



PHOTOS: SHINAGAWA LASIK CENTRE

AN EYE-OPENING EXPERIENCE

Clear and focused vision without the aid of spectacles and contact lenses is the dream of most short and longsighted people. The editor has his wish granted for the freedom that comes with perfect vision.

**“Finally,
I can see
far and
clear!”**

DANIEL GOH, EDITOR
went for the IntraLase®
(Bladeless) Wavefront LASIK

I have been wearing glasses for the longest time, and it was only when I started working, I got myself a pair of permanent lenses. And it took me an hour to fit my first set of contact lenses! In addition to the cost of buying the lenses, I had to calculate in the cost of the lenses lotion and eye care products. And before I knew it, there were more problems emerging from wearing contact lenses. My eyes were prone to getting eye infection and I even developed dry eyes from prolonged hours of wearing contact lenses. The result is carrying around a pair of spectacles as an emergency replacement. Not to mention, wearing spectacles or contact lenses also hampered sports performance and my backpacking trips. So after all these years of dealing with the hassle of wearing, removing and caring for my contact lenses - the question is, should I go for LASIK eye surgery?

THE PLAN: *Go for a Pre-LASIK evaluation to determine whether I'm a suitable candidate for the eye surgery.*

I decided to have my Pre-LASIK assessment done at Shinagawa LAISK Centre since my friend had her LASIK surgery done there. The evaluation took less than two hours and several eye tests were administered to determine whether I was a suitable candidate for the eye surgery. I was also advised not to wear my contact lenses at least seven days prior to my eye test. After the test, my eyes were a little sensitive to light since my pupils were dilated for the assessment. However, the discomfort only lasted for a while.

THE NEXT STEP: *Certified a suitable candidate for LASIK.*

My surgeon, Dr Lee Sao Bing, explained to me that the actual surgery usually takes about less than 15 minutes per eye, and the laser treatment itself usually lasts a minute. He sensed that I was nervous before the surgery but he was very reassuring to tell me that the surgery will be painless. During the surgery, topical anaesthetic eye drops were administered to numb the eye area, so basically there was no pain. After being discharged from the clinic, I went home for a nap (yes, you will be given a mild sedative during the surgery to help you sleep after the surgery). I was amazed in the rapid results of LASIK. I achieve good vision within hours of the surgery; I even went for a concert in the evening!

THE NEXT DAY: *Post-treatment checkup*

I was amazed with my new vision and Dr Lee was very pleased that I have experienced 20/20 vision. He also told me that it was not uncommon for vision to fluctuate for the next one month as the eye healed.

ONE MONTH LATER: *Post-treatment checkup*

I was given the go-ahead to do active sports like scuba diving, and swimming. My eyes did not feel dry during the first post-operative month, thanks to the advantages of the IntraLase™ method. I was glad that I met an experienced and skillful surgeon and a team of well-trained and friendly staff. What's more, I was briefed very thoroughly on the benefits and risks of the surgery and to maintain realistic expectations about the procedure's outcome. **EW**



SOME COMMON QUESTIONS ON LASIK

HOW LONG CAN THE EFFECTS OF LASIK SURGERY LAST?

The vision correction effects of LASIK are permanent and do not wear off. But this vision will obviously still be affected in the event of the development of a cataract or the occurrence of some other eye diseases.

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.



WHICH TYPE OF PATIENTS ARE NOT SUITABLE FOR LASIK?

Patients who have thin corneas.

The answers are provided by Dr Lee Sao Bing, Principal Surgeon of Shinagawa LASIK Centre.