses girl still lurks behind the scenes, making me feel like a nervous wreck every time I think someone might discover the truth.

And there have been some close calls. Contacts work pretty well, but they’ve got more than their share of problems. They can dry out, pop out and generally flip out under the slightest stress. Allergies, and I’m a red-eyed, teary mess. Cold, windy days, and I can barely see, my lenses feel so dry.

I grew up strong – I am a capable, independent person. And I can’t deny that my glasses made me who I am. I just don’t want them to keep defining me. I’ve got my life together, and my look together, but this one part is always going to eat away at me just a little bit. And that’s what got me thinking about LASIK.

I was a little nervous about the idea of a laser being used on my eyes, but once I did the research – talked to my doctor, talked to friends who’d had LASIK – and discovered just how safe and effective LASIK can be, I knew that the procedure made sense for me.

I’m tired of having this secret. Of trying to keep that younger, dorkier version of me under wraps. I’m ready to drop that last annoying little bit of insecurity and burst onto the scene with the confidence of a woman completely in control of her own destiny. No more secrets or cover-ups. The freedom to do what I want, when I want, without worry. I’ve done the research; LASIK has the ability to provide sight-changing, life-changing results, and I’m ready to change both.

**Remember:** Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

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How Safe Is LASIK?

You already know the benefits of LASIK, but you may still have some concerns about the safety of the procedure. That’s perfectly natural – LASIK is still surgery, after all.

Rest assured that LASIK was extensively evaluated by the FDA before it received approval for widespread use. Every LASIK system that goes to market is subject to clinical evaluation to ensure the procedure is effective at correcting vision in a majority of patients, with a low occurrence of complications.

*The numbers don’t hurt, either – every year, nearly 400,000 Americans have LASIK surgery.*
*And 97% of patients recommend the procedure to their friends.* They’ve got to be onto something!

How Effective Is LASIK?

Obviously safety is a priority with LASIK, but you want the procedure to work, too, right? The same clinical evaluations used to determine the safety of a LASIK system are also used to determine its effectiveness. And the numbers are encouraging:

- **93%** of nearsighted patients see 20/20 or better.
- **83%** of farsighted patients see 20/25 or better.
- **92%** of patients described their vision as “good” or “excellent.”
- **75%** of Wavefront Optimized® treated nearsighted patients and **64%** of Wavefront-Guided nearsighted patients actually see better than 20/20!


Is the LASIK Lifestyle Right for You?

Seeing LASIK in your future, or not so sure you need it? Get an answer with our quick and easy quiz!

**Do you want better vision?**

- A) Absolutely.
- B) No. I’m hoping for a future in professional sports refereeing.

*LASIK may be able to give you the vision you’ve always wanted – without the aid of contacts or glasses. Unfortunately, it can’t do anything about the ref’s latest bad call.*

**How would you describe your contact lens or glasses prescription?**

- A) Dependably predictable. Sort of like the rising of the sun.
- B) Like a bad audition on “American Idol.”” Up and down, back and forth – it’s all over the place.

*If you’re looking to get LASIK, it’s important that your prescription has been stable for around 1-2 years. Sometimes, change really isn’t for the better.*

**Your date has taken you to see a foreign film. Can you read the subtitles?**

- A) Subtitles? I can’t even tell who’s talking.
- B) Yes. But I still don’t understand this movie.

*Forget being nearsighted – or farsighted, for that matter. LASIK may be able to make it easier to see the big picture (or even a bad movie) much clearer.*
If you answered:

Mostly A’s
Seems like glasses or contacts are cramping your style. And we’re guessing you’ve probably had enough. Why not schedule a consultation with your doctor to chat about LASIK? There’s a chance it might be right for you.

Mostly B’s
Based on your answers, we’re not so sure you’d benefit from LASIK—or that you even need it. Of course, maybe your answers were induced by wishful thinking. Don’t worry, there’s no harm in imagining what life would be like without contacts or glasses. But there’s no harm in having a chat with your doctor, either.

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.

Quiz
Your best friend suggests an impromptu skydiving session. Your first reaction is to:

☐ A) Worry about the effect terminal velocity winds will have on your contacts (or worse, your glasses!).
☐ B) Search for your spare parachute.

Looking for the freedom to be adventurous, without having to worry about your contacts or glasses? LASIK may be able to help with that.

How good are you at sitting still?

☐ A) I can handle short bouts of stillness.
☐ B) I fidget like a five-year-old who’s eaten too many Pixy Stix®

Good thing poise comes with age, because you need to be 18 (and sometimes 21) to undergo LASIK. The procedure itself is relatively simple on your end, however: all you really have to do is lie still for a few minutes and focus on a blinking light.

When you get a headache, it’s typically induced by:

☐ A) Straining to see your computer.
☐ B) Last night’s shenanigans.

Let’s face it. Contacts and glasses can be a pain—literally. Bad prescriptions, ill-fitting glasses and dried-out contacts can cause all sorts of on-the-job discomfort. If you’re tired of the torment, maybe LASIK is for you.

Your best friend suggests an impromptu skydiving session. Your first reaction is to:

Confessions of a LASIK Reject.*

Finally, the day had come! After years of planning and waiting (and dreading every minute in contacts and glasses), I was finally getting LASIK!

