



IT'S
YOUR
GUIDE

STAY **FOCUSED**

 **LASERSIGHT**

LASER · CATARACT & LENS SPECIALISTS

WHY WE'RE THE VISION SPECIALISTS



Good vision is mandatory for all of us and contributes to the quality of our lives. Knowing how safe and effective LASIK is, I decided to have my own eyes treated in March 1996 and I am delighted with the outcome. The highly sophisticated laser technology and wealth of experience gained over the years mean risks are extremely low and your safety factor is very high. Your eyes are as individual as you are and a solution for your treatment is only recommended after a thorough assessment by our team of professionals.

Before pioneering LASIK in Australia, I thoroughly researched, studied and trained in the US with some of the most qualified and innovative eye surgeons in the world. I realised how LASIK could contribute enormously to an improved lifestyle and independence for some people.

Now our *LASERSIGHT* Centres have performed over 60,000 successful LASIK treatments throughout Australia and I am thrilled with the results.

LASERSIGHT is a leader in the field of LASIK and has provided thousands of people from all walks of life, the freedom of living without glasses.

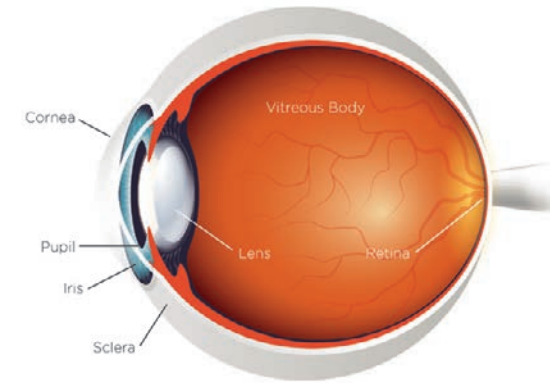
I encourage you to read this booklet carefully and discuss your options with our highly experienced team, to help you stay focused for life.

DR. PETER STEWART

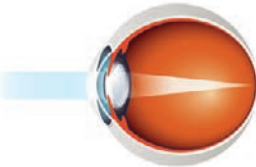
Medical Director & Founder

Your vision is a major contributor to how you live your life. Clarity of sight provides quality and independence and the freedom to enjoy a fuller more exciting life. It's only when your sight is impaired that you truly realise just how important good vision is – stay focused.

HOW YOUR EYES WORK

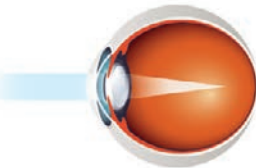


YOUR NORMAL EYE



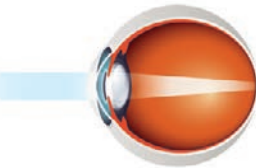
The eye functions on a similar principle to an old fashioned camera. Your iris or coloured portion of your eye acts as the shutter regulating the amount of light. The cornea or clear dome covering your iris, combined with your lens behind the iris are the lenses that focus the light onto your retina at the back of your eye. This simulates the film of a camera sending images to the brain.

MYOPIA- SHORTSIGHTEDNESS



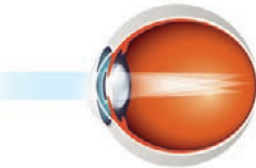
In **myopia**, the cornea and lens are too strong for the size of your eye, causing light rays to be focused in front of the retina. You will have clear close up vision but objects in the distance are blurred.

HYPERMETROPIA - FARSIGHTEDNESS



In **hypermetropia**, the cornea and lens are too weak for the size of your eye therefore, light rays are not focused before they reach the retina. Typically, your near vision blurs first and then your distance at a later stage.

ASTIGMATISM



Astigmatism is a refractive error due to the cornea not being perfectly spherical which causes an asymmetric blur. Having astigmatism is quite common and some directions in an image are more out of focus than others. Your cornea is shaped more like a football rather than a soccer ball. As a result, light is focused at different locations and the image doesn't focus to a point. If you have astigmatism you may also have myopia or hypermetropia.

PRESBYOPIA - YOU NEED READING GLASSES

Part of the aging process is that everyone develops **presbyopia** at some point. Anyone considering refractive surgery should be aware of its impact. Presbyopia is a gradual loss of the ability to focus on near objects. When you are young, the natural lens of the eye is soft and has the ability to change shape when focusing. As you age the eye loses flexibility and cannot vary its focus well. Presbyopia can develop from around 45 years of age onward and people who may have had perfect vision will find it increasingly difficult to focus on 'near' tasks.

