

seen™

magazine

Understanding LASIK Surgery



LASIK, Just For Me

Was this what I'd been
looking for the whole time?



LASIK Basics

At-a-glance info!

MY DEEPEST SECRET

Why I decided to get LASIK.

Is the LASIK Lifestyle Right for You?

Get an answer with our
quick and easy quiz!

Life After LASIK: **Finally Free!**

How will you celebrate
your newfound freedom?

Compliments of:

LEADS WHILE DOING THE WALTZ.

ONCE WON A
PIE-EATING
CONTEST.

STARTED WRITING HER
NOVEL, *AGAIN*.

STILL DOES
CARTWHEELS
ON OCCASION.

karen }

Chose a LASIK
procedure
personalized for *her*
unique vision.



Your eyes are as unique as you are.

Make sure they're treated that way.

Like you, your eyes have their own unique quirks. So why would you get a LASIK procedure that treats everyone the same? **OptiLASIK**® Laser Vision Correction works with your eyes' special traits, for a LASIK procedure that's as unique as you are!

Ready to lose your contacts and glasses for good?
Find an **OptiLASIK**® treatment specialist near you –
www.reclaimyourvision.com

* With WaveLight® technology.

OptiLASIK®
Laser Vision Correction*



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See and Be Seen.

There's a whole wide world of unique things to see and do out there. And you? You're part of that. As unique as you are, you deserve every opportunity to experience life without compromise, to stand out from the crowd. Sometimes, though, it can feel like something's holding you back. Maybe something as simple as a pair of contacts or glasses.

If you're looking for a way out from under contacts and glasses, laser vision correction procedures like LASIK may be able to give you the freedom you need to do all the things you've always wanted. Still, LASIK is more than just being free from glasses and contacts – it's about having the unique confidence to shine in every part of your life, about getting you in the spotlight where you belong.

You probably already know the gist of LASIK. But, no doubt you still have questions – about safety, about what to expect – and we'll answer those questions the easiest way we know how: By sharing stories from people like you... before, during and after LASIK. And once you've got the full story, you can decide if LASIK makes sense for you. And if it does, well, get ready to see and be seen.



What is LASIK anyway?

LASIK (laser-assisted *in-situ* keratomileusis) is a surgical procedure which involves reshaping your eyes with a laser to help improve eyesight. By creating a tiny "door" in the surface of your eye, your surgeon can easily correct vision problems; this "door" is then closed, and your eyes quickly heal on their own. Although LASIK can provide great benefits, it's still a surgical procedure and also carries some risks.



My Deepest Secret*

} Why I decided to get LASIK.

The secret is out.
LASIK is in.

I think it's finally time to share
my secret. Not just any secret,
though: My deepest, *darkest* secret.
The one that's been haunting
me for years.

I have *myopia*.

* Inspired by real-life experiences, portrayed by a model. Individual results may vary.



All right, so maybe that doesn't *sound* like such a big deal, but my myopia put me through a lot. And now that I've finally got my act together, strong and independent and confident, it's time for LASIK surgery to put that secret to rest, once and for all.

In the grand scheme of things, I know that being nearsighted isn't the end of the world. I can't see faraway objects very well, so I need contacts or glasses. *No big deal, right?* Well, try telling that to my middle school self.

It all started back in seventh grade. The classic story, you hear it all the time: Couldn't see the blackboard. Got the glasses. Got teased. *Relentlessly.* I was counting myself lucky if I got compared to some kind of bug-eyed insect less than a dozen times a day. And don't get me started on school dances; I was a late bloomer to begin with, and Coke* bottle lenses weren't exactly helping my cause.

Now, since the day I first talked my parents into contacts in high school, no one's been the wiser about my little secret. But that little bug-eyed glasses

girl still lurks behind the scenes, making me feel like a nervous wreck every time I think someone might discover the truth.

And there have been some *close* calls. Contacts work pretty well, but they've got more than their share of problems. They can dry out, pop out and generally *flip* out under the slightest stress. Allergies, and I'm a red-eyed, teary mess. Cold, windy days, and I can barely see, my lenses feel so dry.

I grew up strong – I am a unique, independent young woman. And I can't deny that my glasses made me who I am. I just don't want them to *keep* defining me. I've got my life together, and my look together, but this one part is always going to eat away at me just a little bit. And that's what got me thinking about LASIK.

I was a little nervous about the idea of a laser being used on my eyes, but once I did the research – talked to my doctor, talked to friends who'd had LASIK – and discovered just how safe and easy LASIK *is* these days, I knew that the procedure made sense for me.

I'm tired of having this secret. Of trying to keep that younger, dorkier version of me under wraps. I'm ready to drop that last annoying little bit of insecurity and burst onto the scene with the confidence of a woman completely in control of her own destiny. No more secrets or cover-ups. The freedom to do what I want, when I want, without worry. I've done the research; LASIK is better than ever, and I'm about to be, too. *

*"Coke" is a registered trademark of The Coca-Cola Company.



