

Laser Vision Correction. What is it?

Correction of nearsightedness, farsightedness and astigmatism with the excimer laser is the most advanced method available to reduce your dependence on glasses and contact lenses. This exciting technology uses a beam of laser light to gently reshape the cornea, which is the front surface of the eye.

LASIK, or Laser in-Situ Keratomileusis offers a number of benefits over all other forms of laser vision correction because it is performed under a protective layer of corneal tissue. As a result, there is less surface area to heal, less risk of scarring, less risk of corneal haze, less postoperative discomfort, less postoperative need for medications, and vision returns more rapidly, often within a day or so. LASIK can also treat a higher range of vision errors. Although post-operative results vary, most patients are able to pass a drivers license test without glasses or contact lenses.

PRK, or photorefractive keratectomy is another form of laser vision correction. The laser is used to remove superficial tissue and gently reshape the cornea. It accomplishes the same end result as LASIK. Dr. Braverman will discuss with you which procedure is appropriate for you.

Custom Cornea Treatment may be added to either form of Laser Vision Correction depending on your prescription and the treatment needed. Every cornea has its own unique fingerprint. **Custom Cornea Treatment** treats that unique fingerprint. Studies have shown that for those eligible patients, final unaided vision may be better than with regular Laser Vision Correction. Also, **Custom Cornea Treatment** creates less nighttime glare and halos around lights than regular Laser Vision Correction.

How does it work?

To treat nearsightedness, the cornea must be made flatter. This is accomplished by removing tissue from the center of the cornea.

To treat farsightedness, the central cornea must be made steeper. Directing the laser beam to remove tissue from around the central cornea treats this.

To treat astigmatism, the cornea must be made more round. To do this, tissue is removed in one direction more than the other.

Am I a candidate?

In general, the ideal candidate for Laser Vision Correction is over 18 - 21 years of age and has healthy corneas. Candidates must not have had a significant increase in their prescription in the last 12 months. People with certain medical conditions or women who are pregnant may not be good candidates. Your eye doctor and Dr. Braverman can determine if you are a good candidate.

*Cecilia Arango
Braverman Eye Center
Ophthalmic Technician
A successful monovision LASIK
patient whose surgery
was done in September 1997.*



Does it take much preparation for the surgery?

There are no restrictions on eating, drinking or medications immediately prior to your procedure. However, you should avoid alcohol and medications that cause drowsiness.

Also, contact lenses change the shape of your cornea. Since this is the area to be treated, it is important to allow time for your cornea to return to its normal shape by not wearing them prior to your examination and/or procedure.

>Soft daily wear contacts should be removed at least 72 hours (3 days) before your examination and/or procedure.

>Overnight wear and soft toric lenses should be removed at least 10-14 days before the examination and/or procedure.

>Hard or gas permeable contacts should be out one month for every 10 years worn, before your examination and/or procedure.

>Patients who have worn rigid lenses for over 20 years may need to remove them for up to 12 weeks or longer.

Your eye doctor will advise you as to when you should discontinue your contact use.

On the day of your procedure, remove any makeup, jewelry, perfume, aftershave or cologne and wear comfortable, warm clothing that does not shed.



*Dr. Braverman
doing LASIK surgery.*

What happens during the procedure?

After your eye has been completely numbed using anesthetic eye drops, an eyelid holder will be placed between your lids preventing you from blinking.

Next, with LASIK, a suction ring, placed on the eye, lifts and flattens the cornea and helps keep your eye from moving. You may feel pressure from the eyelid holder and suction ring, similar to a finger pressed firmly on your eyelid. An instrument known as a microkeratome makes a protective flap in the cornea. During this process you should feel no pain. You will be asked to look directly at a target light while the laser reshapes the cornea, usually in less than a minute. Then the protective flap is put back into place where it bonds securely without the need for stitches.

It takes about ten minutes to correct each eye. The entire visit to the laser surgical facility should last about an hour and a half. However, your visit will be longer with **Custom Cornea Treatment** since extra testing must be done.

