YOUR GUIDE TO
LASER EYE SURGERY

Health Care
Ditch the routine for perfect vision.

Whether it’s a few minutes spent putting in your contacts every morning or a few seconds wiping smudges from your glasses, perfect vision shouldn’t require a routine. With laser eye surgery from mid-Missouri’s most experienced team, you can get the clear vision you want with a team you can trust.

Not only do we use the most advanced laser technology available, our doctors are committed to staying on the forefront of eye care surgical techniques through constant research and collaboration. With lasers that can track your eye faster than it can move and testing equipment that measures imperfections with 25 times the precision of standard methods, you can take comfort knowing your vision is in the best of hands.
Know Your Options

When it comes to laser eye surgery, there are two main options: LASIK and PRK.

**LASIK**

LASIK, which stands for laser-assisted in situ keratomileusis, is a procedure that reshapes the tissue underneath your cornea. During LASIK:

- The surgeon will use a laser (microkeratome or femtosecond) to cut a thin flap on the top layer of the cornea
- The surgeon will lift the flap back, exposing the tissue underneath
- The patient’s bed is then rotated under a second laser (excimer)
- The patient reshapes the tissue to correct the vision
- The surgeon replaces the flap

The whole procedure takes less than 10 minutes per eye, with the laser portion lasting about 10 seconds. LASIK is painless for the most part, though some patients may experience a slight pressure feeling during or dry eye discomfort afterward.

**PRK**

PRK, or photorefractive keratectomy, removes the thin outer layer of cornea’s surface to reshape the tissue instead of creating a flap. During PRK:

- The surgeon carefully removes an area of epithelium, or “skin”, from the cornea
- The surgeon then uses the excimer laser to reshape the tissue
- A contact lens bandage is placed over the cornea to allow the epithelium to grow back

Similar to LASIK, the entire procedure lasts less than 10 minutes per eye, with the removal and laser portion lasting 10-30 seconds each.

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**Comparing LASIK and PRK**

<table>
<thead>
<tr>
<th></th>
<th>LASIK</th>
<th>PRK</th>
</tr>
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<tbody>
<tr>
<td><strong>RECOVERY</strong></td>
<td>Up to 24 hours</td>
<td>2-3 months</td>
</tr>
<tr>
<td><strong>PAIN</strong></td>
<td>Pain-free, slight</td>
<td>Painful for 2-3 days</td>
</tr>
<tr>
<td></td>
<td>discomfort</td>
<td></td>
</tr>
<tr>
<td><strong>RESULTS</strong></td>
<td>Close to 20/20 day</td>
<td>Close to 20/20 thirty</td>
</tr>
<tr>
<td></td>
<td>after</td>
<td>days after</td>
</tr>
<tr>
<td><strong>BENEFITS</strong></td>
<td>Quick procedure and</td>
<td>Less complications and</td>
</tr>
<tr>
<td></td>
<td>recovery timeframes</td>
<td>better for those with</td>
</tr>
<tr>
<td></td>
<td></td>
<td>dry eyes or thin corneas</td>
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MU HEALTH CARE  |  YOUR GUIDE TO LASER EYE SURGERY
How Much Vision Change to Expect

VISION RESULTS
With LASIK and PRK, our goal is to get your vision as close to perfect as possible, but there are a lot of factors that go into your results, including whether or not you are nearsighted, farsighted or have astigmatism. Here are some general results provided by the U.S. Food and Drug Administration’s trial of the laser we use for both LASIK and PRK.

Results for Myopia (Nearsightedness)
Approved treatment range: Up to -12D sphere and -6D of astigmatism

<table>
<thead>
<tr>
<th>UNCORRECTED VISUAL ACUITY (UCVA) IN %</th>
<th>3 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>20/20 or better</td>
<td>83.4</td>
<td>87.7</td>
</tr>
<tr>
<td>20/40 or better</td>
<td>98.03</td>
<td>98.3</td>
</tr>
</tbody>
</table>

Results for Hyperopia (Farsightedness)
Approved treatment range: Up to +6D sphere and +5D of astigmatism

