



Blackrock Clinic

# LASER TREATMENT



*Shortsight, Longsight & Astigmatism*

*When your Experience Needs Ours*



## Welcome

*Welcome to laser vision correction at Blackrock Clinic. This booklet is designed to introduce you to our service, our team and explain why we think you should choose us to take care of you.*

**WE WILL PROVIDE YOU WITH AN EXPERIENCED SURGICAL TEAM, THE BEST TECHNOLOGY AND A SAFE FRIENDLY EFFICIENT SERVICE.**

*You will require only one pre-op consultation; this is because at Blackrock Clinic your initial assessment and thorough eye exam will be carried out in person by your consultant surgeon. This is the surgeon of your choice and whom will operate on the day of your surgery and see you for all your post operative visits.*

**THIS ONE-TO-ONE SPECIALIST ATTENTION IS CONSISTENT WITH THE ETHOS OF PROVIDING YOU WITH THE BEST POSSIBLE OPHTHALMIC PERSONAL CARE.**

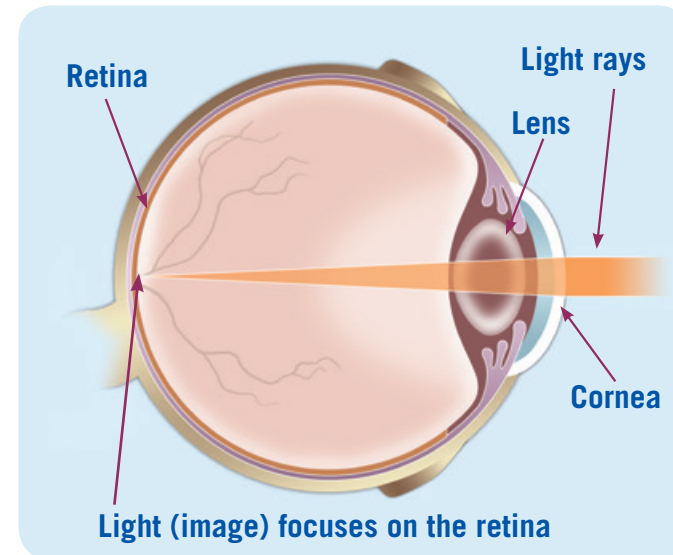
## About Us

*Blackrock Clinic opened in 1986 and the eye laser department was established in 1995. Our team of Consultant Surgeons are highly respected well established Ophthalmologists registered on the specialist register of the Irish Medical Council as an Ophthalmic Surgeon. They are affiliated with the ROYAL VICTORIA EYE AND EAR HOSPITAL, ST VINCENTS HOSPITAL, OUR LADY'S HOSPITAL FOR SICK CHILDREN CRUMLIN and the ROYAL COLLEGE OF SURGEONS.*

THIS INFORMATION BOOKLET IS INTENDED TO GIVE YOU A BROAD OVERVIEW AND A BETTER UNDERSTANDING OF LASER VISION CORRECTION. WE MAY NOT ANTICIPATE OR ANSWER ALL YOUR QUESTIONS – ONLY A PROFESSIONAL CONSULTATION CAN DO THAT.

*This information booklet can help you decide whether or not to arrange a consultation.*

## How the Eye Functions



*The CORNEA and LENS of the eye focus light, like a camera, to form an image on the RETINA at the back of the eye.*

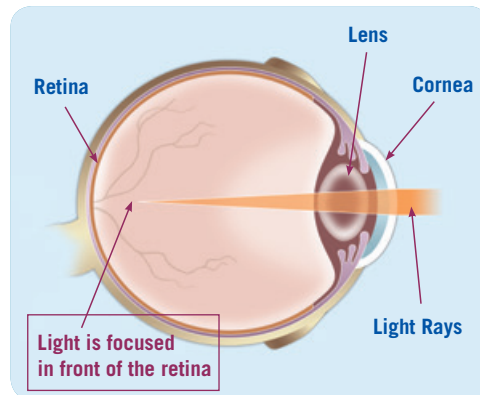
*Light enters into the eye firstly through the CORNEA at the front of the eye, providing about two thirds of the eye's focussing power.*

## Refractive Errors

*When the shape of the cornea and the eye are not perfect, the image on the retina is blurred or distorted. These imperfections are called REFRACTIVE ERRORS.*

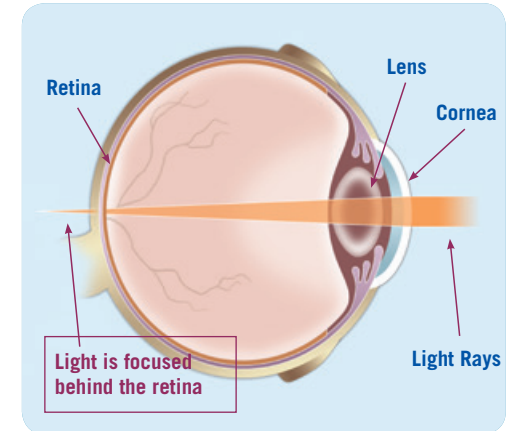
### SHORT SIGHT or MYOPIA

*This is due to the cornea being too steeply curved or the eye is longer than usual. Therefore light rays fall in front of the retina resulting in blurred distance vision.*