…or so I thought.

Turns out my doctor didn’t think I was an ideal candidate for the procedure: AARGGGH! Can you believe it?

Other Laser Procedures

Did you know that there are types of laser vision correction besides LASIK? While they work on the same principle—using a laser to reshape your eyes for clearer vision—these procedures offer different techniques and technologies that may be a fit for you.

Lens Options

In time, implantable lenses may offer an alternative for patients who can’t have LASIK. These artificial lenses would actually be placed within your eyes to correct vision—almost like wearing your contacts on the inside!

This was truly the end of my dream of being free from contacts and glasses!

…or so I thought!

My doctor went on to say that, even though LASIK is the option everyone’s heard of, there are a number of alternatives that may be able to give me the same amazing results! What a relief! And it’ll be even more of a relief when I pick the procedure that’s right for me and finally ditch my eyewear for good!

This was truly the end of my dream of being free from contacts and glasses!

…or so I thought.

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*American Idol” is a registered trademark of 19 TV Ltd. and FremantleMedia North America, Inc.
**“Pixy Stix” is a registered trademark of Société des Produits Nestlé S.A.

*Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.
First he was apprehensive.

Now he’s LASIK’s biggest advocate.
At first, Spencer wasn’t so sure about LASIK. “Quite frankly, I was a little nervous to even consider it,” he says, “because they’re your eyes, and your eyes are all you have.”

He had friends who had gotten the procedure, though, and decided to ask them about their experiences. “I got great responses,” he says. “People were just blown away by the difference it made.”

But, after talking to a surgeon, what really convinced Spencer was the personalized aspect of LASIK with WaveLight® refractive technology. “Everyone’s eyes are different, so the WaveLight® technology was intriguing to me.” And with that, he made an appointment to undergo surgery.

Spencer saw results right after his procedure. “I went home and slept for a few hours. When I woke up, I remember being able to see my alarm clock for the first time without having to reach for my glasses. It was pretty neat.”

And, as he describes it, things just kept getting better.

“As the weeks were going by, everything just crisped up and my eyesight got a little clearer every day.”

Now, Spencer’s the one telling people about LASIK with WaveLight® technology. And the advice he gives? “If your vision was as bad as mine, you’ve got to get it done. You’ve got to do it.”

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.
What’s got your eyes bent out of shape?

Your eye works like a camera, bending light to focus it onto the retina (the back of your eye) for a crisp, clear image. If your eye is the ideal shape, light will focus precisely where it should, and you’ll have great vision. However, if the shape of your eye is even a little off, it can result in light focusing at the wrong spot, leading to distorted eyesight.

- **Myopia** (Nearsightedness)
  - Light rays bend more than they should, so they focus in front of the retina. Faraway images seem blurry.

- **Hyperopia** (Farsightedness)
  - Light rays bend less than they should, so they focus behind the retina. Close-up images seem blurry.

- **Astigmatism**
  - Light rays bend at different angles, so they're not all focused at the same spot. All images seem blurry.

**Luckily, the latest LASIK systems are designed to correct each of these conditions!**

**What should you look for in LASIK?**

Unfortunately, all LASIK procedures are not created equal. Every surgeon uses different equipment – different lasers – which may lead to different results. When looking for your LASIK solution, here’s a list of things you should keep an eye out for:

**Speed**

Don’t worry – we’re not talking about anyone rushing through your procedure; this is about laser speed (fig. A). The faster the laser, the more efficiently it can reshape your cornea, and the less your eye is exposed to environmental influences like temperature and humidity.\(^1\)\(^2\) If you want outstanding LASIK results, then you’ve got a need for speed.

**Ask your doctor:** How fast is your laser?

The earliest lasers could only get up to 10 – 20 Hz; today, with WaveLight® refractive technology, they can be as fast as 200 – 400 Hz!\(^6\)

**Precision**

Of course, speed doesn’t matter unless the laser is precise enough to properly reshape your eyes as it goes. A lot of this comes down to “spot size” (fig. B). The smaller the size of each laser pulse, the easier it is for your surgeon to correct tiny errors that can affect vision.\(^7\)\(^8\) At the same time, precise eye tracking technology can help ensure the laser is always properly aligned, even if your eyes shift slightly during surgery.

**Ask:** What’s the spot size of your laser? The latest lasers, like the one used in the WaveLight® system, usually have a spot size of a millimeter or under – about the size of a pin head!\(^6\)

**Find out:** What’s your laser’s eye tracking rate? Eye tracking can range from 60 Hz in older LASIK systems all the way up to 400 Hz with WaveLight® refractive technology.\(^9\)

**LASIK Fast Facts:**

- More than 17 million people worldwide have had some form of laser vision correction.\(^1\)
- Every year, nearly 400,000 Americans have LASIK surgery.\(^2\)
- 93% of nearsighted patients see 20/20 or better following LASIK surgery.\(^3\)
- 87% of patients recommend LASIK to their friends.\(^3\)

References:
As far as surgery goes, LASIK is a relatively simple procedure that has the potential to produce amazing results. However, it’s still surgery, and that means there is also the potential for risks, complications and side effects. It’s a big decision and a whole lot to think about – if you’re starting to feel a bit bogged down with facts, we’ve got the most important, need-to-know info right here. Remember: To get the full story on LASIK, talk to your eye doctor, so you can decide what’s right for you!