<table>
<thead>
<tr>
<th>UNCORRECTED VISUAL ACUITY (UCVA) IN %</th>
<th>3 MONTHS</th>
<th>6 MONTHS</th>
</tr>
</thead>
<tbody>
<tr>
<td>20/20 or better</td>
<td>46.4</td>
<td>54.3</td>
</tr>
<tr>
<td>20/40 or better</td>
<td>95.2</td>
<td>95.3</td>
</tr>
</tbody>
</table>

LEVELS OF CORRECTION
In terms of how much nearsightedness, farsightedness and astigmatism we can correct, here are some general guidelines for both procedure options:

<table>
<thead>
<tr>
<th></th>
<th>LASIK/PRK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nearsightedness</td>
<td>Up to -12.00</td>
</tr>
<tr>
<td>Farsightedness</td>
<td>Up to -6.00</td>
</tr>
<tr>
<td>Astigmatism</td>
<td>Up to +/-6.00</td>
</tr>
</tbody>
</table>
Having healthy eyes is one of the biggest qualifications for laser eye surgery, and the best way to know if your eyes are healthy enough is to schedule a consultation.

**OTHER QUALIFICATIONS INCLUDE:**

- Be older than 21, since that’s the age our eyes tend to stop growing
- Not pregnant or nursing, and must wait three months until after nursing
- Have a stable refraction, with no changing prescription for a year
- Not too farsighted or nearsighted
COST OF LASER EYE SURGERY

At our Mason Eye Institute, LASIK and PRK procedures both cost $2100 per eye. This cost includes all of your surgical care, post-operative care and any vision enhancement procedures (if needed) for one year.

Prior to your procedure, you’ll need a pre-operative eye exam and consultation to discuss the best procedure option for your needs.

COST COMPARISON OF GLASSES, CONTACTS AND LASIK/PRK OVER TIME

Because LASIK and PRK are considered elective surgeries, insurance companies do not currently cover the costs. When you compare the price of surgery to glasses or contacts, the upfront cost of LASIK or PRK can be overwhelming, but when you look at the costs over time, you’ll find laser eye surgery actually comes with a cost benefit.

In fact, a study done by the American Academy of Ophthalmology found those who get LASIK in their 30s save an average of $14,000 to $17,000 throughout their lifetime.

Costs are based on average annual cost of wearing glasses and contacts, and the supplies and exams associated with each.
Can both of my eyes be treated on the same day?
Yes. Most of our patients elect to have both eyes done in one visit. However, this decision should be discussed during your pre-operative appointment at University Eye Institute East.

Is laser vision correction painful?
No. Your eye is carefully anesthetized with drops prior to the surgery so you won’t feel any pain during the procedure. If you’re very nervous, you can request a prescription for a sedative to take before the surgery.

Will my age affect my results?
Not significantly. While you must be older than 21 and have stable vision to undergo laser eye surgery, there is no other age requirement. If you are in your mid-40s or older, laser vision correction will correct your distance vision, but you will still need reading glasses. Younger patients can expect to enjoy good near and distance vision, but will likely need reading glasses in their 40s or 50s.

Some people who have myopia (nearsightedness) see their eyesight improve naturally with age. The hardening of the eye’s natural lens, the weakening of the muscles that support the lens, or both can help correct myopia. By getting laser correction for nearsightedness, some patients require corrective lenses for reading at age 40 to 50, when they otherwise might not need them until their 70s or 80s.

Why is your team’s cornea research a benefit?
Since the cornea is the outer surface of the eye, it is vulnerable to problems such as abrasion, trauma, infection and inflammation. Having a doctor with extraordinary knowledge of cornea structure and healing processes can be of great benefit. Our doctors are highly aware of potential post-operative problems and how to prevent or solve them. They often help patients who had surgery elsewhere and who have concerns about their post-operative condition.

Why can’t you guarantee perfect results?
No surgeon can promise that you will have 20/20 vision or be forever free of glasses or contact lenses. Each eye is unique, and not all eyes heal in the same way. If results are not satisfactory after a first procedure, a second surgery can be performed to fine-tune the results. Approximately 2 to 5 percent of our patients undergo a second procedure, known as an enhancement. This is most common in people whose eyes required greater levels of correction. This being said, the overwhelming majority of our patients are very happy with the results of their laser vision correction.
Ditch the routine for PERFECT VISION

Call (573) 884-3937 or request an appointment at muhealth.org/lasik/appointment