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**Shinagawa  
LASIK Centre**

### COMMON QUESTIONS ABOUT LASIK

#### Can I go blind?

For suitable candidates, LASIK is a safe and effective procedure, particularly with advances in LASIK technology and medical processes. But like all surgeries, it is not without the potential for complications. Problems and side-effects associated with LASIK are mostly temporary and treatable. These include dry eyes and night vision disturbances such as glare and haloes.

#### What if I move my eye during the LASIK procedure?

The good news is that there are systems in place during the procedure to ensure that the patient's eye movements do not negatively affect the outcome of the surgery. Advanced computerised tracking systems that monitor eye movements coupled with the experience and skill of your doctor will ensure that the surgical procedure is very precise, said Dr Lee.

#### Will the surgery hurt?

There is nothing to worry about. You will be given a mild sedative and a topical anaesthetic (eye drop), which will numb your eye. You will not feel any pain. The laser itself does not cause any pain or discomfort.

#### Will LASIK cause any post surgery disruptions to my life?

Immediately after the surgery, your vision will be a little blurry. You will have to do some post-operative healing for the full effects of the laser treatment to become apparent. The results of LASIK are usually rapid, and within hours of the surgery, most patients have functional vision. Most patients achieve good vision on the day of the surgery and find that their eyes feel fairly normal within a day. It is not uncommon for vision to fluctuate for several days as the eyes heal. Usually it will take about a week for full healing to take place and your new improved vision to take hold completely.

# FREEDOM OF SIGHT

Want to do without spectacles for good?

Here's the lowdown on how you can ...

IF YOU wear glasses, you'll know how they can irritate by fogging up when you step out of a shopping mall or slipping off your nose during yoga lessons. Wearing contact lenses is not problem-free either. Wear them too long and you get dry, red and itchy eyes. Slip them on in a hurry and you risk dropping and losing the lenses.

You know people who have liberated themselves from the inconvenience of wearing spectacles and contact lenses by undergoing LASIK surgery. Encouraged by their positive experience of a new vision without glasses and contact lenses, you are contemplating the same thing for yourself. But where should you start?

#### SELECTING THE RIGHT CLINIC

Whether you decide to undergo LASIK to eliminate the inconvenience of having to rely on corrective eyewear or to simply look better, you will need to be well informed about the procedure. Having it done at the right clinic can also make the experience a good one. But how do you go about selecting the clinic?

Here are some questions you should ask:

- Does the clinic offer proper diagnostic techniques and advanced technologies?
- Are its staff well trained?
- Is the procedure reasonably priced?
- Can the doctors answer all your questions about the procedure?

Make sure that you thoroughly understand

the procedure and your suitability for it. Not everyone can have LASIK. Ask your doctor about the different methods available. A clinic that offers premium care would be able to guide you smoothly through this process.

#### CONCERNS OVER LASIK

Before deciding to have LASIK, it is normal to have questions about it (see sidebar). Said Dr Lee Sao Bing, the Principal LASIK Surgeon of the Shinagawa LASIK Centre: "Usually, patients will ask if the surgery will be painful or if there's a chance they could go blind. The answer to both questions is no."

This is due, in large part, to technological advancements in the LASIK procedure that have made the surgery not only safer but also more affordable. At some centres, such as the Shinagawa LASIK Centre, the blade-free Intralase Method is used.

With this method, a rapid pulse laser of light passes through the top layers of the cornea to form microscopic bubbles at specific positions in the eye. The doctor then separates the tissues to raise a thin flap to access the cornea. According to Dr Lee, this method enables LASIK surgery to be "even safer" for patients.

#### EXPLAINING LASIK SURGERY

LASIK surgery is an outpatient procedure. "The actual surgery usually takes about 15 minutes per

eye, and the laser treatment itself usually lasts a minute," said Dr Lee.

As the surgery improves vision and reduces the need for corrective eyewear, it is used to correct a wide range of vision problems such as myopia (near-sightedness), astigmatism (blurred vision caused by an irregular shaped cornea) and hyperopia (far-sightedness).

In the majority of cases, LASIK produces good results in patients, with many experiencing 20/20 vision or better. However, even while LASIK generally removes the dependence on spectacles, there may be exceptions where they still have to be used. This is particularly so for patients with severe myopia and/or severe astigmatism who may still need to use glasses at night while driving.

After patients undergo LASIK, they need to follow up with post-surgery sessions. At the Shinagawa LASIK Centre, patients typically have three such sessions as part of their detailed post-surgery assessment package, said Dr Lee.

Undergoing LASIK need not be a daunting process. Just remember these three steps: Be informed about the benefits and risks of the procedure, understand the importance of a thorough screening by your doctor, and maintain realistic expectations about the procedure's outcome.

With the right clinic to guide you, the decision-making process becomes that much easier, and you could be just one step away from enjoying the active lifestyle you dream of.

  
**SHINAGAWA**  
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Where care comes first

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