WHY CHOOSE LASERSIGHT

By choosing *LASERSIGHT*, you can be comfortable knowing that you are in the hands of a highly experienced surgical team, who utilise the best technology in the world. Once we have completed a thorough assessment, our commitment will be to provide the best recommendation while safeguarding your interests at all times.

EXPERIENCE

Dr Peter Stewart, *LASERSIGHT*'s founder and Medical Director, pioneered LASIK in Australia in 1995.

Since then *LASERSIGHT*'s world class medical team have helped thousands of people from various backgrounds. All *LASERSIGHT*'s surgeons have been recruited based on their experience and expertise and are members of the Australian & New Zealand College of Ophthalmologists. In addition, Dr Stewart and his professional team are responsible for training over 400 fellow surgeons throughout Australia.

WORLD CLASS TECHNOLOGY

Being one of the largest refractive groups in Australasia ensures we only have the latest, world-class technology. All our equipment is continuously monitored and upgraded and all our staff are trained to 'World's Best Practice' standards. This ensures you only receive the safest and most advanced procedures.



SUCCESSFUL TRACK RECORD

To date, we have performed over 60,000 LASIK procedures and 99% of *LASERSIGHT*'s patients no longer wear glasses or contact lenses. That's a pretty good record of our success. Five of our surgeons, over 34 of our staff and more than 130 of our affiliated optometrists have successfully undergone a LASIK procedure at one of our centres.

CUSTOMER CARE

At *LASERSIGHT* our patients are our 'number one' priority. Your outcome depends on our superior level of care provided by our team of professionals. We believe our service is second to none, ensuring the success of your LASIK procedure. Therefore, as part of our procedure we have developed a follow-up process unique to *LASERSIGHT*, providing you with 'Vision for Life'* or a 'Clear Vision Commitment*'. Providing you peace of mind and ongoing service.

'Our commitment to you - keeping you focused.'

*Conditions apply



YOUR EYE SURGERY OPTIONS



YOUR VISION SOLUTIONS

ASSESSING YOUR OPTIONS

You are unique and no two eyes are the same. For optimal success *LASERSIGHT* provide you with a detailed assessment. Your eyes are examined and measured thoroughly and a recommendation is only provided once our professional team have an agreed optimum solution to ensure the best results. We know you will have lots of questions but below is an overview of our procedures.

LASIK surgery is the safest, most popular and successful vision correction procedure worldwide. The first LASIK procedure was performed in 1989 and to date over 10 million successful LASIK procedures have been performed throughout the world. LASIK has made an enormous difference to people who previously relied on contacts or glasses by improving the quality of their vision, therefore, changing the quality of their lives.

LASIK

LASIK is a two step procedure that corrects your eye condition according to the power of your glasses. Firstly, a paper thin flap is created on the front surface of the cornea. This flap is carefully folded back allowing for the second stage whereby an excimer laser reshapes your cornea according to your specific refractive requirements. After laser treatment is completed, the flap is carefully repositioned to cover the newly contoured corneal tissue. The cornea has amazing natural bonding qualities and almost immediately, the flap adheres to the underlying tissue acting as its 'own body band aid' which totally eliminates the need for sutures. This results in an almost immediate healing response, with your vision stabilising rapidly.

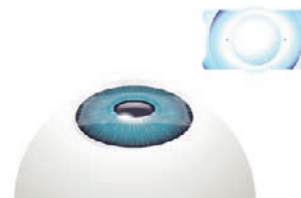
FEMTO-LASIK

Femto-LASIK is similar to conventional LASIK, except it uses an extremely accurate computer driven femtosecond laser to create the paper thin flap, rather than a mechanical microkeratome. Femto-LASIK may also be referred to as Intralase LASIK, which is simply the brand name of a femtosecond laser. Femtosecond LASIK provides greater safety and accuracy with the ability to create thinner flaps, enabling more people to be eligible for surgery with the added benefit of conserving as much corneal tissue as possible.



PRK - PHOTOREFRACTIVE KERATECTOMY

This was the laser refractive procedure of choice prior to the development of LASIK. It involves applying the excimer laser beam directly to the surface of the cornea. PRK can be associated with slightly more discomfort and longer convalescence than LASIK. However, it causes less thinning of the cornea and is recommended for some patients.



ICL - IMPLANTABLE COLLAMER LENS

The ICL has been in development since 1993. An ICL is a thin, clear lens that is permanently placed inside your eye behind the iris. Because of the tiny size and softness, it can be folded up so small that it can be injected into your eye in seconds through a tiny hole underneath your eyelid. Once injected, the ICL unfolds and is placed into position and there it stays correcting your eyesight without further treatment. The ICL does not alter any structures within the eye or on the cornea and can be easily

removed or replaced if required. It is a perfect solution for people with extreme short or far-sightedness, or for those with thin corneas that are not suitable for laser treatment. ICL surgery is performed in a day surgery facility and your eyes are typically operated on separate days.