The Unusual Suspects

When it comes to vision disorders, here are the most common culprits to keep an eye out for.

Like you, your eyes are unique, and have unique quirks that make them special. Maybe they're amazingly blue. Maybe you can see really well in the dark. But, if your eyes don't bend light *exactly* how they should, it can lead to blurry vision – and, as a result, contacts and glasses.

Be on the lookout for the following suspicious characters, considered armed and dangerous to your eyesight.

Each has been convicted of conspiracy to distort vision, with the intent to distribute glasses and contacts.



Myopia

ALIASES: Nearsightedness, Ol' Short-eye
WANTED FOR: Bending light too much, causing *faraway* images to look blurry.

Hyperopia

ALIASES: Farsightedness, The Longshot Bandit
WANTED FOR: Not bending light enough, causing *close-up* images to look blurry.

Astigmatism

ALIASES: Mr. Fuzzybritches
WANTED FOR: Bending light at different angles, causing *all* images to look blurry.

If you have any connection to one or more of these conditions, contact your local OptiLASIK® treatment specialist immediately.

REWARD: The chance for life without contacts and glasses!

> To watch Spencer's full story, visit www.reclaimyourvision.com



First he was apprehensive. Now he's **OptiLASIK®** correction's biggest advocate.

At first, Spencer wasn't so sure about LASIK. But he had friends who had gotten the procedure, so he decided to ask them about their experiences. "I got great responses," he says. "People were just blown away by the difference it made."

But, after talking to a surgeon, what *really* convinced Spencer was the customized aspect of **OptiLASIK®** Laser Vision Correction. "Everyone's eyes are different, so **OptiLASIK®** correction was intriguing to me." And with that, he made an appointment to undergo the surgery.

Spencer saw results right after his procedure.

"I went home and slept for a few hours. When I woke up, I remember being able to see my alarm clock for the first time without having to reach for my glasses. It was pretty neat."

And, as he describes it, things just kept getting better. "As the weeks were going by, everything just crisped up and my eyesight got a little clearer every day."[†]

Now *he's* the one telling others about **OptiLASIK®** Laser Vision Correction. And the advice he gives? "If your vision was as bad as mine, you've got to get it done," says Spencer. "You've got to do it."

* With WaveLight® technology.

† This is a surgical procedure. Individual results may vary.



Is the LASIK Lifestyle Right for **You?**

Seeing LASIK in your future, or not so sure you need it? Get an answer with our quick and easy quiz!

Do you want better vision?

- A) Absolutely.
- B) No. I'm hoping for a future in professional sports refereeing.

LASIK may give you the vision you've always wanted – without the aid of contacts or glasses. Unfortunately, it can't do anything to get that last goal back.

How would you describe your contact lens or glasses prescription?

- A) Dependably predictable. Sort of like the rising of the sun.
- B) Like a bad audition on "American Idol*." Up and down, back and forth – it's all over the place.

If you're looking to get LASIK, it's important that your prescription has been stable for around 1-2 years. Sometimes, change really isn't for the better.

Your date has taken you to see a foreign film. Can you read the subtitles?

- A) Subtitles? I can't even tell who's talking.
- B) Yes. But I still don't understand this movie.

Forget being nearsighted – or farsighted, for that matter. LASIK may make it easier to see the big picture (or even a bad movie) much more clearly.



Quiz

Your best friend suggests an impromptu skydiving session. Your reaction is to:

- A) Worry about the effect terminal velocity winds will have on your contacts (or worse, your glasses!).
- B) Search for your spare parachute.

Looking for the freedom to be adventurous, without having to worry about your contacts or glasses? LASIK may help with that.

How good are you at sitting still?

- A) I can handle short bouts of stillness.
- B) I fidget like a five-year-old who's eaten too many Pixy Stix**.

Good thing poise comes with age, because you need to be 18 (and sometimes 21) to undergo LASIK. The procedure itself is relatively simple, however: all you really have to do is sit still for several seconds and focus on a blinking light.

When you get a headache, it's typically induced by:

- A) Straining to see your computer.
- B) Last night's shenanigans.

Let's face it. Contacts and glasses can be a pain – literally. Bad prescriptions, ill-fitting glasses and dried-out contacts can cause all sorts of on-the-job discomfort. If you're tired of the torment, maybe LASIK is for you.

It's fun to think about all the different ways LASIK may change your life, but before you get caught up, consider speaking with your doctor. Remember: LASIK is a surgical procedure that can provide great benefits, but also carries some risks. Many important factors determine whether or not you're a candidate for the surgery, and only an eye care specialist can tell you if the procedure is right for you.

IF YOU ANSWERED:

Mostly A's

Seems like glasses or contacts are cramping your style. And we're guessing you've probably had enough. Why not schedule a consultation with your doctor to chat about LASIK? There's a chance it might be right for you.