**Personalized Treatment**

Originally, every LASIK patient received the same basic procedure every single time, without accounting for all the unique attributes that make your eyes special (fig. C). Now, WaveLight® refractive technology actually allows your surgeon to create a personalized treatment plan, with different treatment options that take into account your unique visual needs – your eyes, your goals, your lifestyle – for your best results.

**Ask:** Do you offer LASIK personalized for my unique vision?

**Natural Eye Shape**

Early LASIK procedures reshaped your eyes without considering the way your eyes naturally curve (fig. D) – as a result, LASIK surgery could result in tiny errors in your vision. Today, the WaveLight® system offers a unique procedure that actually accounts for the natural shape of your eye, following its curvature. As a result, WaveLight® refractive technology can help preserve the quality of your vision.

**Ask:** Can you provide a LASIK procedure that follows the natural curve of my eyes?

**Bladeless LASIK**

With traditional LASIK, your surgeon had to create the flap in your cornea with a surgical blade. This is a standard step in LASIK – performed hundreds of times by your surgeon – but it can still be a concern for some patients. Fortunately, some of the latest LASIK systems actually feature a second laser, specially designed for fast, precise flap creation (fig. E). Many patients find this bladeless, or all-laser, LASIK procedure more appealing.

**Ask:** Does your LASIK procedure include a second laser for flap creation?

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**WaveLight® technology makes a difference in LASIK.**

WaveLight® refractive technology combines newer surgical advancements into a LASIK procedure personalized for your ideal vision. If you’re looking for LASIK that’s as unique as you are, the WaveLight® system may be right for you – and we’ve got the stats to back it up!

- **92%** of farsighted patients see 20/25 or better.  
- **83%** of nearsighted patients see 20/20 or better.  
- **92%** of patients described their vision as “good” or “excellent.”

**Think 20/20 vision is impressive? 75% of Wavefront Optimized® treated farsighted patients and 64% of Wavefront-Guided nearsighted patients actually see better than 20/20.**

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**Remember:** Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.
Like you, I’m pretty unique. And it turns out my eyes are, too. So why was it so hard to find a LASIK procedure that could give me the special treatment I was looking for?

If you were to see me walking down the street, you’d probably think I was … one-of-a-kind. And you’d be right. I’ve got my own style – bright colors, bold patterns, sometimes an odd accessory if the mood strikes me right.

And, just like everyone, I’ve got my *stuff* – quirks, habits, likes and dislikes. By day, I work as a research assistant in a lab; by night, I throw and fire my own pottery (What can I say? I’m a study in opposites).

The way I see it, we’re all special, and the thing that makes us that way is our unique traits – our oddities. So, sure, it might be a little strange that I love broccoli more than I like chocolate, but that’s what makes me, me.

*Remember:* Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about *WaveLight®* refractive technology, see the Important Safety Information at the end of the magazine.
The latest LASIK systems now do even more to provide personalized treatment: WaveLight® refractive technology may actually help to ensure more natural eye shape! You see, when LASIK first got started, it didn’t really account for the way your eyes curve naturally. So, in trying to fix your vision, these early procedures could actually result in tiny vision errors. Now, though, WaveLight® technology features a unique procedure designed to reshape your eyes while following their natural curvature. So, when it comes to that natural look, and keeping curves in all the right places, there’s only one choice!

And yeah, my eyes are a little quirky, too. Which is why I’ve been wearing glasses my whole life. But, as much as I like glasses, they’ve been getting in the way a lot lately. It’s pretty hard to look in a microscope with your glasses on; it’s even harder to use a potter’s wheel when your frames keep slipping down your nose. And do you have any idea how difficult it is to get dried clay off your lenses?

And that’s not even the worst of it. Glasses are also constantly getting in the way of my favorite accessory, the one part of my wardrobe that goes with everything — my eyes!

I tried contacts for a while, but they just weren’t my cup of tea – the only person I want poking around my eyes is my eye doctor. So, naturally, I started to look into LASIK. And boy, was that confusing! It seemed like everyone was promoting some crazy bargain or gimmick. Where was the LASIK that was right for me?

Finally, I got sick of digging through all the big claims and half-truths, and went straight to the source: my eye doctor. He said that, if I was considering LASIK, it wasn’t about bargains or sales ploys; it was about results.

I realized he was right. After all, this was my only set of eyes; I wouldn’t want to risk my favorite accessory for the sake of some half-priced LASIK procedure.

My doctor explained that my eyes are as unique as I am, with a whole series of different perks and quirks. So, while my eyes may have the uncanny ability to go with every outfit, they also aren’t that great at focusing close-up.

The thing is, despite how unique our eyes are, in the past, every LASIK patient was given the same standard treatment, every single time. Like an assembly line. And a lot of those bargain procedures still do it that way. Well, that hardly seems right to me! I’m my own girl; I don’t want to be just another pair of eyes in the lineup!

Doctor told me about LASIK with WaveLight® technology. Thanks to some amazing new advancements, he can now offer a personalized treatment plan, based on my specific needs. Wait – LASIK surgery that was unique to my eyes? Was this what I’d been looking for the whole time?

