A COMPLETE GUIDE TO

Laser Vision Correction & Refractive Procedures

HERZIG
EYE INSTITUTE

TORONTO | OTTAWA

Your path to clear vision starts here.

At Herzig Eye Institute our commitment is to provide each patient with their best possible vision in a safe environment with superior surgical treatments and the highest level of patient care. Herzig Eye Institute's High Definition Vision® solutions are performed using the most advanced and proven vision correction technologies available. High Definition Vision® solutions are about achieving a level of vision, most often better than with glasses or contacts. Like most of our patients, you'll wonder why you waited so long.

Cheryl Tabb | Co-Founder & CEO

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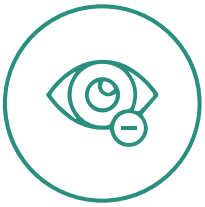
Laser Vision Correction is one of the most exciting technological advances in the history of eye care that can provide you freedom from wearing glasses and contacts.

Herzig Eye Institute is an industry-leader providing a wide range of custom vision correction solutions to treat nearsightedness, farsightedness, astigmatism, and presbyopia. It's no secret laser vision correction has grown in availability and popularity, but when it comes to your eyesight, great care should be taken to understand your options. At Herzig Eye Institute, there are **three ways** of utilizing this extraordinary technology: **ZEISS ReLEx SMILE, LASIK and PRK.**

EYE CONDITIONS



NEARSIGHTEDNESS

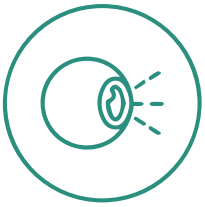
Nearsightedness is a common refractive error, also known as myopia. If you are nearsighted, you will have difficulty seeing things far away.

FARSIGHTEDNESS

Farsightedness is a common refractive error, also known as hyperopia. Farsighted people see things best when they are far away, but have trouble seeing things up close. People with severe hyperopia can have trouble seeing clearly, even at a distance.

ASTIGMATISM

Astigmatism occurs when the cornea is shaped more like a football than a basketball. Sometimes astigmatism can be caused by an irregular shaped lens inside the eye causing distortion or blurry images. Astigmatism is very common, and most people have it to some degree.



PRESBYOPIA

As we age, the eye's natural lens becomes too stiff to focus up close. With our hardening lens, words and other nearby objects appear blurry. The clinical term for this loss of reading vision is presbyopia.

OUR PROCEDURES

ZEISS ReLEx SMILE

What is ReLEx® SMILE®?

The ZEISS ReLEx SMILE procedure is the 3rd generation of Laser Vision Correction technology. SMILE stands for Small Incision Lenticule Extraction and it treats nearsightedness and astigmatism. It allows correction of higher levels of nearsightedness and significantly **reduces post-operative dry eye.**

How ReLEx® SMILE® works

ZEISS ReLEx SMILE is safe, effective, and offers many advantages, including quick recovery time and minimal discomfort during the healing process. It uses a highly advanced femtosecond laser to create a tiny disk-shaped piece of tissue (a lenticule) within the cornea. When this lenticule is removed through a tiny incision, the cornea takes on a new shape, which allows the eye to focus light clearly on the retina and eliminate nearsightedness and astigmatism.

ReLEx® SMILE® is increasing in popularity because it **doesn't require a corneal flap**. It has become the laser procedure of choice for many surgeons around the world.

OUR PROCEDURES

LASIK

What is LASIK?

LASIK remains the most common Laser Vision Correction procedure in the world. LASIK stands for Laser-Assisted In Situ Keratomileusis.

How LASIK works

The LASIK procedure involves creating a thin flap on the surface of the eye, then re-shaping the cornea using a femtosecond laser.

The IntraLase® method is a 100% blade-free approach to creating a corneal flap. IntraLase® allows the surgeon to create a thinner, smoother, and more uniform corneal flap. After gently lifting the flap, the surgeon uses the computer-guided excimer laser to reshape the cornea. A wide range of myopia, hyperopia, and astigmatism can be corrected by the LASIK procedure.