Mostly B's

Based on your answers, we're not so sure you'd benefit from LASIK – or that you even need it. Of course, maybe your answers were induced by wishful thinking. Don't worry, there's no harm in imagining what life would be like without contacts or glasses. But there's no harm in having a chat with your doctor either.



Confessions of a LASIK Reject.

Finally, the day had come! After years of planning and waiting (and dreading every *minute* in contacts and glasses), I was finally getting LASIK!

...or so I thought.

Turns out my doctor didn't think I was an ideal candidate for the procedure. AAARGGGH! Can you believe it?

PRK

Photorefractive keratectomy (PRK) reshapes the eye with a laser, just like LASIK. Unlike LASIK, however, the surface layer of the eye is entirely removed, so healing may take longer.

LASEK

Similar to PRK, with LASEK (laser-assisted sub-epithelial keratectomy), the entire surface layer of the eye is removed, and the eye is reshaped. Then, the top layer is replaced, to help the eye heal.

This was truly the end of my dream of being free from contacts and glasses!

...or so I thought!

My doctor went on to say that, even though LASIK is the option everyone's heard of, there are a number of safe, effective alternatives that may give me the same amazing results! What a relief! And it'll be even *more* of a relief when I pick the procedure that's right for me and finally ditch my eyewear for good!

Phakic

In phakic surgery, an artificial lens is implanted underneath the surface of your eye. It's like wearing contacts all the time – without all the hassle of lens care!

**"American Idol" is a registered trademark of 19 TV Ltd. and FremantleMedia North America, Inc.

***"Pixy Stix" is a registered trademark of Société des Produits Nestlé S.A.

What's got your eyes bent out of shape?

Your eye works like a camera, bending light to focus it onto the back of your eye for a crisp, clear image. If your eye is the ideal shape, light will focus precisely where it should, and you'll have great vision. However, if the shape of your eye is even a *little* off, it can result in light focusing at the wrong spot, leading to blurry, distorted eyesight.



Myopia
(Nearsightedness)

Light rays bend more than they should, so they focus *in front of* the retina. Faraway images seem blurry.



Hyperopia
(Farsightedness)

Light rays bend less than they should, so they focus *behind* the retina. Close-up images seem blurry.



Astigmatism

Light rays bend at different angles, so they're not all focused at the same spot. *All* images seem blurry.

Luckily, the latest LASIK procedures are designed to correct all of these conditions!

LASIK Fast Facts:



- More than **17 million** people worldwide have had some form of laser vision correction.
- Every year, **1.3 million** Americans have LASIK surgery performed.
- **93%** of nearsighted patients see 20/20 or better following LASIK surgery.¹
- **97%** of LASIK patients recommend LASIK to their friends.¹

LASIK BASICS

What should you look for in LASIK?

Unfortunately, all LASIK procedures are not created equal. Every surgeon uses different equipment – different lasers – which may lead to different results. When looking for your LASIK solution, here's a list of things you should keep an eye out for:

✓ Speed

Don't worry – we're not talking about anyone rushing through your procedure; this is about *laser* speed (fig. A).

Ask your doctor: How fast is your laser? The earliest lasers could only get up to 10 - 20 Hz; today, with **OptiLASIK®** Laser Vision Correction, they can be as fast as 200 - 400 Hz!

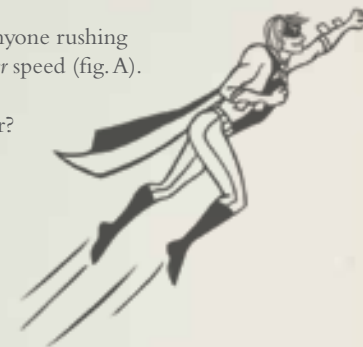


FIG. A) Super fast!

✓ Precision

Of course, speed is nothing unless the laser is precise enough to properly reshape your eyes. A lot of this comes down to "spot size" (fig. B). Also, precise eye tracking technology can help ensure the laser is always properly aligned, even if your eyes shift slightly during surgery.



FIG. B) Fairly small Spot.

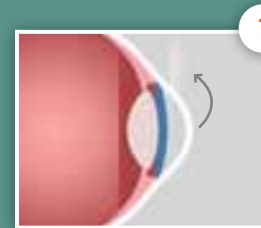
Ask: What's the spot size of your laser? The latest lasers, like the one used in **OptiLASIK®** correction, usually have a spot size of a millimeter or under – about the size of a pin head!

Find out: What's your laser's eye tracking rate? Eye tracking can range from 50 Hz in older LASIK systems all the way up to 400 Hz with advanced systems like **OptiLASIK®** correction.