IOL - INTRAOCCULAR LENS

The IOL is an artificial lens that is placed inside the eye and replaces your own natural lens. This method is used predominantly on patients who are not suitable for LASIK or PRK. Intraocular surgery is performed at a day surgery facility and your eyes are typically operated on on separate days. Intraocular lens surgery is performed if you have cataracts forming, or you are of the age that LASIK surgery would not give you a long term result. There are many different choices of lenses and visual outcomes to be discussed with your surgeon ensuring your vision is customised to your needs.

LASIK. WHAT TO EXPECT

YOUR ASSESSMENT

Your initial assessment takes approximately an hour to complete at one of our *LASERSIGHT* centres, although we recommend you allow 2 hours. Your results are analysed and your surgeon will provide the best recommendation and discuss your options. They will go through all the possible risks and complications in detail and determine whether you are eligible for a vision correction procedure. Once we provide you with a recommendation, this is the perfect time to ask lots of questions, so you are comfortable with your decision to proceed.

Once you decide to proceed we will schedule a date for your treatment and provide a detailed explanation of what to expect. If you wear contact lenses we will advise you of the length of time you need to stop wearing them prior to your treatment.

THE DAY OF YOUR LASIK TREATMENT

It is quite natural that you may be nervous and excited at the same time, you are about to make a positive change towards better vision.

1. Half an hour before surgery, you will be given the option to take a mild oral sedative to help you relax.
2. Anaesthetic eye drops are placed in your eyes and we will go through your surgery steps with you. We will then apply an antiseptic solution around your eyes.
3. You are taken to the treatment room where your laser procedure will take approximately 20 minutes for both eyes.
4. After your treatment, medicated drops will be administered and the post-operative care explained in detail by our nurses. A clear eye shield is placed over your eye/s before leaving the clinic. These shields must stay on overnight but can be removed before coming into the clinic the next day.

5. Once we have explained all your post-operative instructions we encourage you to go home and sleep, we can provide a sleeping tablet to assist you. You may experience some discomfort such as gritty or watery eyes, this is a normal reaction and part of your eye's healing process. Mild analgesic medication such as paracetamol will be provided to use if necessary. Your vision will initially be blurry but will begin to clear over the following 12 hours. You will need to arrange for someone to drive you home after your procedure.

FOLLOW-UP CARE

Your post-operative care is just as important as your procedure. You will have a 'day one' check at our clinic for which you will again require someone to drive you to. Further follow-up consultations will also be provided at our *LASERSIGHT* centre or with your regular optometrist at 1 week and then 3 months.

IT'S
YOUR
WAVE



STAY FOCUSED

THE FACTS ABOUT LASER SURGERY

The aim of your LASIK procedure is to eliminate your dependence on glasses or contact lenses. However, we have to ensure you are aware of any possible risks or complications, so you can make an informed decision.

POSSIBLE RISKS & COMPLICATIONS

UNDER-CORRECTION & OVER-CORRECTION

Initial over-correction is usually expected and regresses as the cornea stabilises. Both under and over-correction can be rectified with an enhancement. Incidence of significant over-correction rates are around 1-3% and incidence of significant under-correction rates around 2-3%.

REGRESSION

Regression refers to the tendency of the refraction of your eye to move towards its original refraction following your LASIK procedure. If regression does occur, an enhancement may be necessary. With LASIK the regression experienced is minimal and is accounted for when planning your procedure. Regression tendency is an individual healing characteristic.

LOSS OF SHARPNESS

A small number of patients experience a 'decrease in best corrected visual acuity' or loss of visual sharpness following LASIK. In most cases, the sharpness returns over a few months. Incidence for myopia (short sightedness) is 1% or less and hypermetropia (long sightedness) 2% or less.

FLAP COMPLICATIONS

Serious flap complications are extremely rare. The incidence is 1 in 800.

GLARE

Sensitivity to glare may be a concern with LASIK. Night glare is more common and may last up to 3 months. Incidence of significant glare is 1 in 1000. Glare symptoms are more common if the area of the treated cornea does not match the pupil size.

DRY EYE

If there is a pre-existing dry eye problem, LASIK can exacerbate this for the first three months after surgery. Some people need to use lubricating eye drops for the first 3-6 months. Incidence varies with age, medications and lifestyle.