He told me more: If my eyes have a lot of tiny errors that need fixing, there’s a treatment for that. If my eyes could benefit from a more natural shape, there’s a treatment for that, too! We would work together and figure out the treatment path that makes the most sense for me, based on my eyes and my goals for after surgery.

Well, that was perfect! I’d finally found LASIK that’s just as unique as I am!

I talked some more with my doctor, covered the pros and cons of surgery, did some more research on my own and discussed it with my family. In the end, though, it wasn’t a hard choice. After all, my unique LASIK had been waiting for me the whole time.*

Wait – LASIK surgery that was unique to my eyes? Was this what I’d been looking for the whole time?

And that’s when my doctor told me about LASIK with WaveLight® technology. Thanks to some amazing new advancements, he can now offer a personalized treatment plan, based on my specific needs. Wait – LASIK surgery that was unique to my eyes? Was this what I’d been looking for the whole time?

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Choosing the Right LASIK Procedure

When it comes to your eyes, can you afford to bargain?

You’ve probably seen ads for “bargain” LASIK procedures: “SAVE BIG ON LASIK!” “Cheap LASIK!” “ValuLASIK: Buy one eye, get one free!” If these “bargains” sound too good to be true, it’s probably because they are. Many of these low-priced procedures use outdated technology – slower, less precise, fewer features to address the unique characteristics of your eyes. Your eyes have traits that make them your own, but bargain LASIK typically gives everyone the same standard procedure, every single time – how’s that for special treatment? Remember, you’ve only got one set of eyes – invest wisely. If you’re considering LASIK, do the research and make sure you’re being treated right.

SAVE BIG ON LASIK!

Cheap LASIK!

The Natural Look

The latest LASIK systems now do even more to provide personalized treatment: WaveLight® refractive technology may actually help to ensure more natural eye shape! You see, when LASIK first got started, it didn’t really account for the way your eyes curve naturally. So, in trying to fix your vision, these early procedures could actually result in tiny vision errors. Now, though, WaveLight® technology features a unique procedure designed to reshape your eyes while following their natural curvature. So, when it comes to that natural look, and keeping curves in all the right places, there’s only one choice!
my time
in the (laser) limelight*

Walking you through the LASIK process, every step of the way.

Posted August 4th, 11:04pm
All right, I’ve just about had it. I was out climbing today, and my contacts gave out on me again! Another trip cut short. Between the dust, the grit, the hot sun, and the sweat in my eyes, my lenses just don’t stand a chance on the cliffs. I’ve got to do something about this… And glasses just don’t strike me as the best idea, 500 ft. up.

Posted August 7th, 9:36pm
Started looking into LASIK. You know me – I’m very big on finding the right gear for the job. When you’re hanging off of a rock face, the ten bucks you saved on cheap rope or a junky carabiner can suddenly make a world of difference. I’m always going to want the best of the best – and the same thing definitely applies to my eyes.

Posted August 9th, 12:12am
I’ve spent the last few days researching LASIK systems, and I’ve started coming to some conclusions.
• No surprises here, but bargain LASIK is out.
• From what I’ve read, it seems the most advanced LASIK technology is trending towards personalized treatment and maintaining a natural eye shape.
• Also, the latest LASIK systems now actually offer an all-laser procedure, in which both steps of the surgery – flap creation and eye reshaping – are each done by separate lasers.
• It turns out that the speed and precision of these lasers can make a big difference when it comes to getting a good outcome.

At this point, I think I’ve discovered all I can from online research. I’ve got an appointment next week with my eye doctor, and a pretty good checklist of what to look for in a LASIK system. Let’s do this!

Posted August 15th, 2:11pm
Talked to my doctor and cleared up all my remaining questions. He made sure to remind me that, while LASIK sounds pretty awesome and can definitely have amazing results, it’s still surgery, and that can sometimes mean complications or side effects. I’ve thought it over, though, and LASIK is the right choice for me. I’m gonna take the plunge – contacts and glasses have been slowing me down for too long. Appointment’s in 2 weeks. I’m counting the minutes.

Posted August 29th, 1:20am
Can’t sleep. The big day’s today. I’ve read all the stats about the safety of LASIK procedures, and I’m sure I made the right choice in laser technology with the WaveLight® Workstation, but that doesn’t mean I’m still not a little nervous.

Tomorrow I’ll be posting in real time from my phone, with my thoughts on the experience, so be sure to tune in.

Posted August 29th, 7:03am
On my way to the doctor’s office. Tara’s acting as chauffeur today (can’t drive yourself after eye surgery), so I’m trying to get a Driving Miss Daisy riff going. This early, she is not interested.

Posted August 29th, 8:06am
Cute nurse cleaned around my eyes. Tried to make a guyliner joke; failed. Maybe the laser can reshape my sense of humor.

Posted August 29th, 8:09am
Speaking of the lasers…

Check it out, in all its glory!

Posted August 29th, 8:12am
They’ve added some eye drops to numb them for the procedure. Tempted to poke myself in the eyes, but that’s probably frowned upon.

