



PANORAMA
LASIK

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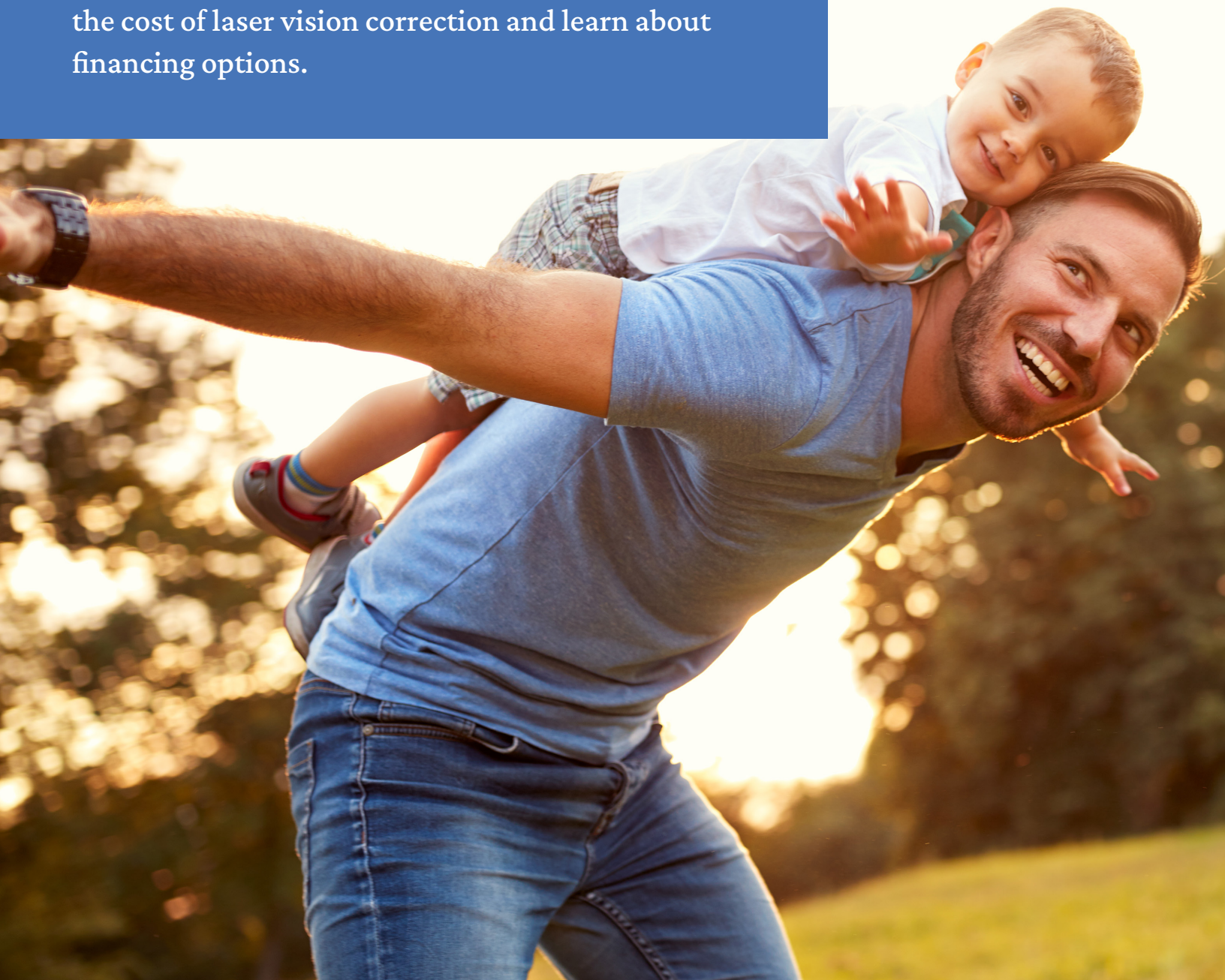
DENVER
EYE
SURGEONS

LASER VISION CORRECTION
Patient Information



Panorama LASIK

Thank you for having a laser vision correction consultation with Panorama LASIK at Denver Eye Surgeons. We've assembled this resource to help you learn a little more about our doctors, our laser vision correction technology, and what you can expect before, during, and after a laser vision correction procedure. You can also review the cost of laser vision correction and learn about financing options.



Our Providers

Eugenia White, MD



Dr. Eugenia White is a comprehensive ophthalmologist specializing in refractive cataract surgery. Dr. White's clinical interests include cataract and refractive surgery, glaucoma management, YAG laser posterior capsulotomy, SLT, Iridotomy, and Pterygium excision. Dr. White is passionate about helping her patients achieve their visual goals. It is her joy to listen and understand how she can help her patients.