It is a delicate surgical procedure allowing for a predictable healing response. After the procedure, vision stabilizes rapidly and there is little to no discomfort.

OUR PROCEDURES

PRK

What is PRK?

Commonly referred to as ‘surface ablation’, Photorefractive Keratectomy (PRK), uses an excimer laser to reshape the cornea and correct nearsightedness, farsightedness, and astigmatism.

How PRK works

During the procedure, the top cell layer of the cornea (epithelium) is gently removed to prepare the eye for treatment. Once the epithelium is gently removed, the excimer laser is used to reshape your cornea. The laser can track and adjust to any eye movement.

Once complete, a soft bandage contact lens is placed on the eye to protect it and promote healing. The process is then repeated on the other eye.

PRK is the first generation of laser vision correction technology. Since 1989, millions of people have had their vision corrected with PRK. It is usually recommended when the surgeon determines it as the safest option, particularly for those with corneal abnormalities.

EYES OVER 40

As we age, the eye's natural lens becomes too stiff to focus up close. With our hardening lens, words and other nearby objects appear blurry. The clinical term for this loss of reading vision is **presbyopia**.

Nearly 100% of the population becomes presbyopic as they enter their 40s. There are a number of options to treat presbyopia and restore reading vision, including: **Monovision** and **PRESBYOND® Laser Blended Vision**.

Monovision

Monovision is a treatment option where one eye is corrected for distance while the non-dominant eye is left under corrected to see up close. The brain integrates the visual information from both eyes and adjusts to have each eye focus at a different distance. This adjustment period can happen immediately or take up to a few weeks. Monovision can be achieved with all of our High Definition Vision® solutions.

PRESBYOND® Laser Blended Vision

Another way to give someone distance and near vision is with PRESBYOND® Laser Blended Vision. Similar to monovision, the dominant eye is corrected for distance vision and the non-dominant eye is corrected to be slightly nearsighted for close up vision. Both eyes are treated to ensure balance of vision. A customized fusion of the two images for near and distance vision is created for each patient – this is called the 'Blend Zone'. The Blend Zone makes it easy for the brain to merge the images of both eyes, achieving true binocular vision.

Some people learn they are not a candidate for a laser vision correction procedure.

Most other vision correction centres don't offer more than one option. When you visit Herzig Eye Institute, you can take comfort in knowing our surgeons are not limited by a single procedure. Our goal is to recommend a treatment to provide you with your best possible vision.

At Herzig Eye Institute, we are pleased to offer other refractive procedure options to give you freedom from glasses and contacts such as: **EVO ICL™** and **Refractive Lens Exchange (RLE).**

OTHER PROCEDURE OPTIONS

EVO ICL™

What is EVO ICL™?

An EVO ICL™, is an additive thin Intraocular Collamer Lens designed to rest in front of the eye's natural lens just behind the iris. It is made of a biocompatible material called collamer, which is designed to function in harmony with the eyes.

Introduced in 2002 in North America, the ICL procedure is a great alternative for patients who are not candidates for laser vision correction. ICLs are an option for patients with nearsightedness (myopia), farsightedness (hyperopia), or astigmatism too extreme for laser vision correction.

The ICL procedure itself is quick and painless. It usually takes about 15-20 minutes to perform. The eyes are numbed using anesthetic drops and the ICL is inserted through an opening so tiny, it does not even require stitches. Once inserted, the ICL gently unfolds to its full width. Most people notice improved vision immediately following the procedure.

Although an ICL is designed to be a permanent vision correction solution, it is a removable and reversible procedure.

OTHER PROCEDURE OPTIONS

RLE

What is Refractive Lens Exchange?

Refractive Lens Exchange (RLE) is an intraocular procedure (inside the eye) identical to cataract surgery, but with no cataract present. Unlike laser vision correction, which reshapes the cornea, RLE changes the focusing power of the eye by replacing the eye's natural lens. The natural lens is then replaced with a thin intraocular lens (IOL) to provide great vision at certain distances.