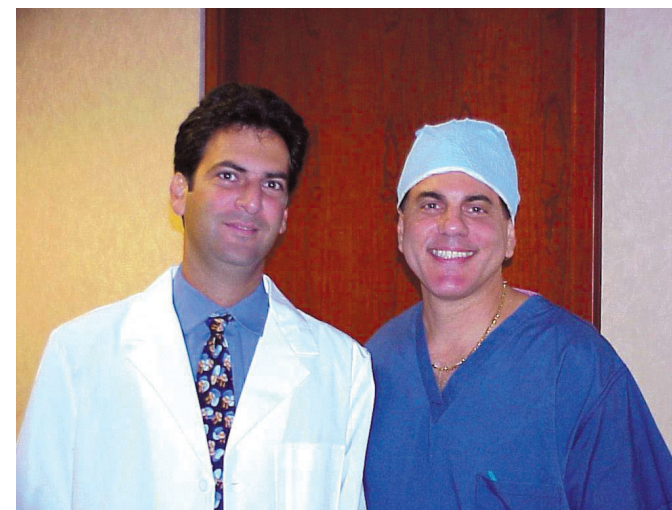
What follow-up care will I need?

Follow-up care and eye medications are just as important to your results as your actual procedure. Ideally, your own eye doctor can provide this care, but it may also be done by Dr. Braverman. Periodic examinations are required to ensure that your eye is healing as expected and that there is no evidence of infection or inflammation, and to measure your visual progress. You must also use prescribed antibiotic and anti-inflammatory eye drops during your recovery. LASIK patients typically use drops for 5 days.

You will be seen a minimum of six times (1 day, 1 week, 1 month, 3 months, 6 months and 1 year). In some cases you may be seen more frequently if your doctor or Dr. Braverman requires.



*Dr. Dave Rouse
Broward County Optometrist*



*Dr. Meir Ben Nissan
Dade County Optometrist*



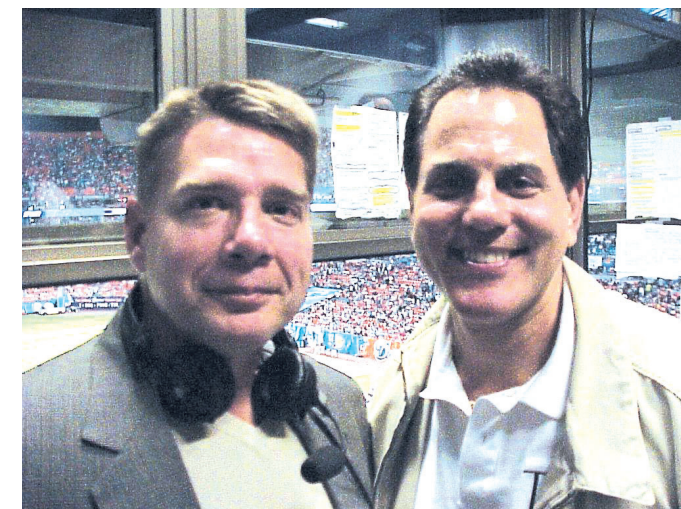
*Marquis Smith, Cleveland Browns All Pro Cornerback,
immediately after his LASIK surgery.*

What will recovery be like?

Most LASIK patients notice dramatic visual results within the first few days following their procedure. However, the speed of visual recovery depends on personal healing patterns. Patients usually see quite well the next day, but patients with higher prescriptions may recover more slowly.

Laser Vision Correction patients will receive an eye patch to protect the eye while sleeping during the first five days. Sleep is strongly recommended after the procedure, and most patients are quite comfortable after taking a nap. Taking the prescribed medications also helps.

During the recovery period, your eyes may feel gritty, irritated or watery, and they may be more sensitive to light. You may also see haloes or starbursts around lights at night. These symptoms usually disappear over a period of time.



Bill Zimpfer, former voice of the Miami Dolphins with Dr. Braverman.

How restricted will my activities be?

Many patients return to work the very next day after LASIK, others, a few days later. You will need to restrict the activities listed below. Otherwise, as long as you follow your doctor's instructions, you should be free to resume most of your normal daily activities.

- >Wait one day before taking a shower.
 - >Resume driving as your doctor advises.
 - >Sunglasses should be worn for the first few days.
- It's good practice to wear UV protective sunglasses when you're in the sun, whether you have had Laser Vision Correction or not.
- >Read and watch TV in moderation for the first few days.
 - >Do not wear eye makeup for four days.
 - >Do not rub your eye for at least one week.
 - >Do not exercise for one week.
 - >Avoid swimming, hot tubs and whirlpools for a minimum of one week.
 - >Avoid gardening and dusty environments for one week.
 - >Avoid contact sports for two weeks. Remember to always wear goggles or protective eyewear when doing contact sports, whether or not you have had Laser Vision Correction.

What kind of results can I expect?