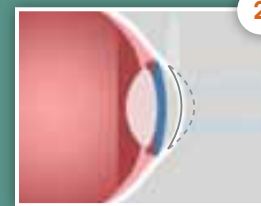
LASIK, Step-by-Step

We know LASIK can seem a bit scary at first – a laser pointed at your eye?! – but the entire process is safe, virtually painless, and – in almost no time at all – you may finally have the vision you've always wanted.

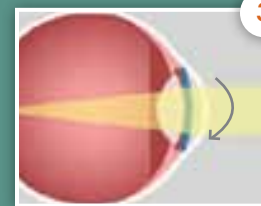
Here's how it works:



1 A thin layer of tissue is pulled back from the surface of your eye (the cornea), exposing the underlying tissue so your surgeon can more easily reshape it.



2 Your surgeon will then carefully reshape the cornea with a laser, making your eye a more ideal shape for focusing light.



3 Once the eye has been reshaped, the outer layer of tissue is put back into place, where it acts as a natural bandage.

And that's it! The whole procedure takes a matter of minutes – and most people sit up noticing dramatically better vision!

As far as surgery goes, LASIK is a relatively simple procedure. However, it's still surgery – *and* a big decision – so it's a whole lot to think about. If you're starting to feel a bit bogged down with facts, we've got the most important, need-to-know info right here.

Remember: To get the full story on LASIK, talk to your eye doctor!

✓ Personalized Treatment

Originally, every LASIK patient received the same basic procedure every single time, without accounting for all the things that make your eyes unique. These days, advanced LASIK systems like **OptiLASIK®** Laser Vision Correction allow your surgeon to create a personalized treatment plan (fig. C), with treatment options that take into account your unique traits and visual needs, for *your* best results.

Ask: Do you offer LASIK personalized for my unique vision?



FIG. C) Note: LASIK does not typically include a trophy.

✓ More Natural Eye Shape

Early LASIK procedures reshaped your eyes without considering the way your eyes naturally curve (fig. D), potentially leading to vision problems: glare, trouble seeing at night, etc. Today, **OptiLASIK®** Laser Vision Correction features an advanced procedure that actually adapts to the unique curvature of your eye, reshaping it more closely to an ideal, natural eye.

Ask: Is your laser optimized for more natural vision?



FIG. D) Natural curves may positively affect vision.

The **OptiLASIK®** Laser Vision Correction Difference

OptiLASIK® Laser Vision Correction is the latest, most advanced form of LASIK surgery, *optimized* for unique treatment and more natural vision. If you're looking for LASIK that's as unique as you are, **OptiLASIK®** might be right for you – and we've got the stats to back it up!

- **93%** of nearsighted **OptiLASIK®** Laser Vision Correction patients see 20/20 or better.¹
- **83%** of farsighted **OptiLASIK®** Laser Vision Correction patients see 20/25 or better.²
- **92%** of **OptiLASIK®** Laser Vision Correction patients described their vision as "good" or "excellent."¹
- *Think 20/20 vision is impressive?* **3/4** of nearsighted **OptiLASIK®** Laser Vision Correction patients actually see better than 20/20!¹

References:

1. FDA Clinical Trials: Wavefront-Guided Treatment for Myopia. For further data on Myopia treatment, see Brief Statement.
2. Data on file. Alcon, Inc.



LASIK, Just For Me*

Like you, I'm pretty unique. And it turns out my eyes are, too. So why was it so hard to find a LASIK procedure that could give me the special treatment I was looking for?

If you were to see me walking down the street, you'd probably think I was ... *one-of-a-kind*. And you'd be right. I've got my own style – bright colors, bold patterns, sometimes an odd accessory if the mood strikes me right.

And, just like everyone, I've got my *stuff* – quirks, habits, likes and dislikes. By day, I work as a research assistant in a lab; by night, I throw and fire my own pottery (What can I say? I'm a study in opposites).

The way I see it, we're all special, and the thing that makes us that way is our unique traits – our oddities. So, sure, it might be a *little* strange that I love broccoli more than I like chocolate, but that's what makes me, me.

* Inspired by real-life experiences, portrayed by a model. Individual results may vary.

And yeah, my eyes are a little quirky, too. Which is why I've been wearing glasses my whole life. But, as much as I like glasses, they've been getting in the way a lot lately. It's pretty hard to look in a microscope with your glasses on; it's even *harder* to use a potter's wheel when your frames keep slipping down your nose. And do you have any idea how difficult it is to get dried clay off your lenses?

And that's not even the worst of it. Glasses are also constantly getting in the way of my favorite accessory: my fabulous brown eyes – the one part of my wardrobe that goes with *everything!*

I tried contacts for a while, but they just weren't my cup of tea – the only person I want poking around *my* eyes is my eye doctor. So, naturally, I started to look into LASIK. And boy, was *that* confusing! It seemed like every site was promoting some crazy type of procedure. "Bargain LASIK." "Bladeless LASIK." Where was the LASIK that was made for *me*?