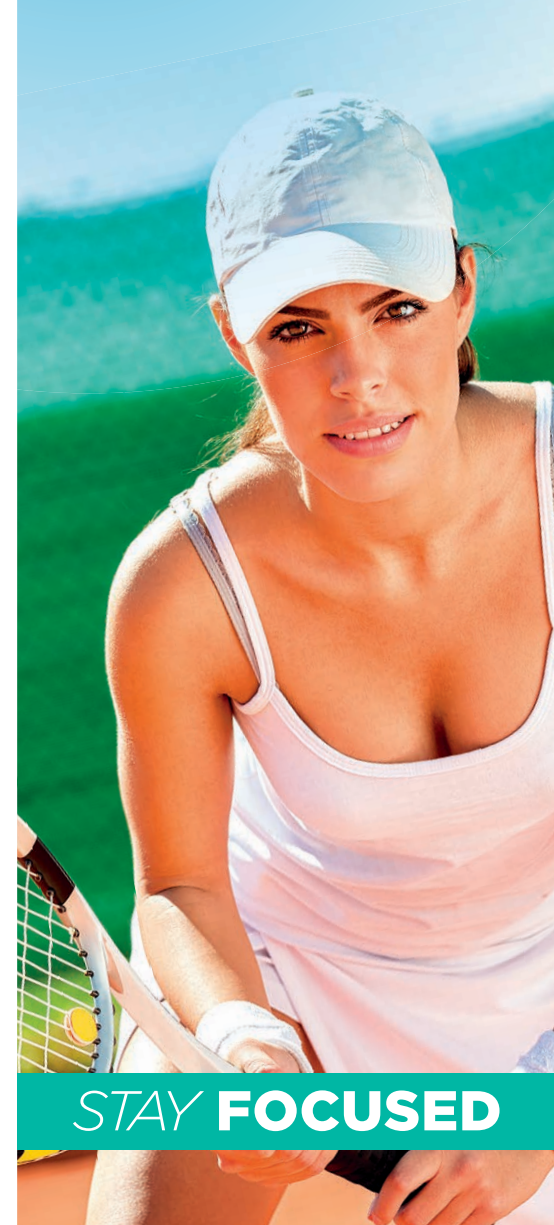
INFECTION

Antibiotic eye drops are used during and for the week following your procedure. Infection is extremely rare. The incidence for infection worldwide is 1 in 5000. *LASERSIGHT* has had only one infection in over 60,000 procedures.

DIFFUSE LAMELLAR KERATITIS (DLK)

DLK is an inflammation of the corneal interface and can easily be treated with an increase in the prescribed anti-inflammatory drops. Incidences of DLK are 1 in 100.

IT'S
YOUR
MATCH



STAY FOCUSED

MORE ABOUT CATARACTS

Cataracts are a normal part of aging. About half of Australians aged between 50 to 80 have cataract formation of some degree. Factors like sunlight exposure, genetics and medication can influence the condition and cause early onset. It is not uncommon for us to see patients in their mid to late 40's with cataracts causing visual symptoms.

Most people with cataracts have a cataract in both eyes. However, one eye may be worse than the other. Some people with a cataract, don't even know it. Their cataract may be small, or the changes in their vision may not bother them. Other people who have cataracts cannot see well enough to do the things they need or want to do.

WHAT ARE THE SYMPTOMS OF A CATARACT?

- Cloudy, fuzzy, foggy or filmy vision.
- Changes in the way you see colours.
- Problems driving at night because of glare from car headlights.

- Sensitivity to glare from bright lights or the sun.
- Loss of near vision even with glasses.
- Frequent changes in your glasses prescription (increasing shortsightedness).
- Double vision.

It is important to know that these symptoms can also be signs of other eye problems.

HOW IS A CATARACT TREATED?

A change in your glasses, stronger bifocals, or the use of magnifying lenses may temporarily help improve your vision. Surgery is eventually necessary to remove the lens and replace it with an artificial lens implant should you wish to retain vision. This is one of the most common surgeries performed in Australia today.

If you have cataracts and do not wish to wear glasses, your surgeon will advise cataract surgery over laser surgery as it provides the best long term solution for you.

HOW DO I DECIDE WHETHER TO HAVE SURGERY?

Most people have plenty of time to decide about cataract surgery. Many people are motivated to have it earlier so they can reduce their dependence on glasses or contact lenses. Your surgeon cannot make the decision for you, but talking with them will help you decide.

Does your cataract affect your vision and your life? Consider the statements below & whether they apply to you:

- I need to drive but there is too much glare from the sun or headlights.
- I do not see well enough to do the things I need to do at home or work.
- I do not see well enough to do things I like to do (especially near tasks).
- My glasses do not help me see clearly.
- My eyesight bothers me.
- I do not wish to wear my glasses or contacts anymore.