While Laser Vision Correction has proven successful in reducing dependence on glasses and contact lenses, the degree of improvement may vary from person to person. How well and how quickly your vision improves depends on how well you heal and the severity of your prescription.

Although no one can promise patients "perfect" or 20/20 vision, most Laser Vision Correction patients with mild to moderate prescriptions do achieve 20/20 or within 1 to 2 lines of 20/20 on an eye chart. This means they no longer need glasses or contacts to drive, play most sports, watch movies and TV or to participate in careers requiring excellent vision such as police or fire departments.

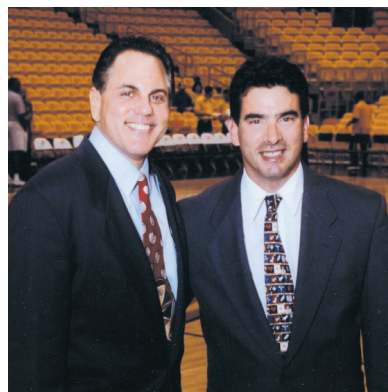
During your pre-procedure consultation, Dr. Braverman will help determine the range of your probable outcome based on your prescription, healing profile and overall expectations. He will also determine if you are a candidate for **Custom Cornea Treatment**.



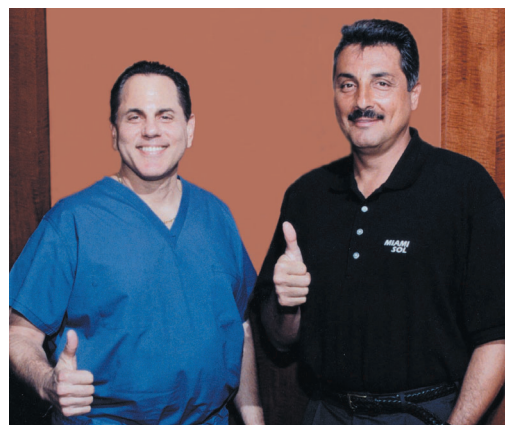
Dr. Braverman and his wife, Jennifer Rimel Braverman. He performed her LASIK procedure.

Should I have Laser Vision Correction?

The decision to have Laser Vision Correction is an important one that, ultimately, only you can make. It is important that you have **realistic expectations** and that your decision is based on facts, not hopes or misconceptions. The goal of LASIK and other refractive procedures is to reduce your dependence on corrective lenses. Laser Vision Correction does not always create 20/20 or even 20/40 vision. It cannot correct a condition known as presbyopia, or aging of the eye. This normally occurs around the age of 40-45 and may require the use of reading glasses. In fact, people over 40-45 who have had their distance vision improved with Laser Vision Correction, may find they need reading glasses after the procedure. However, there are options available for presbyopia including **monovision Laser Vision Correction** and **Clear Lensectomy with Multifocal Implants** which may allow you to decrease your dependence on glasses for both distance and near vision. Your doctor or Dr. Braverman will answer any questions and provide you with additional information that will allow you to make an informed decision.



Harlan Selesnick, M.D., Orthopedic Surgeon for the Miami Heat, who had LASIK surgery in June, 1998 by Dr. Braverman.



Tony Fiorentino, Assistant Coach of the Miami Sol, who had LASIK surgery in June, 2000.

About our Surgeon Dr. Stanley Braverman



Dr. Stanley Braverman has been in the private practice of ophthalmology since 1981 in Hallandale Beach, Florida. Dr. Braverman specializes in refractive surgery and no-stitch cataract surgery.

Dr. Braverman graduated from the University of Miami in 1972 and the University of Miami School of Medicine in 1976. He completed his residency in ophthalmology at the

Duke University Eye Center. He has been performing refractive surgery since 1990 and laser vision correction surgery since 1996. Dr. Braverman is a certified proctor for TLC Laser Eye Center, teaching other ophthalmologists how to perform LASIK and PRK surgical techniques. He has performed thousands of LASIK and other refractive surgery procedures.

Dr. Braverman is an Adjunct Professor at the University of Houston School of Optometry and a Clinical Associate Professor at the Nova Southeastern College of Optometry and the New England College of Optometry. He is also a clinical instructor in ophthalmology at the University of Miami School of Medicine-Bascom Palmer Eye Institute. Dr. Braverman also served as Chief of Ophthalmology at Memorial Hospital in Hollywood, Florida.



Dr. Stan Braverman with his father, a satisfied LASIK patient.

FIND OUT MORE ABOUT
LASER VISION CORRECTION
ON THE WEB AT
www.bravermaneyecenter.com

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