Finally, I got sick of digging through all the gimmicks and half-truths, and went straight to the source: my eye doctor. He said that, if I was considering LASIK, it wasn't about bargains or sales ploys; it was about *results*.

I realized he was right. After all, this was my only set of eyes; I wouldn't want to risk my favorite accessory for the sake of some half-priced LASIK procedure.

My doctor went on to tell me how the latest LASIK systems now offer personalized treatment plans that actually work *with* the unique quirks of your eyes. Wait – LASIK surgery that was unique to my eyes? *Was this what I'd been looking for the whole time?*

He explained it to me: Your eyes are just as unique as you are, with a whole series of different perks and quirks. So, while my eyes may have the uncanny ability to go with every outfit, they come with their own set of problems (like my nearsightedness) and their own special challenges – challenges

your surgeon needs to take into consideration when planning your procedure.

Unfortunately, not every LASIK procedure does that. It turns out bargain LASIK

treats every patient the same – the same standard treatment, every single time. Like an assembly line. Well, that hardly seems right to me! I'm my own girl; I don't want to be just another pair of eyes in the lineup!

And that's when my doctor told me about **OptiLASIK®** Laser Vision Correction. These days, he said, advanced LASIK procedures like **OptiLASIK®** correction allow your surgeon to



develop a personalized treatment plan – choosing the exact right procedure for my eyes, my goals, my lifestyle.

He asked me: What are my hobbies? What sports do I play? What would I like to do with my vision without glasses or contacts? My doctor told me that there's an **OptiLASIK®** procedure that's right for me – special treatment for my eyes, and my eyes alone.

Well, that was perfect! I'd finally found LASIK just as unique as I am!

I talked some more with my doctor, did some more research on my own and discussed it with my family. In the end, though, it wasn't a hard choice. After all, my unique LASIK had been waiting for me the whole time. *



Choosing the Right LASIK Procedure

When it comes to your eyes, can you afford to bargain?

You've probably seen ads for "bargain" LASIK procedures: "**SAVE BIG ON LASIK: \$299 per eye!**" "**ValuLASIK: Buy one eye, get one free!**" If these "bargains" sound too good to be true, it's probably because they are. Most of these low-priced procedures use outdated technology that doesn't address the unique characteristics of your eyes. To keep prices low, they have to move as many patients through the OR as fast as they can – *how's that* for special treatment? Remember, you've only got one set of eyes – invest wisely. If you're considering LASIK, do the research and make sure you're being treated right.



The Natural Look

The latest LASIK systems now do even more to provide personalized treatment: **OptiLASIK®** Laser Vision Correction may actually help ensure more *natural* eye shape! You see, when LASIK first got started, they didn't really account for the way your eyes curve naturally. So, in trying to fix your vision, these early procedures could actually result in tiny vision errors. Now, though, **OptiLASIK®** correction offers a unique procedure designed to reshape your eyes while maintaining a more natural curve. So, when it comes to that natural look, and keeping curves in all the right places, there's only one choice!

my time

in the (laser) limelight*

Walking you through the LASIK process, every step of the way.



Username:
BoulderSean82

Hobbies:
Rock Climbing

Profession:
Graphic Design

Posted August 4th, 11:04pm

All right, I've just about had it. I was out climbing today, and my contacts gave out on me again! Another trip cut short. Between the dust, the grit, the hot sun, and the sweat in my eyes, my lenses just don't stand a chance on the cliffs. I've got to do something about this... And glasses just don't strike me as the best idea, 500 ft. up.

Posted August 7th, 9:36pm

Started looking into LASIK. You know me – I'm very big on finding the right gear for the job. When you're hanging off of a rock face, the ten bucks you saved on cheap rope or a junky carabiner can suddenly make a *world* of difference. I'm always going to want the best of the best – and the same thing applies to my eyes.

Posted August 9th, 12:12am

I've spent the last few days researching LASIK systems, and I've started coming to some conclusions. For one, bargain LASIK is *out*.

Also, it seems the most advanced LASIK technology is trending towards personalized treatment, so that's what *I'm* trending towards now.

At this point, I think I've discovered all I can from online research. I've got an appointment next week with my eye doctor.

Posted August 15th, 2:11pm

Talked to my doctor, asked all my remaining questions, and I think I'm gonna take the plunge. Contacts and glasses have been slowing me down for too long.

Appointment's in 2 weeks. I'm counting the minutes.

Posted August 29th, 1:20am

Can't sleep. The big day's today. I've read all the stats about the safety of LASIK procedures, and I'm sure I made the right choice in laser technology, but that doesn't mean I'm not still a little nervous.

Tomorrow I'll be posting in real time from my phone, with my thoughts on the experience, so be sure to tune in.

Posted August 29th, 7:03am

On my way to the doctor's office. Tara's acting as chaffeur today (can't drive yourself after eye surgery), so I'm trying to get a *Driving Miss Daisy* riff going. This early, she is *not* interested.

