

Refractive Options for Patients

Glasses – The most common correction utilized by optometrists and ophthalmologists. Glasses may be single vision distance, single vision near, bifocals, trifocals, or progressive bifocals.

Contact Lenses - Contact lenses may be prescribed for patients who do not want to wear a spectacle correction. Contacts may be soft or rigid and are fit to the cornea of the eye. Contacts can correct distance vision, near vision, or both. There are many different types of contacts and each individual has different needs and requires different prescriptions. One of the more common types of contact lens fit for people over 40 years of age is mono vision. This enables the patient to see both at near and at distance. Mono vision is where the patient has a dominant eye used for distance and the non dominant eye is used for near vision. Each person needs to try mono vision for a period of days to weeks to determine their comfort level.

Refractive Surgery

Refractive surgery covers many types of surgeries. The type of procedure utilized for each patient is determined by discussion between the surgeon or co-managing doctor and the lifestyle requirements of the patient.

RK / AK are no longer the surgery of choice for refractive procedures and many surgeons will not perform this surgery any longer. Many patients who had RK previously have prescriptions that have over corrected and they are now far sighted. We no longer offer this type of refractive surgery for those patients who are interested in lessening their dependence on glasses and/or contact lenses

PRK The corneal surface is removed and the stroma is ablated to reduce prescription. PRK is safe and effective, and is used for those patients who do not qualify for LASIK surgery or for those patients who have had prior Radial Keratotomy surgery. PRK is required for certain military personnel including fighter pilots.

The results of PRK, while slower to heal, are excellent and after the corneal tissue has completely healed the visual quality is similar to LASIK procedures.

LASIK – The most recent form of refractive surgery, is presently the surgery of choice for most people. The advantages of LASIK are less discomfort post operatively, less down time from work, and quicker visual recovery. LASIK is performed on thousands of people per day and results are generally very good, but can vary with the amount of correction required. Persons with large amounts of prescription and/or astigmatism need to be aware that they may have other options to LASIK surgery. The water in the cornea can affect the outcome of the surgery and if there is too much water in the tissue, the cornea swells and the results will be under correction. The reverse is true in very dry environments. Our laser room humidity and temperature are monitored carefully for this reason. LASIK surgery is very stable after the initial healing time and does not appear to regress. LASIK procedures may be done on persons with a stable refraction over the age of 18 and usually under the age of 60. Persons with ocular disease may have LASIK Surgery with the approval of their Ophthalmologist. Patients with large amounts of prescription often require enhancement surgery after a 90 day minimum waiting period.



CUSTOM VUE LASIK - Custom View Lasik is a new technology that corrects not only your prescription, but the aberrations in your vision. Each person sees differently. Many people see 20/20, but the quality is not as clear as they would wish. They may not have any prescription, but they may have aberrations in the visual axis (the lens, or the cornea itself) that cause the quality of vision to not be crisp and clear. The Custom View Lasik procedure not only corrects for Myopia, Hyperopia and Astigmatism but improves the quality of vision. CUSTOM VUE LASIK is recommended for all patients who qualify for the procedure. CUSTOM VUE LASIK NOW HAS IR (Iris Registration) a totally new technology that allows even greater accuracy and outcomes.

INTRALASE – The Intralase Femtosecond Laser is a new technology that allows the surgeon to make the flap necessary for LASIK surgery without the use of a microkeratome or blade. The surgery is performed by laser beam and the laser gently separates the layers of the cornea and allows the surgeon to accurately decide how thick the corneal flap will be. The Intralase works on a micron level and is able to split the cells in a uniform pattern to within 10 microns of the target. This is extremely precise surgery and Dr. Lipsky recommends this procedure for all patients with thin corneas. This technology will be the future technology utilized as refractive surgery continues to evolve.

CLEAR LENS EXTRACTION (PRELEX) - Presbyopic Lens Exchange or Refractive lensectomy – This is basically cataract surgery without the cataract. Persons with hyperopic correction over the age of 50 are urged to consider Clear Lens Extraction as an alternative refractive procedure. Patients over 50 have a slower recovery time post LASIK and the epithelium tends to have more dryness problems. PRELEX surgery is a safe and effective surgery. It is just like cataract surgery performed on millions of people. Patients have an option of full distance vision, monovision, or multifocal intraocular lens implants. Each type of implant has pros and cons and the patient must be educated as to which is right for them. We use the latest generation of implants including ReSTOR, Tecnis, Symphony, and Symphony Toric multifocal intraocular lenses.

PHAKIC IOL (VERISYSE) LENS IMPLANT - An intraocular lens implant for patients over 21 years of age who have a prescription greater than -5.00 diopters to - 20.0 diopters of myopia with 2.5 diopters or less of astigmatism correction. Patients must have a stable refraction and be free of ocular disease including any corneal or iris irregularities. The intraocular lens is attached to the Iris (the colored part of the eye) and acts like an internal contact lens. This allows the patient to have more natural vision without a strong glasses or contact lens prescription. This procedure is performed to make your eyes see more normally – however you may have some residual refractive error and glasses and/or contacts may still be necessary to achieve your best visual potential. Please speak to Dr. Lipsky or one of our Therapeutic Optometrists about this refractive surgical option.

VISIAN ICL - An implantable collamer lens made for the high definition treatment of mild to severe nearsightedness. The best candidates are between the ages of 21 to 45 with a prescription between -3.00 and -15.00 diopters of correction. The Visian ICL can provide clear vision for nearsighted patients who are eligible for LASIK but demand the highest quality vision. It is also suitable for patients who are not good candidates for LASIK due to thin corneas or prescriptions that exceed the LASIK treatment range. The Visian ICL is designed to remain in the eye permanently, but can be removed or exchanged if necessary. Please speak to Dr. Lipsky or one of our Therapeutic Optometrists about this refractive surgical option.

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