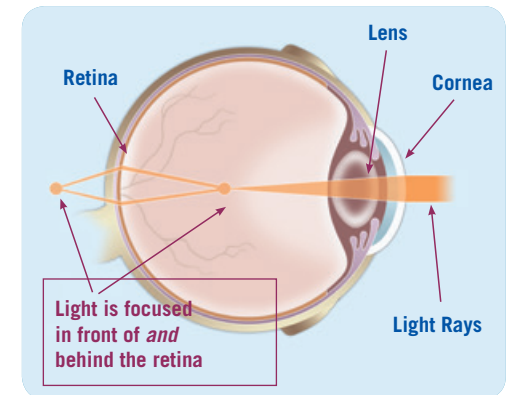
### LONG SIGHT or HYPEROPIA

*Long sight occurs if the cornea is too flat or the eye is too short, therefore light rays focus on a point behind the retina causing near vision to become blurred.*



### ASTIGMATISM

*Astigmatism is caused by the cornea being shaped rather like a rugby ball, instead of being spherical. This produces two different focal points, which can blur images at all distances.*



## What is Refractive Surgery?

*The idea behind refractive surgery is to produce small changes in the surface layers of the cornea, which will in turn produce significant change in the way the eye focuses light.*

## The Technology

International experience since 1983 has resulted in the widespread acceptance and use of the excimer laser in the treatment of short sight, long sight and astigmatism.

The excimer laser is in use in over 45 countries and since 1989 it is estimated that over 20 million laser procedures have been performed world-wide.

Here at Blackrock clinic we use the latest generation intralase lasers to make the corneal flap and the excimer laser to reshape the cornea. This superseded the use of a blade in the creation of a corneal flap and is a significant advance in the safety profile of this procedure.

This combined with the use of an active eye tracking system using iris recognition software has further improved the accuracy of the procedure.

Wavefront guided custom treatment using customised wavescan mapping technology, it is possible to identify and treat higher order imperfections unique to your eye other than short sight, long sight and astigmatism. This has the potential to further improve quality of vision.

## Am I a Candidate?

*You may be a Candidate for Surgery if the following criteria are met:*

- **YOU ARE OVER 21 YEARS AND HAVE HAD A STABLE PRESCRIPTION FOR AT LEAST 1 YEAR**
- **BOTH EYES ARE HEALTHY**
- **YOU HAVE REALISTIC EXPECTATIONS**
- **YOU ARE WITHIN TREATMENT PARAMETERS (AS DETERMINED BY THE CONSULTANT OPHTHALMIC SURGEON AT YOUR ASSESSMENT VISIT)**
- **YOU ARE IN GOOD GENERAL HEALTH**
- **YOU WEAR GLASSES OR CONTACT LENSES**

## Pre Operative Consultation



*Your first step is to be assessed by the Consultant Ophthalmic Surgeon. Your Surgeon will perform a comprehensive ophthalmic assessment that will include taking a computerised map of the cornea, measurements of your refractive error, pupil size and corneal thickness.*

### THE CONSULTATION

The Surgeon will discuss the following with you:

- The risks, benefits and alternatives to the surgery
- What you should expect before, during and after surgery
- Statistics, risks and complications
- Any questions you may have

Here at Blackrock Clinic eye laser department a complete range of laser procedures are performed including;

- LASIK
- Surface Laser (PRK / LASEK)
- Kamra Inlay (Reading glasses)
- Lens Implant (For higher prescriptions)

## Laser Procedures

### LASIK

LASIK is the treatment of choice for most patients. Using intralase laser technology a thin layer of the cornea is lifted to create a flap.. The flap is lifted back and the underlying surface is reshaped with the laser. The corneal flap is then repositioned into place.

Most patients experience a marked improvement in vision within 24 hours.

### SURFACE LASER (PRK/LASEK)

With surface laser (PRK / LASEK) the centre of the surface of the cornea is re-shaped using the excimer laser by removing microscopic amounts of tissue. Surface laser is an excellent procedure for people with low glasses prescription.

### KAMRA INLAY

This procedure is aimed at helping people see without their reading glasses. The Kamra Inlay is placed in a channel in the cornea created with a laser. It is placed in one eye only.

### LENS IMPLANT

Some patients found to be unsuitable for the above procedure may be treated appropriately with a lens implant. The following lens implants are used in Blackrock Clinic

- Phakic lens
- Multifocal lens
- Toric lens

## The Procedure Day



Your visit will take approximately two hours. We advise you to arrange a lift home. You should go to bed for 2 / 3 hours once you return home. You will be given all drops / medication that you may require on discharge.

Surgery is carried out in the Eye Department. You will be given an attendance time approximately one hour prior to your surgery time.

On arrival you will be met and welcomed by the specialised laser nursing team. We will attend to your documentation, explain all your aftercare post – op instructions and explain your drops and medication regime. A mild relaxant will be offered and a comfortable environment to wait while you relax for your procedure. We will be nearby to answer any queries and take care of you.