Education

- University of Arkansas for Medical Sciences Jones Eye Institute - Residency in Ophthalmology, Chief Resident
- University of Texas Medical Branch in Galveston- Internal Medicine Internship
- Louisiana State University Health Sciences Center- Doctor of Medicine
- Wellesley College- Bachelor of Arts in Chemistry

Certifications

- Board-certified by the American Board of Ophthalmology

Affiliations

- American Academy of Ophthalmology
- American Medical Association
- Colorado Society of Eye Physicians and Surgeons



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LASER VISION CORRECTION TECHNOLOGY

NO TWO EYES ARE EXACTLY THE SAME

No single laser vision correction technology can provide the very best outcomes for every unique set of eyes.

Panorama LASIK at Denver Eye Surgeons offers multiple bladeless (all-laser) laser vision correction platforms on-site. This gives our surgeons the flexibility to select the right technology to correct your vision imperfections with greater accuracy and safety.

Our entire laser vision correction experience is customized from start to finish to deliver unprecedented measurement accuracy and increased precision. We utilize today's most advanced FDA approved technology for your procedure:

Contoura™ Vision

Wavelight™ EX500 Excimer Laser

iFS™ Advanced Femtosecond Laser

Contoura™ Vision

Contoura Vision enables our physicians to track the imperfections in your cornea more precisely than ever before! This means that correcting your visual symptoms of nearsightedness and astigmatism can be done more precisely, yielding better results for you.

Wavelight™ EX500 Excimer Laser

Based on the proven performance of WaveLight technology, Alcon's EX500 laser takes the next step in optimized laser vision correction. This laser is used to reshape the cornea to correct your refractive error.

- Fastest refractive excimer laser in the US reduces potential for stromal dehydration of the cornea
- Eye movement tracking with 2ms of latency
- Perfect pulse technology reduces potential for nighttime glare

Backed by the in-depth support of Alcon, the EX500 laser delivers exceptional reliability and patient outcomes/results for you.



iFS™ Advanced Femtosecond Laser

Our 5th generation laser is designed as a primary laser for laser vision correction procedures and advanced corneal surgery procedures. This laser is used to create the corneal flap, the first step in LASIK. It replaces the manual incision method of the microkeratome (blade).

- 120 kHz performance delivers microkeratome speed and laser precision
- Better biomechanical stability vs. microkeratome
- Lower induced highorder aberrations vs. microkeratome
- Better refractive outcomes vs. microkeratome
- Controlled flap structure
- No risk of corneal abrasion
- Reduced risk of dry eye
- Better flap predictability and advanced customization

Panorama LASIK

Procedure Instructions

What To Expect

Before Surgery Day

- You will need a dilated eye examination at least 2 days prior to your laser vision correction surgery day.
- Remove contact lenses for the length of time recommended by your laser vision correction doctor.
- Arrange for a driver to drop you off and take you home about 1 – 1½ hours after you arrive on your surgery day.
- Purchase post op medications and preservative free artificial tears prior to your procedure.
- Payment is due the day of your pre-op exam in one of the following methods: Cash, check, credit card, or Pre-arranged financing