Posted August 29th, 8:21am
About to lie down under the laser. (Hopefully) about to say goodbye to contacts and glasses for good! Wish me luck!
HEALING UP
As part of the recovery process, your surgeon may ask that you:

• Use prescription eye drops to prevent infection and reduce any swelling or irritation.
• Use an over-the-counter lubricant eye drop to keep your eyes moist and comfortable.
• Wear eye shields, particularly during sleep, to prevent irritation.
• Wear dark eyeglasses if you experience sensitivity to bright lights.
• Avoid rubbing your eyes for a few weeks after surgery.

A week or so after surgery, you'll probably also have a follow-up visit with your doctor, just to make sure your eyes are healing nicely.

Posted August 29th, 8:50am
Whoa, what a rush! That really was easy! It’s just like rock climbing – if the skills are there, and the right tools are there, the thing’s a breeze. What was I worrying about?

I went from laser to laser in a matter of minutes; all I had to do was focus on a blinking light while my surgeon first created the flaps, then reshaped my eyes. At first I was worried about my eyes moving too much, but then I remembered they have eye tracking technology, just in case.

All in all, it was great. I hardly felt a thing – just a bit of pressure on my eyes. It got a little psychedelic there for a bit (for a while, I couldn’t see anything besides swirling colors), but that passed quickly. No stitches, no bandages, nothing. I sat up, and my eyes already seemed better!

Posted August 29th, 9:47am
Waiting for the go-ahead from the doc to go home and rest. I swear, my vision seems to be getting better every minute. And apparently, it can keep getting better over the next few months, as my eyes heal. Looks like I have a lot to look forward to!

Posted September 15th, 4:52pm
Headed back on the rocks for the first time today. My vision’s never seemed better, and I don’t have to worry about contacts or glasses any longer. Man, I wish I’d done this sooner!

See the Light.
WaveLight® technology can change the way you view the world.

Everywhere you look, technology is constantly evolving. Phones, cars, computers – new innovations are being developed all the time, pushing the limits of what the technology can do, and the benefits it can provide. So why would LASIK be any different?

Alcon, the world leader in eye care technology, is constantly seeking new and better ways to help improve vision. Their latest effort? The WaveLight® Workstation, a one-two punch of LASIK performance, designed to provide outstanding results:

The WaveLight® FS200 Laser was developed to make the process of flap creation – often the part of LASIK surgery patients worry about most – a little more predictable. Although flaps were originally created by hand, the WaveLight® FS200 Laser offers an all-laser, bladeless alternative, with fast, precise custom flap creation.

Flap creation is important, but it’s reshaping the eye that provides the clear vision you’ve been looking for – and for that, you need the right combination of speed, precision and personalization. Designed to provide outstanding results, the WaveLight® ALLEGRETTO WAVE® Eye-Q Laser combines high-speed laser technology, precise beam positioning and the flexibility of personalized treatment paths.

Exceptional LASIK performance starts with exceptional LASIK technology. To learn more about Alcon and the WaveLight® Workstation, visit ReclaimYourVision.com

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.
Why Loryn says LASIK with **WaveLight®** refractive technology gave her “the freedom to experience the world.”

*Loryn* is a real patient who had LASIK surgery with **WaveLight®** refractive technology.
† Results may vary. Although LASIK can offer benefits to your vision, it's still a surgical procedure. Talk to your doctor about the risks and benefits of LASIK, so you can make an informed decision.
Loryn had long relied on glasses and contact lenses to correct her vision problems. And while they helped get her through college, contacts couldn’t give Loryn the freedom she needed to dive into life’s other adventures.

“I wanted to learn to surf,” she says, “but contacts were just too uncomfortable to wear in the water.” So Loryn’s eyesight – and her surfing – suffered… until a friend recommended she look into LASIK.

Fed up with contacts and intrigued by the possibility of being free to try new things, Loryn opted to get LASIK with WaveLight® refractive technology. She quickly noticed results.

“I remember riding home from the procedure thinking, ‘Oh my gosh, I can see!’ I could see the hills and I could see the houses on the hills and all their little windows. I could experience the world without needing something on my eyes.’”

Now Loryn rides the waves like a pro. And her only regret about LASIK with WaveLight® technology? Not having it sooner. “If I could have done it ten years ago,” she says, “I would roll back time and I would do it then. I’ve never experienced the world like I experience the world now.”

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.
For Kacie, LASIK opened up a whole new world of opportunity.

Looking forward to a brand new look – it’s finally time to show off my eyes!

Every month, I set aside the money I’d have spent on contacts and lens solution. Fiji Islands, here I come!

Life After LASIK: Finally Free!

For Kacie, LASIK opened up a whole new world of opportunity.

“All good things are wild and free”

Henry David Thoreau
I always wanted to see better, but potentially **better than 20/20?**

For me, life after LASIK has been positively liberating. Nothing can compare to the freedom I felt when I finally said goodbye to my glasses and contacts. Today, I’m more willing to try new things (Kayaking, anyone?). I feel more confident. And my world has changed in so many ways.

- Kacie*

Now, the only lenses I need are for zooming.

“Freedom lies in being bold.”

- Robert Frost

Remember: Although LASIK surgery has been shown to be safe and effective, it’s still surgery, and like any surgical procedure, there can be complications or side effects. Make sure to discuss the risks and benefits with your doctor, so you can make an informed decision about surgery.