IT'S
YOUR
VISION



STAY FOCUSED

WHAT VISION CAN I EXPECT LONG TERM?

Your ophthalmologist will suggest the best option for you and your lifestyle. Below are the 3 choices they will most likely discuss with you, to optimise your vision for your lifestyle.

1. BOTH EYES CORRECTED FOR DISTANCE

This option provides high quality distance vision but will require glasses for everything up close. It is a great option for people who do not mind wearing reading glasses. This option may suit people with a heavy vehicle licence or have an occupation that relies heavily on clear distance vision.

2. MONOVISION

This is where one eye is corrected for distance vision and the other for near vision. Although this sounds like a bizarre concept, it works well for approximately 85% of people who try it. This vision is often appreciated by people who only wear reading glasses or for many people who already wear this in their contact lenses. Should your surgeon decide this is an option for you they may organise a contact lens trial for you to mimic the results of the surgery before proceeding.

3. MULTIFOCAL

This is becoming an increasingly popular option for most of our patients as the design of these lenses has advanced significantly over the last 10 years. These lenses provide a high level of freedom from glasses and generally give good vision at all distances. They work very differently to multifocal glasses, so don't be concerned if you have had problems with these in the past. There are a number of different brands of multifocal IOLs, all with slightly different focal points. Your ophthalmologist will advise you on the best lens for your lifestyle.

WHAT TO EXPECT

Cataract or lens surgery is a painless experience. People stay awake during their surgery although, they are often drowsy.

Local anaesthetic eye drops are used to numb the eye and you will not feel pain. Once the procedure is finished you will have some eye drops and a clear eye shield applied to protect the eye.

You do not need to stay overnight in a hospital. Cataract surgery can be performed at a day surgery with your visit lasting 4-5 hours. As your eye needs to recover, you will need a friend or family member to take you home. You will also need someone to stay with you overnight due to the sedation used during the procedure.

CAN A CATARACT RETURN?

A cataract cannot return because the natural lens has been removed.

RISKS: POSSIBLE COMPLICATIONS

As with any surgical procedure, there is an element of risk. The likelihood of a complication occurring is minimal but to make the right choice, you should be fully informed. Many of the complications can be rectified with further medication or surgery, although, some can permanently decrease your vision or cause blindness. Again, this is very rare. Below are some but not all of the complications that can occur.

- High pressure in the eye.
- Artificial lens damage or dislocation.
- Drooping eyelid.
- Infection inside the eye can cause loss of vision in about 1 in 5000 cases (may require further surgery).
- Retinal detachment or swelling (may require further surgery).
- Severe bleeding inside the eye (may require further surgery).
- Swelling or clouding of the cornea (may require further surgery).
- Blindness (very, very rare).
- Loss of the eye (extremely rare but possible).

IT'S
YOUR
PROJECT



STAY FOCUSED

YOUR PAYMENT OPTIONS

To provide flexibility, at *LASERSIGHT* we offer various payment options.

HEALTH BENEFITS AND TAX REFUND

We recommend you consult your health fund and your accountant to see if you are eligible for benefit payments or a refund. GST is not payable on vision correction surgery as the procedures are not cosmetic.

PAYMENT METHODS

We accept cash, bank cheques and all major credit cards.



INTEREST FREE

We offer 'interest free'* payment plans to approved applicants, enabling you to enjoy your visual freedom without the initial expense. You can then have your treatment when you need it and pay it off using a monthly payment amount tailored to your individual requirements. Please check with your clinic to discuss all your options.



*Conditions apply

YOUR LASERSIGHT LOCATIONS

CONSULTATION & TREATMENT CENTRES

BRISBANE | P: 07 3210 1210

Ground Floor, 35 Astor Terrace
Spring Hill QLD 4000

GOLD COAST | P: 07 5527 1221

Level 3, 34 High Street
Southport QLD 4215

SUNSHINE COAST | P: 07 5444 9066

1st Floor, Corner Esplanade & Second Avenue
Maroochydore QLD 4558

MELBOURNE | P: 03 9663 0101

Level 2, 100 Victoria Parade
East Melbourne VIC 3002

PERTH | P: 08 9349 6666

14 Subiaco Square Road
Subiaco WA 6008

HOBART | P: 03 6210 6000

182-186 Argyle Street
Hobart TAS 7008

SYDNEY | P: 02 9981 1771

In affiliation with Freedom Eye Laser
Suite 4207 Level 2
Dee Why Grand
834 Pittwater Road
Dee Why NSW 2099

CONSULTATION CENTRE

FRANKSTON | P: 03 9783 5245

Southern Eye Centre
44 Cranbourne Road
Frankston VIC 3199

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1800 00 3937

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