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VICTORIAEYE

PATIENT GUIDE

Refractive Lens Surgery with Intraocular Lens Implant

victoriaeye.com

Dr. Olivia M. Dam

MD, FRCSC

Dr. Olivia Dam has enjoyed caring for her patients in Victoria, BC since November 10, 2005. She was born and raised in Ottawa, Ontario and successfully completed her Bachelors of Science, Medicine and Ophthalmology specialization at the esteemed Queen's University in Kingston, Ontario.

Dr. Dam is a comprehensive ophthalmologist specialized in managing medical and surgical ocular problems. She enjoys managing patients with all forms of eye disease. Her special surgical interest is Cataract Surgery.

Dr. Dam was the director of ophthalmology with the Island Medical Program. She enjoys mentoring medical students and aspiring ophthalmologists.

Dr. Dam first became interested in ophthalmology while participating in Cataract Surgery outreach in rural South Africa. She witnessed the impact and miracle of giving vision to a blind elderly woman. In many areas of the world, this is the difference between survival and life-long dependency on others. Since then, Dr. Dam has worked tirelessly on methods to improving eye care in the developing world.

Dr. Dam has participated in third world medicine and ophthalmological trips to Mozambique, Malawai, South Africa, Zimbabwe, Columbia, South East Asia, India and Bolivia. She currently sits on the Board of Directors for SEE International (Surgical Eye Expeditions International).

Dr. Darren Behn

MsC, MD, FRCSC

Dr. Behn completed a Bachelor of Science in Physiology and a Master of Science in the Department of Ophthalmology and Neurology/Neurosurgery at McGill University, Montreal, QC. He then returned to the province and completed his Doctorate of Medicine (M.D.) from the University of British Columbia, Vancouver, BC. After finishing his medical degree, Dr. Behn had the opportunity to explore Canada's East Coast. He completed his specialty training in ophthalmology at Dalhousie University, Halifax, NS and in the same year became a Fellow of the Royal College of Physicians and Surgeons of Canada.

Dr. Behn completed Glaucoma fellowship training at the prestigious Moorfields Eye Hospital in London, England. Moorfields Eye Hospital is the oldest and largest eye hospital in the world and the international leader in ophthalmology surgery, teaching and research. Dr. Behn has won numerous awards for his work throughout his academic career. He has researched, published and presented widely in the area of Ophthalmology.

Dr. Behn has performed thousands of eye surgeries focusing on Cataract Surgery and Glaucoma care. Dr. Behn also enjoys travelling, experiencing different cultures, and has volunteered his surgical and medical expertise in the developing world. On one of his trips, he travelled to Bolivia as part of a group and performed over one hundred sight-saving operations.

Dr. Behn's connection and commitment to Vancouver Island is long and spans generations. He was born and raised in Nanaimo, BC. His grandfather, Walter Behn, was a passionate politician and championed healthcare in Port Alberni, BC.

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Refractive Lens Surgery with Intraocular Lens Implant

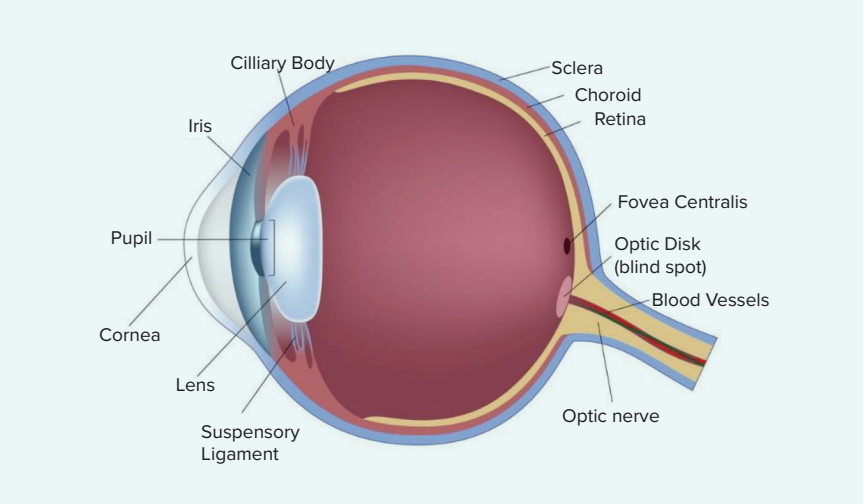
What is Refractive Lens Surgery?

Refractive Lens Surgery (RLS) from the experienced eye surgeons at VICTORIA EYE is a form of refractive surgery in which the internal crystalline lens of the eye is removed and replaced with an artificial lens implant. Refractive Lens Surgery (RLS) can be performed for both nearsightedness (myopia) and farsightedness (hyperopia) and for dysfunctional lens syndrome, a progressive loss of function of the natural lens.

At VICTORIA EYE, we use the Femtosecond Laser for our Refractive Lens Surgery. This gives unprecedented precision and accuracy, making it safer, more predictable and tailored to each individual eye shape.

Prior to embarking with refractive lens surgery it is important to understand some of the workings of the eye and the function of the components that are involved.