Posted August 29th, 7:45am

Checked in. Guess the doctors are used to people being nervous, so they gave me something to help me relax. Not that I'd show fear in front of the cute nurse, though!



Posted August 29th, 8:06am

Cute nurse cleaned around my eyes. Tried to make a guyliner joke; failed. Maybe the laser can reshape my sense of humor.

Posted August 29th, 8:09am

Speaking of the laser...



*Check it out,
in all its glory!*

Posted August 29th, 8:12am

They've added some eye drops to numb them for the procedure. Tempted to poke myself in the eyes, but that's probably frowned upon.

Posted August 29th, 8:21am

About to lie down under the laser. (Hopefully) about to say goodbye to contacts and glasses for good! Wish me luck!

* Inspired by real-life experiences, portrayed by a model. Individual results may vary.



HEALING UP

As part of the recovery process, your surgeon may ask that you:

- Use prescription eye drops to prevent infection and reduce any swelling or irritation.
- Use an over-the-counter lubricant eye drop to keep your eyes moist and comfortable.
- Wear eye shields, particularly during sleep, to prevent irritation.
- Wear dark eyeglasses if you experience sensitivity to bright lights.
- Avoid rubbing your eyes for a few weeks after surgery.

A week or so after surgery, you'll probably also have a follow-up visit with your doctor, just to make sure your eyes are healing nicely.

Posted August 29th, 8:50am

Whoa, what a rush! That really was easy! It's just like rock climbing – if the skills are there, and the right tools are there, the thing's a breeze. What was I worrying about?

All I had to do was focus on a blinking light while my surgeon reshaped my eye. At first I was worried about my eyes moving too much, but then I remembered they have eye tracking technology, just in case.

All in all, it was great. I hardly felt a thing – just a bit of pressure on my eye. It got a little psychedelic there for a second (for a while, I couldn't see anything besides swirling colors), but that passed quickly. No stitches, no bandages, nothing. I sat up, and my eyes *already* seemed better!

Posted August 29th, 9:47am

Waiting for the go-ahead from the doc to go home and rest. I swear, my vision seems to be getting better every minute. And apparently it can *keep* getting better over the next few months, as my eyes heal. Looks like I have a lot to look forward to!



Posted September 15th, 4:52pm

Headed back on the rocks for the first time today. My vision's never seemed better, and I don't have to worry about contacts or glasses any longer. Man, I wish I'd done this sooner!

> To watch Loryn's full story, visit www.reclaimyourvision.com



Like you, Loryn relied on glasses and contacts to treat her ocular ailments. And while they helped get her through college, they couldn't give Loryn the freedom she needed to dive into life's other adventures.

"I wanted to learn to surf," she says. But contacts were just too uncomfortable to wear in the water. So Loryn's eyesight – and her surfing – suffered, until a friend recommended she look into LASIK.

Fed up with contacts and intrigued by the possibility of being free to try new things, Loryn opted for OptiLASIK® Laser Vision Correction, and she quickly noticed results.

"I remember driving home from the procedure thinking, oh my gosh, I can see! I could see the hills and I could see the houses on the hills and all their little windows. I could experience the world without needing something on my eyes."[†]

Now Loryn rides the waves like a pro. And her only regret about the procedure? Not having it sooner. "If I could have done it ten years ago," she says, "I would roll back time and I would do it then."

* With WaveLight® technology.

[†] This is a surgical procedure. Individual results may vary.





Looking forward to a brand new look – it's finally time to show off **my eyes!**



What I save every month now that I'm not buying contacts or lens solution. *Fiji Islands, here I come!*

Life After LASIK:

Finally Free!*



"All good things are wild and free ~"

Henry David Thoreau



I always wanted to see better,
but potentially *better* than 20/20[†]?



Now, the only lenses I
need are for zooming.



LOOK! NO MORE
DIVOTS FROM
MY GLASSES!

For me, life after LASIK has been
positively liberating. Nothing can compare to
the freedom I felt when I finally said
goodbye to my glasses and contacts.
Today, I'm more willing to try new
things (Kayaking, anyone?). I feel more
confident. And my world has changed
in so many ways.

- Kacie*

FIDO + MY OLD SPECS
= HILARIOUS



“Freedom lies in being bold.”

-Robert Frost

For Kacie,
LASIK opened up a whole
new world of opportunity.

Giving my glasses an appropriate send-off –
by sending them to **someone in need**.

New Eyes for the Needy
recycles donated eyeglasses
and distributes them to needy
nations around the world.
Want to donate your old
glasses? Drop them in a box
or a padded envelope and
send them to:

New Eyes for the Needy
549 Millburn Avenue
P.O. Box 332
Short Hills, NJ 07078



* Inspired by real-life experiences, portrayed by a model.