The laser procedure takes approximately 20 minutes. You will receive local anaesthetic drops before and during the procedure which are very effective. The procedure is not uncomfortable or painful. Your surgeon will explain step by step, there are no surprises.

After the procedure you will relax for approximately 20 minutes in a recliner chair in a quiet room with soft lighting. Your family / friend are welcome to sit with you.

Your surgeon will examine your eyes and go through your discharge instructions. You will be shown how to instil your drops.

## Frequently Asked Questions

**Q** Will I be able to dispense with the use of my glasses or contact lenses?

**A** One year after treatment, over 95% of people, with low to moderate prescriptions, are able to pass a driver's licence vision test without corrective lenses.

**Q** Is laser vision correction permanent?

**A** Follow-up studies conducted over ten years indicate that, after the healing process is complete, your eyesight remains stable. However, laser vision correction cannot prevent the natural changes that occur with ageing and, as with all normal-sighted people, you may require reading glasses at some time.

**Q** Will my eye look different?

**A** No, only your eye doctor will be able to tell, and then, only by looking at your eye through a high power microscope.

**Q** When can I resume normal activities?

**A** Most normal activities may be resumed after a few days. Your consultant will discuss this with you on the day after your treatment.

**Q** When can I wear eye make-up following treatment?

**A** Approximately two weeks

## In Closing

*Your decision to have laser vision correction has implications that will last a lifetime. Our goal at Blackrock Clinic Laser Treatment Centre is to provide you with the facts and resources to make a fully informed decision with realistic expectations*

### OUR CODE OF PRACTICE

All Consultant Ophthalmic Surgeons attached to Blackrock Clinic are fully surgically accredited with the Royal College of Ophthalmologists and have vast experience in laser refractive surgery and corneal surgery.

Patients who elect to have refractive surgery will have their procedure performed by the surgeon who carried out the assessment and he/she will also be responsible for their care throughout.

Patients should not proceed with any refractive surgery unless they are fully aware of the risks and benefits of the procedure.

## Standards for Laser Refractive Surgery

### SURGEONS CARRYING OUT REFRACTIVE PROCEDURES

- Our surgeons are registered with the Irish Medical Council (IMC)
- Our surgeons are on the Specialist Register for ophthalmic surgery e.g. hold a certificate of Higher Specialist Training or an equivalent qualification
- Our surgeons have undergone appropriate training for refractive surgery after completing their specialist ophthalmology training
- Our surgeons keep their knowledge and skills up to date and regularly take part in educational activities

### CLINICAL GOVERNANCE

- Our surgeons are personally responsible for patient care
- Our surgeons maintain an outpatient service, either at the clinic/hospital where refractive surgery is undertaken or else where such that the practitioner can assess the patients appropriateness for refractive surgery and provide appropriate follow up care
- Our surgeons ensure their availability for emergencies or pre arrange appropriate cover if on leave

*All our surgeons reside locally and have*

**ESTABLISHED OPHTHALMIC PRACTICES**  
*in Blackrock Clinic.*



## Our Consultant Team



**Mr Weng Lee**  
 Consultant Ophthalmologist,  
 M.B. B.Ch. B.A.O. (N.U.I)  
 L.R.C.P.&S.I.  
 F.R.C.S.Ed (Ophth)



**Mr Paul O'Brien**  
 Consultant Ophthalmologist  
 M.B. B.Ch. B.A.O. F.R.C.S.I.  
 M.R.C.Ophth M.Med.Sc.



**Ms Kathryn McCreery**  
 Consultant Ophthalmologist  
 M.B. B.A.O. B.Ch F.R.C.S.I.  
 F.R.C. Ophth M.R.C.P.I.  
 B.Cert.Am.BD. Ophth



**Mr William Power**  
 Consultant Ophthalmologist  
 M.C.h M.R.C.P.I  
 F.R.C.S.(Glasg) F.R.C. Ophth

## Safety & Quality

*At Blackrock Clinic we are constantly striving to enhance the patient experience. This means we monitor measure and benchmark every aspect of the hospital and clinic and ensure that in many instances our services and patient outcomes consistently and substantially exceed standards set by European and international monitoring bodies.*

*For over ten years Blackrock Clinic has been the recipient of the **JOINT COMMISSION INTERNATIONAL (JCI)** accreditation. We were one of the first hospitals in Ireland to receive this recognition. Every time it is renewed it demonstrates our focus on raising safety and quality of care standards within the hospital to the highest possible level.*

*Achieving **JOINT COMMISSION INTERNATIONAL (JCI)** accreditation is a strong validation that a hospital has taken the extra steps to meet a high level of safety and quality. Retaining the accreditation means that we at Blackrock Clinic constantly push our teams to ensure patient safety is central to our work and achieve the best possible outcomes for every patient in our care.*

## Make an Appointment



*If you wish to have an initial assessment with regard to your suitability for laser sight correction, please telephone;*

**01 2064337 / 01 2064338**  
*or Freephone 1800 66 2020*

*[www.blackrock-clinic.com](http://www.blackrock-clinic.com)*

*Peace of mind is an important component of healing*



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