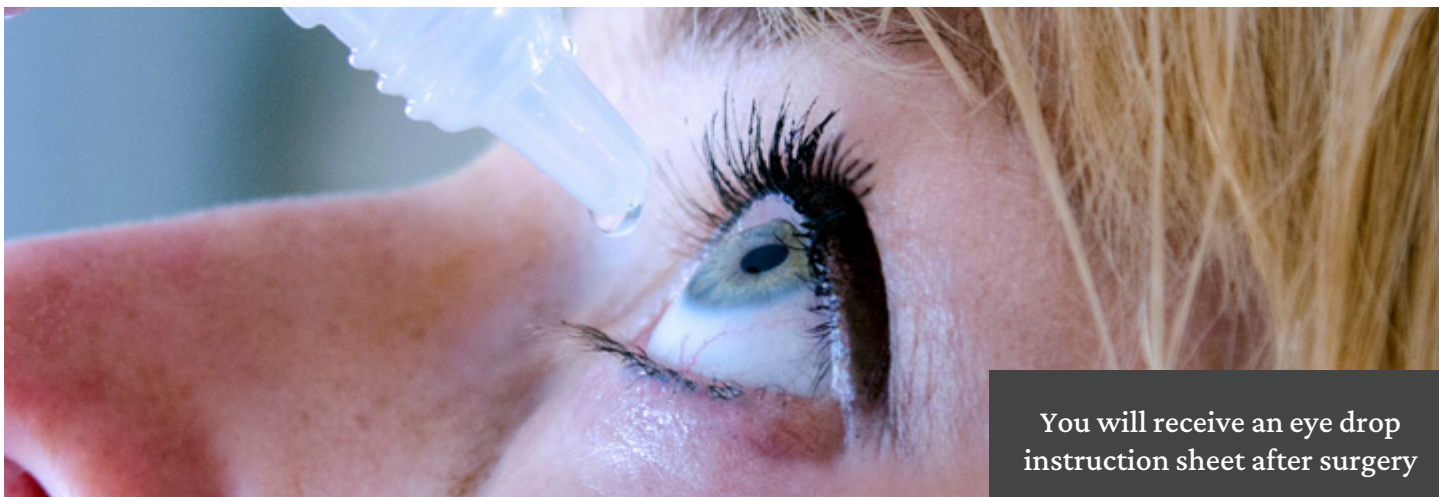
Surgery Day - Before Arriving

- Eat a normal meal, drink plenty of fluids, and avoid excessive caffeine. NO ALCOHOL.
- Take your daily medications as prescribed by your primary physician.
- Wear comfortable, loose, casual, warm clothing. The lasers are in a temperature and humidity-controlled environment, which makes it feel “cool” in the laser suite.
- Do not wear eye or face makeup including blush or scented facial creams.
- The excimer laser is extremely sensitive to odors. The following must be followed by all occupants of the laser suite (including patients, family members and staff members): No hairsprays (including scented mousse or gel), no perfumes, colognes, or scented body lotions.
- No large jewelry on surgery day.
- Please bring your prescribed eye medications with you.

Surgery Day - Your Procedure

- Check in at the laser center reception desk at your scheduled arrival time (usually 30 minutes prior to surgery).
- After check in, you will be greeted by a technician and instructed to take the prescribed sedative to help you relax.
- Your doctor and laser staff will then guide you through the procedure (takes 10-20 minutes).

Panorama
LASIK



You will receive an eye drop instruction sheet after surgery

Surgery Day - After Surgery

- Wear protective shields or glasses during the entire first day and throughout the night, removing only temporarily to administer eye drops.
- Try to keep your eyes closed for several hours after surgery. Keep your head slightly elevated. You may be groggy the entire day from the sedative.
- Keep your hands away from your eyes – no rubbing or bumping the eye.
- Avoid reading, computer work, or activities that may cause eyestrain.
- We recommend staying at home or in a hotel room to sleep or nap the first day, because you are not allowed to drive.
- Use medicating and lubricating eye drops as directed by your surgeon.
- Your eyes may tear, sting, feel gritty, or have a foreign body sensation for several hours after your laser vision correction procedure. Light sensitivity is also common for several days.

Day After Surgery

- Continue eye drops as directed by your doctor.
- You are fine to shower. Avoid excessive water or soap directly in your eyes.
- You will need to be seen by your eye doctor for the 1 day post-op exam.
- Do not wear eye makeup or mascara for 5 days after surgery.
- No pools, hot tubs, or lake water for 1 week following surgery.
- Driving to your 1-day post-op exam is fine as long as you are comfortable with your vision. You may need a driver if you are not completely comfortable driving with your vision.
- Wear sunglasses full-time while outdoors and as needed indoors for any light sensitivity.
- Many patients can return to work the next day as long as it's in a clean, dust-free environment and you can avoid excessive reading or computer work.

What to Expect During Your Recovery

The most important thing to remember is that every patient's refractive surgery is different. Some patients take longer to heal and experience improvements and comfort over a longer period of time.

Overall Vision

Distance Vision

Foggy or hazy vision is very normal for several days after surgery. Many laser vision correction patients can see well enough to drive on the first day after surgery. For others, it can take weeks before they feel that things are perfectly clear. It is also common for the vision to fluctuate throughout the day and from eye to eye.

Near Vision

The near vision used for reading small print will be more difficult for the first several weeks. Patients who require reading glasses after surgery may need a stronger pair initially. It is OK to read and use the computer, although frequent breaks are recommended to lubricate eyes and reduce eyestrain.

Night Vision

For many patients, it is difficult to see clearly in dim lighting conditions indoors and outdoors for the first month. Also, the majority of patients experience varying amounts of haloing and star bursting around lights for the first 6-8 weeks. Night driving is functional but we stress caution for the first week after laser vision correction and several weeks after PRK.

Comfort

Many patients experience stinging, tearing, burning, and light sensitivity after surgery. These symptoms will improve dramatically over the first 24-36 hours. It is also common to have tired eyes or feel like you have old contacts in for the first few days. Dryness is very common throughout the first few months. Symptoms include scratchiness, burning, redness, and visual fluctuations. We recommend using artificial tears frequently for the first two months.

Safety and Activities

The biggest concern after surgery is the risk of infection or trauma directly to the eyes. The following recommendations are guidelines to reduce risk:

First Week

- Do not rub the eyes or press directly on the eyes.
- Wear protective eye shields any time while sleeping.
- Light workouts are fine as long as there is no extreme exertion or strain of the eye muscles.
- Avoid excessive fluid in the eyes such as sweat, soap, water or hairspray.
- No eye makeup or mascara for the first week. New water-based mascara is recommended for the first month.
- No hot tubs, swimming pools, or lake water for the first week. Swim goggles are recommended through the first month.
- Airplane travel is fine. Extra use of artificial tears and plenty of water is recommended.
- Avoid dusty or smokey environments.
- Avoid excessive alcohol.



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