



REFLECTIONS ON 2010: PG 4

Aventura

DIGEST

JANUARY 2011 • VOL 6 • ISSUE 10

WWW.AVENTURADIGEST.COM

PUBLISHED BY THE SOUTH FLORIDA SUN TIMES

Surgery Over Before The Blink Of An Eye

By Lynne Peterson

Neeleidy “Nelly” Echavarria is an attractive 27-year-old elementary school teacher who loves inspiring students to learn and gain knowledge. Her career is a passion and sets high expectations from her students on a daily basis.

Having worn glasses since she was very young, she once had to wear eyeglass lenses as thick as the bottom of a beer bottle. Neeleidy said, “I have never really known what it is to see the world through a clear lens and felt wearing glasses was bothersome and aesthetically not appealing.”

As a teenager she was fitted for contacts. For the past ten years, Neeleidy has visited Dr. Steve Lowinger, optometrist, located inside the Costco store in North Miami Beach. This energetic school teacher wore contacts 12 hours a day and spent hundreds of dollars for new prescriptions along with numerous visits to her optometrist each year.

Life was going along fine raising her own family, teaching, and attending church. She said, “One day, I began to notice that my eyes were rejecting my contact lenses and I contacted my optometrist and he became very concerned. Then last year, I ended up twice at the Bascom Palmer Eye Institute for an allergic reaction from my contacts.”

You could imagine how Neeleidy felt working as a school teacher trying to teach her classes and correct homework papers at home worrying about being susceptible to another adverse reaction from wearing her contacts.

“It came to a point where my eyes could not tolerate wearing contacts. After discussing the problem with her optometrist, he said, ‘If my mother were having eye surgery Dr. Braverman would be doing the procedure.’”

“So I made an appointment and met with Dr. Braverman and my first impression was that he is very knowledgeable. I learned that each person on his medical staff is in charge of a specific procedure and felt the facility is very well organized.”

After a comprehensive eye examination, Dr. Braverman determined that due to the patient’s high myopia (near-sightedness), high astigmatism and thin cornea, she was not an ideal candidate for Lasik surgery; however, she was suitable for ASA PRK (advanced surface ablation photorefractive keratectomy).

Awake during the entire procedure, Neeleidy said, “I was a bit antsy at first. Then several different eye drops were given to me. The surgery was over before the blink of an eye and I did not feel a thing.”

Neeleidy added, “One of the most important parts in the human body are the eyes. Just as I would shop around for a car, I shopped around for a good doctor. I did my homework and looked at several surgical facilities with various doctors. It’s not the machinery that is operating but the doctor’s hands.” But the good news was that Dr Braverman knows all the newest techniques and has the newest machinery and lasers.

What To Expect

In ASA PRK, the surgeon carefully removes the outer epithelial (skin) covering of the cornea, and then uses the excimer laser to reshape the corneal surface. A flap, which is cut when Lasik is done, is not necessary. A special “bandage” contact lens is placed onto the eye for comfort while the epithelium is healing and is removed 3-4 days later. Visual recovery takes longer than with LASIK, and there are more



Above: My surgery, by Dr Stanley Braverman, was over before the blink of an eye and I did not feel a thing.” said Neeleidy Echavarria, pictured here with her daughter.

Right: The Braverman Eye Center is located at 1935 East Hallandale Beach Boulevard, Hallandale Beach, FL 33009.

post-operative office visits and medication, which is why LASIK has become more common. However, there are patients who have dry eyes or corneas that are too thin to perform LASIK safely, and for these patients, ASA PRK is a great alternative.

When the eye is fully healed after ASA PRK, the results are every bit as good as with LASIK.

About Dr. Stanley Braverman

Dr. Stanley Braverman is a Voluntary Assistant Clinical Professor at the Bascom Palmer Eye Institute and an Adjunct Associate Clinical Professor at Nova Southeastern School of Optometry. In addition to treating patients, Dr. Braverman, a board-certified ophthalmologist, is a medical researcher, the inventor of several eye surgical instruments and author of many articles for medical journals. He has lectured at professional meetings about upgraded lens implants and advanced cataract surgery both nationally and internationally.

For additional information or an initial consultation, please contact Rosemary Hartford, Refractive Surgery Coordinator at (888) 954-LASIK or by calling the Braverman Eye Center at (954) 458-2112 or (305) 374-8694.

Please also visit the Braverman Eye Center website

The Braverman Eye Center is located at 1935 East Hallandale Beach Boulevard, Hallandale Beach, FL 33009.



at www.bravermaneyecenter.com where you can watch a video of Bladeless Z-Lasik and learn more about refractive surgery choices as well as the latest advances in cataract surgery and upgraded lens implants.

In addition to Dr. Stanley Braverman, a Cataract and Refractive Laser Vision surgeon, your other sub-specialty eye care needs can also be evaluated and treated. On staff at the Braverman Eye Center are Rashid Taher MD FACS and Tirso Lara MD FACS, Vitreo-retinal surgeons; David Tenzel MD FACS, Ophthalmic Plastic, Reconstructive and Cosmetic Surgeon; Kevin Stewart MD FACS, Complex Glaucoma Specialist; Jesse Pelletier MD, FACS, Corneal Surgeon; and, Eric Ciliberti MD, Neuro-Ophthalmologist. All sub-specialist surgeons at the Braverman Eye Center are Board Certified Ophthalmologists.