To learn more about WaveLight® refractive technology, see the Important Safety Information at the end of the magazine.

* Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.


Giving my glasses an appropriate send-off — by sending them to **someone in need.**

**New Eyes for the Needy** recycles donated eyeglasses and distributes them to needy nations around the world. Want to donate your old glasses? Drop them in a box or a padded envelope and send them to:

**New Eyes for the Needy**
549 Millburn Avenue
P.O. Box 332
Short Hills, NJ 07078

* Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.

PRECAUTIONS: Safety and effectiveness of the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System have not been established for patients with: progressive myopia, hyperopia, astigmatism and / or mixed astigmatism; ocular disease; previous corneal or intraocular surgery, or trauma in the ablation zone; corneal abnormalities including, but not limited to, scars, irregular astigmatism and corneal warpage; residual corneal thickness after ablation of less than 250 microns increasing the risk for corneal ectasia; pupil size below 7.0 mm after mydriatics where applied for wavefront-guided ablation planning; history of glaucoma or ocular hypertension of >23 mmHg; taking the medication sumatriptan succinate (Imitrex®); under 18 years (21 years for mixed astigmatism) of age; over the long term (more than 12 months after surgery); corneal, lens and/or vitreous opacities including, but not limited to, cataract; iris problems including, but not limited to, coloboma and previous iris surgery compromising proper eyetracking; taking medications likely to affect wound healing including, but not limited to, antihypertensives, treatments with an optical zone below 6.0 mm or above 6.5 mm in diameter; treatment targets different from emmetropia (plano) in which the wavefront-calculated defocus (spherical term) has been adjusted; myopia greater than -12.0 D or astigmatism greater than 6 D; hyperopia greater than +6.0 D or astigmatism greater than 5.0 D; mixed astigmatism greater than +6.0 D; and in cylinder amounts >-6.0 D.

Due to the lack of large numbers of patients in the general population, there are few subjects with cylinder amounts in this range to be studied. Not all complications, adverse events, and levels of effectiveness may have been determined.

Pupil sizes should be evaluated under mesopic illumination conditions. Effects of treatment on vision under poor illumination cannot be predicted prior to surgery. Some patients may find it more difficult to see in such conditions as very dim light, rain, fog, snow and glare from bright lights. This has been shown to occur more frequently in the presence of residual refractive error and perhaps in patients with pupil sizes larger than the optical zone size.

The refraction is determined in the spectacle plane, but treated in the corneal plane. In order to determine the right treatment program to achieve the right correction, assessment of the vertex distance during refraction testing is recommended. Preoperative evaluation for dry eyes should be performed. Patients should be advised of the potential for dry eyes post LASIK and post wavefront-guided LASIK surgery. This treatment can only be provided by a licensed healthcare professional.

ADVERSE EVENTS AND COMPLICATIONS FOR MYOPIA: Certain adverse events and complications occurred after the LASIK surgery. Two adverse events occurred during the postoperative period of the clinical study: 0.2% (2/876) had a lost, misplaced or misaligned flap reported at the 1-month examination.

The following adverse events did NOT occur: corneal infiltrate or ulcer requiring treatment, corneal edema at 1 month or later visible in the slit lamp exam; any complication leading to intracocular surgery; melting of the flap of >1 mm²; epithelium of >1 mm² in the interface with loss of 2 lines or more of BSCVA; uncontrolled IOP rise with increase of >5 mmHg or any reading above 25 mmHg; retinal detachment or retinal vascular accident; and decrease in BSCVA of >10 letters not due to irregular astigmatism as shown by hard contact lens refraction.

The following complications occurred 3 months after LASIK during this clinical trial: 0.8% (7/844) of eyes had a corneal epithelial defect; 0.1% (1/844) had any epithelium in the interface; 0.1% (1/844) had foreign body sensation; 0.2% (2/844) had pain; and 0.7% (6/844) had ghosting or double images in the operative eye.

The following complications did NOT occur 3 months following LASIK in this clinical trial: corneal edema and need for lifting and / or reseating the flap / cap.

ADVERSE EVENTS AND COMPLICATIONS FOR HYPEROPIA: Certain adverse events and complications occurred after the LASIK surgery. Only one adverse event occurred during the clinical study: one eye (0.4%) had a retinal detachment or retinal vascular accident reported at the 3-month examination.

The following adverse events did NOT occur: corneal infiltrate or ulcer requiring treatment; lost, misplaced or misaligned flap, or any flap / cap problems requiring surgical intervention beyond 1 month; corneal edema at 1 month or later visible in the slit lamp exam; any complication leading to intracocular surgery; melting of the flap of >1 mm²; epithelium of >1 mm² in the interface with loss of 2 lines or more of BSCVA; uncontrolled IOP rise with increase of >5 mmHg or any reading above 25 mmHg and decrease in BSCVA of >10 letters not due to irregular astigmatism as shown by hard contact lens refraction.

The following complications occurred 6 months after LASIK during this clinical trial: 0.8% (2/262) of eyes had a corneal epithelial defect and 0.8% (2/262) had any epithelium in the interface.