With the advanced IOL options available today, your vision at all distances - near, intermediate, and far - can be corrected and provide a continuous range of vision. While many IOLs can provide excellent vision at a continuous range, sometimes glasses are required for specific tasks like reading a prescription bottle or the newspaper.

An advantage of having a RLE procedure is you will not develop a cataract later on in life. RLE is an excellent procedure for patients over the age of 40 because it can correct presbyopia (loss of reading vision), nearsightedness (myopia), farsightedness (hyperopia), and astigmatism.

FAQs

IS LASER VISION CORRECTION PAINFUL?

Laser vision correction is not painful at all. Anesthetic eye drops are used to numb the eye and prevent pain. During the procedure most people feel very little other than pressure for a few seconds. SMILE and LASIK allow for a very predictable healing response. Vision stabilizes rapidly, and patients can expect to have little or no discomfort following the procedure. After PRK, some patients may experience mild to moderate irritation until the corneal surface heals (4-5 days). Eye drops and pills are provided to minimize any discomfort.

HOW SAFE IS LASER VISION CORRECTION?

Laser vision correction procedures are extremely safe and have high efficacy. All procedures are very safe when they are done on the right patient. We do extensive testing on the patient's eyes to determine which procedure will provide the best result possible.

WHAT HAPPENS IF YOU MOVE DURING THE PROCEDURE?

The laser has a tracking system that automatically and instantaneously tracks the movements of the eye during the laser procedure. If a person moves a significant amount, the laser shuts down immediately.

ONCE YOU HAVE LASER VISION CORRECTION, WILL YOUR VISION CHANGE OR REGRESS?

In a very small percentage of patients (about 1-2%) some regression can occur during or after the healing process. Though infrequent, our surgeons may recommend an enhancement to improve your primary vision correction treatment. Most patients will have excellent vision with just one treatment. A small percentage will have to come back to have the enhancement procedure, covered by our Lifetime Commitment policy.

CAN BOTH EYES BE TREATED ON THE SAME DAY?

Laser Vision Correction has proven to be a very safe procedure with a predictable healing response. Both eyes are treated on the same day. One eye is treated at a time and can take anywhere from 5 to 10 minutes per eye.

WHAT IS THE EARLIEST AGE YOU CAN GET LASER VISION CORRECTION?

In order to be considered for a laser vision correction procedure at Herzig Eye Institute, you must be over the age of 18. Once you are 18+, it is recommended you wait for your prescription to stablize before undergoing vision correction. Your optometrist can help determine if your prescription has stablized at your annual eye exam.

Lifetime Commitment

Your original vision correction procedure is backed by Herzig Eye Institute's Lifetime Commitment. Our goal is 100% patient satisfaction. ZEISS ReLEx SMILE, LASIK, PRK, EVO ICL™, **and** Refractive Lens Exchange procedures performed at Herzig Eye Institute are covered for a lifetime.

Sometimes our surgeons may suggest an enhancement to your original vision correction treatment. If this enhancement procedure is deemed medically necessary, it will be performed at no extra cost, as it is covered by Herzig Eye Institute's Lifetime Commitment.

Because your follow up care is as important as the procedure itself, you will need to return for the required post-op exams and maintain regular annual eye exams with your primary eye care provider.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YOUR COMPLIMENTARY CONSULTATION

At Herzig Eye Institute, we are pleased to offer complimentary consultations for our High Definition Vision® solutions such as ZEISS ReLEx SMILE, LASIK, PRK, EVO ICL™, or Refractive Lens Exchange.

During your complimentary consultation, you will undergo advanced diagnostic testing, a full eye exam with an eye doctor, and meet with a Refractive Consultant to answer your questions and determine which procedure is best for you.

Your eyes are complex and precious. There is no one-size-fits-all solution. We use only the most advanced and proven vision correction technology to ensure we offer the best and safest option to you.

Book your complimentary consultation here

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