



LASIK Eye Surgery

Open your Eyes: What You Really Need to Know

Dr. Arun Gulani, founder of the Gulani Vision Institute, Jacksonville, Florida, is a world renowned expert in LASIK eye surgery. Here he offers some insight and emphasizes that complications from the surgery occur most often when the necessary groundwork before surgery isn't covered both by the patient and or the surgeon.

We are all aware of the national trial and FDA hearing of patients who have had less than optimum outcomes from Lasik eye surgery. And, you have probably seen the commercials, heard the ads, and seen great results on your best friend. Now, you are ready to schedule your Lasik surgery.

Hold on. First of all, it is essential to cut through the hype of Lasik surgery the promises, the embellishments, the deals and learn exactly what it is, what it promises, how to know if you are a good candidate and, most importantly, how to choose the best surgeon for you.

LASIK eye surgery involves the use of the very precise Excimer Laser (cuts $\frac{1}{4}$ th of a micron at every pulse), which re-shapes the

cornea (clear front window) of the eye according to the glasses prescription of the patient. The surgery is done in minutes, with the patient awake, active, and participating; only numbing drops are used in the patient's eyes. This method provides the quickest healing and fastest results. Visual recovery is extremely fast, and most patients gain driving recovery by the day after the surgery.

Unfortunately, these are the very reasons that this surgery has a tendency to become a commodity, and in many places, is enough to mislead the patients.

Dr. Gulani has invented Lasik surgical instruments, published Lasik protocols, and teaches Lasik complication management to eye surgeons all over the world. He has recently introduced a new super-specialty in Lasik called Corneoplastique™ by which many of the Lasik complications can be corrected back to excellent vision.

Nevertheless he says - Prevention is the way to go!

Dr. Gulani has summarized three basic reasons for poor

outcomes as a result of Lasik surgery:

1. Lack of patient education and expectations
2. Cookie-cutter surgery by Lasik surgeons who deem "One size fits all"
3. Poor pre-operative technological analysis of the patient's eye anatomy, vision, and stability.

The most important step in Lasik Surgery is choosing the best surgeon. "This is your responsibility as a patient," says Dr. Gulani.

Dr. Gulani's seven rules to consider when choosing a Lasik surgeon:

1. Besides visiting the surgeon's website: do use an internet search, type in the doctor's name, and see what comes up. Do you find only a website and other paid advertising claims? Or do you find interviews, published articles, and third party confirmations of the doctor's status?
2. If your surgeon says that they are the one of the best or that they teach other Lasik surgeons,



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ask for evidence. Are they first in the world, country, state, or just in their own city? (In order from most prestigious to least prestigious). Do they teach at local dinner meetings that they host or are they invited to teach nationally at prestigious events?

3. Meet with the surgeon and get a feel for the integrity and involvement of the surgeon in educating you and answering your every question.

4. Make sure that your surgeon will see you before surgery, perform your surgery, and meet with you after your surgery

5. Find out if your surgeon performs the full spectrum of Laser Vision Surgery (remember Lasik is just one of many Laser Vision techniques). This is important so they can offer what is truly best for you rather than suggesting the only surgery they know how to perform.

6. Do not fall for flashy computer screens and equipment in the office. Make sure that you understand all that is going on and insist on asking the surgeon to explain in layman terms.

7. When you meet with your surgeon, do ask about possible side-effects and complications. Ask if in the rare event that you do end up having a complication can they handle it? If the answer is yes, then ask for evidence.

Due diligence on part of the patient, experienced selection of individualized surgery by the surgeon, and effective use of modern technology together can raise the bar on safety and predictability in LASIK, one of the most successful surgical breakthroughs of modern times.

For more information, visit www.gulanivision.com.