The following complications did NOT occur 6 months following LASIK in this clinical trial: corneal edema; foreign body sensation; pain, ghosting or double images; and need for lifting and / or reseating of the flap / cap.

ADVERSE EVENTS AND COMPLICATIONS FOR MIXED ASTIGMATISM: Certain adverse events and complications occurred after the LASIK surgery. No protocol defined adverse events occurred during the clinical study. However, two events occurred which were reported to the FDA as adverse events.

The first event involved a patient who postoperatively was subject to blunt trauma to the treatment eye 6 days after surgery. The patient was found to have an intact globe with no rupture, inflammation or any dislodgement of the flap. The second event involved the treatment of an incorrect axis of astigmatism which required retreatment.

The following adverse events did NOT occur: corneal infiltrate or ulcer requiring treatment; corneal epithelial defect involving the keratectomy at 1 month or later; corneal edema at 1 month or later visible in the slit lamp exam; epithelium of >1 mm² in the interface with loss of 2 lines or more of BSCVA; uncontrolled IOP rise with increase of >5 mmHg; and decrease in BSCVA of >10 letters not due to irregular astigmatism as shown by hard contact lens refraction; any complication leading to intracocular surgery; melting of the flap of >1 mm²; uncontrolled IOP rise and retinal detachment or retinal vascular accident.

None of the following complications occurred at 3 months after LASIK during this clinical trial: corneal edema; corneal epithelial defect; any epithelium in the interface; foreign body sensation, pain, ghosting or double images; and need for lifting and / or reseating of the flap / cap.

Subjects were asked to complete a patient questionnaire preoperatively and at 3-months, 6-months and 1-year postoperatively.

ADVERSE EVENTS AND COMPLICATIONS FOR WAVEFRONT-GUIDED MYOPIA: Certain adverse events and complications occurred after the wavefront-guided LASIK surgery.

No adverse event occurred during wavefront-guided treatments during this clinical study.

The following adverse events did NOT occur: corneal infiltrate or ulcer requiring treatment; lost, misplaced or misaligned flap or any flap / cap problems requiring surgical intervention beyond 1 month; corneal edema at 1 month or later visible in the slit lamp exam; any complication leading to intracocular surgery; melting of the flap of >1 mm²; epithelium of >1 mm² in the interface with loss of 2 lines or more of BSCVA; uncontrolled IOP rise with increase of >5 mmHg or any reading above 25 mmHg; and decrease in BSCVA of >10 letters not due to irregular astigmatism as shown by hard contact lens refraction.

The following complications occurred 3 months after wavefront-guided LASIK during this clinical trial: corneal epithelial defect (0.6%); foreign body sensation (0.6%); and pain (0.6%).

The following complications did NOT occur 3 months following wavefront-guided LASIK in this clinical trial: corneal edema; any epithelium in the interface; ghosting or double images; and need for lifting and / or reseating of the flap / cap.

ATTENTION: The safety and effectiveness of LASIK surgery has only been established with an optical zone of 6.0 – 6.5 mm and an ablation zone of 9.0 mm.

Reference the Directions for Use labeling for a complete listing of indications, warnings and precautions.

1 Accutane® is a registered trademark of Hoffmann-La Roche Inc.
2 Cordarone® is a registered trademark of Sanofi S.A.
3 Imitrex® is a registered trademark Glaxo Group Limited.
mark*

Chose a LASIK procedure optimized for his optimal outlook.

Your eyes are as unique as you are.

Make sure they’re treated that way.

Consult with your doctor about the risks associated with LASIK surgery.

For important Safety Information and full Directions for Use, please reference the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System Directions for Use in this magazine.

* Patient stories and photographs are based on real-life experiences, portrayed by models. Actual results may vary.
The WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System

Caution: Federal (USA) law restricts this device to sale by, or on the order of, a physician.

Statements regarding the potential benefits of wavefront-guided and Wavefront Optimized® laser-assisted in-situ keratomileusis (LASIK) are based upon the results of clinical trials. These results are indicative of not only the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System treatment but also the care of the clinical physicians, the control of the surgical environment by those physicians, the clinical trials’ treatment parameters, and the clinical trials’ patient inclusion and exclusion criteria. Although many clinical trial patients after the wavefront-guided and Wavefront Optimized® procedure saw 20/20 or better and / or had or reported having better vision during the day and at night, compared with their vision with glasses or contact lenses before the procedure, individual results may vary. You can find information about the clinical trials below and in the Procedure Manuals for the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System.

As with any surgical procedure, there are risks associated with the wavefront-guided and Wavefront Optimized® treatment. Before treating patients with these procedures, you should carefully review the Procedure Manuals, complete the Physician WaveLight® System Certification Course, provide your patients with the Patient Information Booklet, and discuss the risks associated with this procedure and questions about the procedure with your patients.

