

## Change the way you see the World

Dr. Mahipal S. Sachdev: Centre for Sight

*The Tribune, (Health and Fitness) New Delhi, Wednesday, March 2, 2005.*

A high proportion of our population today is hindered from seeing clearly by refractive errors such as shortsightedness, long sightedness and astigmatism. Besides spectacles and contact lenses, there is another option to enjoy clear vision –LASIK surgery. LASIK stands for Laser In-situ Keratomileusis, which simply means, “ to shape the cornea by the use of the excimer laser”.

Over the past few years, LASIK has become very popular over the earlier laser procedure like PRK and is accepted -\*by people worldwide including many leading celebrities and sports personalities. LASIK has made an enormous difference to people with near sight, far sight and astigmatism. It's a difference that has changed their quality of life as well as quality of vision.

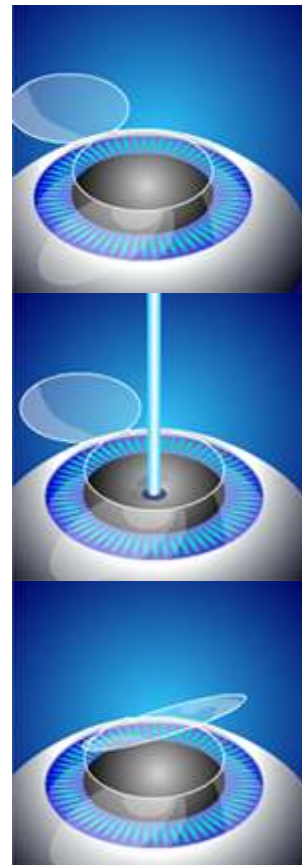
LASIK is a skilled procedure that combines the state of the art computer technology with the advanced precision. While the earlier laser procedure (PRK) treated the surface of the cornea, LASIK treats tissue of the cornea and reshapes it in a manner that reduces myopia (minus power), hyperopia (plus power) and astigmatism (cylindrical power).

### LASIK procedure Step –By- Step

First, an instrument known as a microkeratome is used to make a thin flap of the cornea. The flap, which remains attached on one side, is then folded back.

Next, the cool laser light from the Excimer laser “ ablates” i.e. it removes the pre-determined amount of tissue to reshape the cornea with great accuracy and precision to correct the individual's refractive error. The cornea is made flatter to treat nearsightedness, steeper to treat farsightedness and/or more spherical to treat astigmatism.

Finally, after the laser is given, the corneal flap is laid back in its original position, where it bonds instantly. Due to cornea's extraordinary natural bonding qualities, no stitches or sutures are required. Even an eye patch is not required.



The entire procedure is painless takes just a couple of minutes or less and is done under topical anesthesia (only drops are put in the eye to numb the cornea). Visual recovery is rapid and there is little or no post-operative pain. Some eye drops are required to be put for one to four weeks.

### **Life Style benefits of LASIK**

Any person who wants to reduce or eliminate his dependency on glasses or contact lenses will greatly benefit from LASIK procedure. Though cosmesis is the chief reason for people to opt for this procedure, a small number of population may require it for vocational and lifestyle benefits particularly professionals in various sports like swimming, cricket, squash, badminton and other outdoor sports. People seeking employment in the armed forces, merchant navy or have interest in acting and modeling also find great value in this procedure.

For many people LASIK treatment can mean new freedom

- Freedom to change the way the world sees you
- Freedom from the time consuming, day-to-day hassle of glasses or contact lenses
- Freedom to play sports like water, winter and contact sports without the inconvenience of glasses or contact lenses
- Freedom to go on holiday and work without worrying about your eyesight
- Freedom to wake up during the night and see clearly.

### **Are you a candidate for LASIK?**

All individuals above the age of 18 years can undergo this LASIK procedure, however a thorough check-up is necessary before patient selection. The following criteria are essential before one qualifies to be a suitable LASIK candidate: -

- Stable refraction (no change in number) for 1 year
- Eyes should be free of complications and diseases
- One should not be pregnant

As there is an increasing number of clinics offering a variety of methods to correct your vision, it helps if you have some understanding of all the options, before you can make a decision.

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