† Individual results may vary.

- c. Approval of the application is based on clinical trials in the United States with 162 eyes treated, of which 111 were eligible to be followed at 6 months. Accountability at 1 month was 99.4%, at 3 months was 96.0%, and at 6 months was 100.0%.
- d. The studies found that of the 142 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 3-month stability time point, 95.8% achieved acuity of 20/40 or better, and 67.6% achieved acuity of 20/20 or better without spectacles or contact lenses.
- e. The clinical trials showed that the following subjective patient adverse events were reported as “moderate to severe” at a level at least 1% higher than baseline of the subjects at 3 months post-treatment: sensitivity to light (43.3% at baseline versus 52.9% at 3 months); visual fluctuations (32.1% at baseline versus 43.0% at 3 months); and halos (37.0% at baseline versus 42.3% at 3 months).
- f. Long-term risks of LASIK for mixed astigmatism beyond 6 months have not been studied.
- g. The safety and effectiveness of LASIK surgery has ONLY been established with an optical zone of 6.0 - 7.0 mm and an ablation zone of 9.0 mm.
- h. Note that the complete name for this ophthalmic laser is “WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System for laser-assisted *in-situ* keratomileusis (LASIK) treatments of naturally occurring mixed astigmatism of up to 6.00 D at the spectacle plane.”

Wavefront-Guided Treatment of Myopia:

- a. Approval of the premarket approval application is for the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System used in conjunction with the WaveLight® ALLEGRO Analyzer® device. The device uses a 6.5 mm optical zone, a 9.0 mm ablation/treatment zone, and is indicated for Wavefront-Guided (WFG) laser-assisted *in-situ* keratomileusis (LASIK): 1) for the reduction or elimination of up to -7.00 diopters (D) of spherical equivalent myopia or myopia with astigmatism, with up to -7.00 D of spherical component and up to 3.00 D of astigmatic component at the spectacle plane; 2) in patients who are 18 years of age or older; and 3) in patients with documentation of a stable manifest refraction defined as ≤ 0.50 D of preoperative spherical equivalent shift over one year prior to surgery.
- b. LASIK is an elective procedure, with the alternatives including, but not limited to: eyeglasses, contact lenses, photorefractive keratectomy (PRK), traditional LASIK and other refractive surgeries.
- c. Approval of the application is based on a randomized clinical trial in the United States with 374 eyes treated; 188 with Wavefront-Guided LASIK (Study Cohort) and 186 with Wavefront-Optimized® LASIK (Control Cohort). 178 of the Study Cohort and 180 of the Control Cohort were eligible to be followed at 6 months. In the Study Cohort, accountability at 1 month was 96.8%, at 3 months was 96.8%, and at 6 months was 93.3%. In the Control Cohort, accountability at 1 month was 94.6%, at 3 months was 94.6%, and at 6 months was 92.2%.
- d. The studies found that of the 180 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 6-month stability time point in the Study Cohort, 99.4% were corrected to 20/40 or better, and 93.4% were corrected to 20/20 or better without spectacles or contact lenses. In the Control Cohort, of the 176 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 6-month stability time point, 99.4% were corrected to 20/40 or better, and 92.8% were corrected to 20/20 or better without spectacles or contact lenses.
- e. The clinical trials showed that the following subjective patient adverse events were reported as “moderate to severe” at a level at least 1% higher than baseline of the subjects at 3 months post-treatment in the Study Cohort, light sensitivity (37.2% at baseline versus 47.8% at 3 months) and visual fluctuations (13.8% at baseline versus 20.0% at 3 months). In the Control Cohort, halos (36.6% at baseline versus 45.4% at 3 months) and visual fluctuations (18.3% at baseline versus 21.9% at 3 months).
- f. Long-term risks of Wavefront-Guided LASIK for myopia with and without astigmatism beyond 6 months have not been studied.
- g. Note that the complete name for this ophthalmic laser is “WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System used in conjunction with the WaveLight® ALLEGRO Analyzer® device. The device uses a 6.5 mm optical zone, a 9.0 mm ablation/treatment zone, and is indicated for Wavefront-Guided (WFG) laser-assisted *in-situ* keratomileusis (LASIK): 1) for the reduction or elimination of up to -7.00 diopters (D) of spherical equivalent myopia or myopia with astigmatism, with up to -7.00 D of spherical component and up to 3.00 D of astigmatic component at the spectacle plane; 2) in patients who are 18 years of age or older; and 3) in patients with documentation of a stable manifest refraction defined as ≤ 0.50 D of preoperative spherical equivalent shift over one year prior to surgery.”

KNOWS EVERY
CONSTELLATION
BY HEART.

COULDN'T LIVE WITHOUT
HIS POTTERS' WHEEL.

LOVES KARAOKE,
EVEN IF HE
CAN'T SING.