INDICATIONS: The WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System is indicated to perform LASIK treatments in patients with documented evidence of a stable manifest refraction defined as less than or equal to 0.50 diopters (D) of preoperative spherical equivalent shift over one year prior to surgery, exclusive of changes due to unmasking latent hyperopia in patients 18 years of age or older; for the reduction or elimination of myopic refractive errors up to -12.0 D of sphere with and without astigmatic refractive errors up to -6.0 D, for the reduction or elimination of hyperopic refractive errors up to +6.0 D of sphere with and without astigmatic refractive errors up to 5.0 D at the spectacle plane, with a maximum manifest refraction spherical equivalent (MRSE) of +6.0 D; in conjunction with the WaveLight® ALLEGRO Analyzer® device for the reduction or elimination of up to -7.0 D of spherical equivalent myopia or myopia with astigmatism, with up to -7.0 D of spherical component and up to 3.0 D of astigmatic component at the spectacle plane; and in patients 21 years of age or older for the reduction or elimination of naturally occurring mixed astigmatism of up to 6.0 D at the spectacle plane.

LASIK is an elective procedure, with the alternatives including, but not limited to, eyeglasses, contact lenses, photorefractive keratectomy (PRK) and other refractive surgeries. Only practitioners who are experienced in the medical management and surgical treatment of the cornea, who have been trained in laser refractive surgery, including laser system calibration and operation, may use the device as approved. Prospective patients, as soon as they express an interest in the clinical procedures and prior to undergoing surgery, must be given the WaveLight® System Patient Information Booklet and must be informed of the alternatives for refractive correction, including eyeglasses, contact lenses, PRK and other refractive surgeries.

CLINICAL DATA HYPEROPIA:

The WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System was studied in clinical trials in the United States with 901 eyes treated, of which 813 of 866 eligible eyes were followed for 12 months. Accountability at 3 months was 93.8%, at 6 months was 91.9% and at 12 months was 93.9%.

The studies found that, of the 844 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 3-month stability time point, 98.0% were corrected to 20/40 or better, and 84.4% were corrected to 20/20 or better without spectacles or contact lenses.

The clinical trials showed that the following subjective patient adverse events were reported as moderate to severe at a level at least 1% higher than baseline of the subjects at 3 months post-treatment: visual fluctuations (12.8% at baseline versus 28.6% at 3 months), Long-term risks of LASIK for myopia with and without astigmatism beyond 12 months have not been studied.

The studies found that of the 212 eyes eligible for the UCVA analysis of effectiveness at the 6-month stability time point, 95.3% were corrected to 20/40 or better, and 67.5% were corrected to 20/20 or better without spectacles or contact lenses.

The clinical trials showed that the following subjective patient adverse events were reported as moderate to severe at a level at least 1% higher than baseline frequency at 6 months post final treatment: glare from bright lights (3.0%); night driving glare (4.2%); light sensitivity (4.9%); visual fluctuations (6.1%); and halos (6.4%). Long-term risks of LASIK for hyperopia with and without astigmatism beyond 12 months have not been studied.

The studies found that, of the 844 eyes eligible for the UCVA analysis of effectiveness at the 3-month stability time point, 95.8% achieved acuity of 20/40 or better, and 67.6% achieved acuity of 20/20 or better without spectacles or contact lenses.

The clinical trials showed that the following subjective patient adverse events were reported as moderate to severe at a level at least 1% higher than baseline of the subjects at 3 months post-treatment: sensitivity to light (43.3% at baseline versus 52.9% at 3 months); visual fluctuations (32.1% at baseline versus 43.0% at 3 months); and halos (37.0% at baseline versus 42.3% at 3 months). Long-term risks of LASIK for mixed astigmatism beyond 6 months have not been studied.

The studies found that, of the 180 eyes eligible for the UCVA analysis of effectiveness at the 6-month stability time point in the Study Cohort, 99.4% were corrected to 20/40 or better, and 92.8% were corrected to 20/20 or better without spectacles or contact lenses.

The clinical trials showed that the following subjective patient adverse events were reported as moderate to severe at a level at least 1% higher than baseline of the subjects at 3 months post-treatment in the Study Cohort: light sensitivity (37.2% at baseline versus 47.8% at 3 months); and visual fluctuations (13.8% at baseline versus 20.0% at 3 months). In the Control Cohort: halos (36.6% at baseline versus 45.4% at 3 months); and visual fluctuations (18.3% at baseline versus 21.9% at 3 months). Long-term risks of wavefront-guided LASIK for myopia with and without astigmatism beyond 6 months have not been studied.

CONTRAINDICATIONS: LASIK treatments using the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System are contraindicated if any of the following conditions exist. Potential contraindications are not limited to those included in this list: pregnant or nursing women; patients with a diagnosed vascular, autoimmune or immunodeficiency disease; patients with diagnosed keratoconus or any clinical picture suggestive of keratoconus; and patients who are taking one or both of the following medications: isotretinoin (Accutane®), amiodarone hydrochloride (Cordarone®).

WARNINGS: Any LASIK treatment with the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System is not recommended in patients who have: systemic diseases likely to affect wound healing, such as connective tissue disease, insulin dependent diabetes, severe atopic disease or an immunocompromised status; a history of Herpes simplex or Herpes zoster keratitis; significant dry eye that is unresponsive to treatment; severe allergies; and unreliable preoperative wavefront examination that precludes wavefront-guided treatment. The wavefront-guided LASIK procedure requires accurate and reliable data from the wavefront examination. Every step of every wavefront measurement that may be used as the basis for a wavefront-guided LASIK procedure must be validated by the user. Inaccurate or unreliable data from the wavefront examination will lead to an inaccurate treatment.