ALWAYS BRINGS FLOWERS ON
THE FIRST DATE.

mark }

Chose a LASIK procedure
personalized for *his* optimal outlook.

Your eyes are as unique as you are.

Make sure they're treated that way.

Ready to lose your contacts and glasses for good? Find an **OptiLASIK**[®]
treatment specialist near you to see if you're a candidate for LASIK surgery -
www.reclaimyourvision.com

OptiLASIK[®]
Laser Vision Correction*

* With WaveLight[®] technology. PRA012D



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Product Information

(Brief Statement of Intended Use):

Myopia:

- a. Approval of the premarket approval application is for the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System to perform LASIK treatments in patients 18 years of age or older for the reduction or elimination of myopic refractive errors up to -12.00 diopters (D) of sphere with and without astigmatic refractive errors up to -6.00 D; and in patients with documented evidence of a stable manifest refraction defined as less than or equal to 0.50 D of preoperative spherical equivalent shift over one year prior to surgery.
- b. LASIK is an elective procedure, with the alternatives including, but not limited to: eyeglasses, contact lenses, photorefractive keratectomy (PRK), and other refractive surgeries.
- c. Approval of the application is based on clinical trials in the United States with 901 eyes treated, of which 813 of 866 eligible eyes were followed for 12 months. Accountability at 3 months was 93.8%, at 6 months was 91.9%, and at 12 months was 93.9%.
- d. The studies found that of the 844 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 3-month stability time point, 98.0% were corrected to 20/40 or better, and 84.4% were corrected to 20/20 or better without spectacles or contact lenses.
- e. The clinical trials showed that the following subjective patient adverse events were reported as “moderate to severe” at a level at least 1% higher than baseline of the subjects at 3 months post-treatment: visual fluctuations (12.8% at baseline versus 28.6% at 3 months).
- f. Long-term risks of LASIK for myopia with and without astigmatism beyond 12 months have not been studied.
- g. Note that the complete name for this ophthalmic laser is “WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System for laser-assisted *in-situ* keratomileusis (LASIK) treatments of myopic refractive errors up to -12.00 diopters (D) of sphere with and without astigmatic refractive errors up to -6.00 D at the spectacle plane.”

Hyperopia:

- a. Approval of the premarket approval application is for the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System to perform LASIK treatments in patients 18 years of age or older for the reduction or elimination of hyperopic refractive errors up to +6.00 diopters (D) of sphere with and without astigmatic refractive errors up to 5.0 D at the spectacle plane, with a maximum manifest refraction spherical equivalent (MRSE) of +6.00 D; and in patients with documented evidence of a stable manifest refraction defined as less than or equal to 0.50 D of preoperative spherical equivalent shift over one year prior to surgery, exclusive of changes due to unmasking latent hyperopia.
- b. LASIK is an elective procedure, with the alternatives including, but not limited to: eyeglasses, contact lenses, photorefractive keratectomy (PRK), and other refractive surgeries.
- c. Approval of the application is based on clinical trials in the United States with 290 eyes treated, of which 100 of 290 eligible eyes were followed for 12 months. Accountability at 3 months was 95.2%, at 6 months was 93.9%, and at 12 months was 69.9%.
- d. The studies found that of the 212 eyes eligible for the uncorrected visual acuity (UCVA) analysis of effectiveness at the 6-month stability time point, 95.3% were corrected to 20/40 or better, and 67.5% were corrected to 20/20 or better without spectacles or contact lenses.
- e. The study showed that the following subjective patient adverse events were reported as “much worse” by at least 1% of the subjects (in order of increasing frequency) at 6 months post final treatment: glare from bright lights (3.0%); night driving glare (4.2%); light sensitivity (4.9%); visual fluctuations (6.1%); and halos (6.4%).
- f. Long-term risks of LASIK for hyperopia with and without astigmatism beyond 12 months have not been studied.
- g. Note that the complete name for this ophthalmic laser is “WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System for laser-assisted *in-situ* keratomileusis (LASIK) treatments of hyperopic refractive errors up to +6.00 diopters (D) of sphere with and without astigmatic refractive errors up to 5.00 D with a maximum manifest refraction spherical equivalent (MRSE) of +6.00 D.”

Mixed Astigmatism:

- a. Approval of the premarket approval application is for the WaveLight® ALLEGRETTO WAVE® / ALLEGRETTO WAVE® Eye-Q Excimer Laser System to perform LASIK treatments in patients 21 years of age or older for the reduction or elimination of naturally occurring mixed astigmatism of up to 6.00 D at the spectacle plane; and in patients with documentation of a stable manifest refraction defined as less than or equal to 0.50 D of preoperative spherical equivalent shift over one year prior to surgery.
- b. LASIK is an elective procedure, with the alternatives including, but not limited to: eyeglasses, contact lenses, photorefractive keratectomy (PRK), and other refractive surgeries.

SHORT FOLD