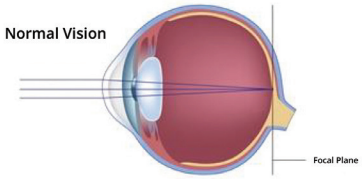
UNDERSTANDING THE EYE



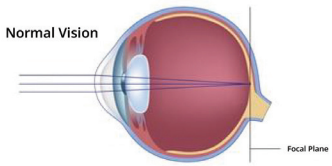
The cornea:
The clear window at the front of the eye providing most of the eye's focusing power. Light rays from objects pass through the cornea and are partially focused.

The lens:
The structure behind the pupil that accounts for some of the remaining focusing power. The lens works with the cornea to focus light rays onto the retina, which sends signals to the brain through the optic nerve. Refractive lens surgery concentrates on the internal lens of the eye.

In a normal eye, the cornea and lens are able to allow parallel rays of light to pass through and focus upon the retina without effort. There is no refractive error in this state requiring correction and the eye is considered to be emmetropic.

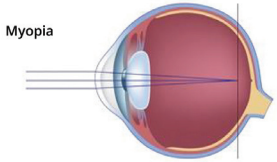


UNDERSTANDING REFRACTIVE ERRORS



Blurred vision may be caused by different refractive errors such as:

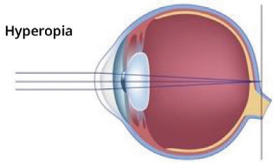
- Myopia (nearsighted)
- Hyperopia (farsighted)
- Presbyopia (inability to focus on near objects)
- Astigmatism (irregular eye shape)



Myopia (nearsighted):

The corneal surface is too steeply curved so images focus in front of the retina causing blurred vision.

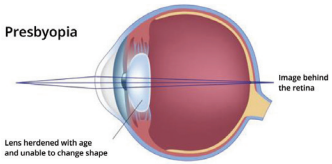
- Distance objects appear blurry
- Near objects appear clear



Hyperopia (farsighted):

The corneal surface is too flat so images focus behind the retina causing blurred vision.

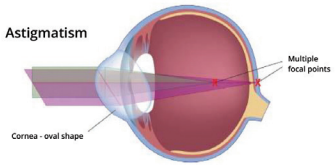
- Distance objects appear clear
- Near objects appear blurry



Presbyopia:

A natural weakening of the elasticity of the internal lens often developing in mid 40s which reduces the focusing ability of the eye.

- Distance vision unchanged
- Near vision becomes increasingly blurry



Astigmatism:

The corneal shape is oval rather than spherical so the light rays focus on multiple points on the retina causing blurred vision.

- Distance vision is blurred
- Commonly associated with myopia and hyperopia

PRE-SURGICAL DIAGNOSTIC TESTING

During a consultation our technicians will examine your eyes using Zeiss Ocular Coherence Tomography (OCT), topography, auto refractor and an IOL Master. In addition they will discuss lens and surgery options before scheduling an exam with the surgeon. The technology used at VICTORIA EYE allows patients to achieve the best possible outcomes, while maximizing procedure safety.

IOL Master:
The IOL Master is a scanning device that is used to determine the power of an intraocular lens implant prior to surgery. The Zeiss IOL Master system evaluates the length of the eye, surface curvature and anterior chamber depth with great accuracy. With this information it then calculates the intraocular lens power. The information obtained from the IOL Master will allow your surgeon to do more calculations and evaluate your specific case when choosing an intraocular lens implant.

Corneal Topography:
A diagnostic test used to optimize the results of your surgery. It is a non-invasive medical imaging technique for mapping the surface curvature of your eye's cornea. Since the cornea is normally responsible for about 70% of the eye's refractive power, its topography is of critical importance in determining the quality of vision and corneal health.

The three-dimensional map provided by this test is therefore a valuable aid to your surgeon assisting in the planning of the intraocular lens (IOL) implantation, and evaluating the Refractive Lens Surgery results. The test is carried out in seconds and is completely painless.

CONSULTATION WITH OUR SURGEONS

Once you have completed your diagnostic testing, you will have a full ocular examination with your surgeon. At this time options for lens selections are discussed

Selecting a Lens

An intraocular lens is an artificial lens that is inserted in place of the natural lens of the eye that is removed during surgery.

There are many different lens options available to patients. VICTORIA EYE offers a variety of lenses to best fit your visual needs. All lenses offered at VICTORIA EYE are soft foldable lenses which require a minimal incision for insertion.

Monofocal IOL:
A lens designed to offer patients the highest quality vision at one focal point. After surgery, patients may require glasses for either distance, near or astigmatism correction.

Monofocal Toric IOL:
A lens designed to offer patients the highest quality vision at one focal point with the ability to correct for astigmatism. Many patients with astigmatism require this additional correction in order to see images clearly. You may require glasses for either near or distance after surgery.

Extended Range of Vision IOL:
A lens allowing for continuous range of vision rather than distinct focal points. Designed to offer patients the ability to focus at near, intermediate and distance. Your dependency on glasses for daily activities is decreased. You will still require glasses for some activities.

Extended Range of Vision Toric IOL:
A lens allowing for continuous range of vision rather than distinct focal points and corrects for astigmatism. Many patients with astigmatism require this additional correction in order to see images clearly. Designed to offer patients the ability to focus at near, intermediate and distance. Your dependency on glasses for daily activities is decreased. You will still require glasses for some activities.

HOW IS THE SURGERY PERFORMED?

VICTORIA EYE is excited to offer our laser assisted refractive lens surgery in the VICTORIA EYE surgical suite. The laser equips ours surgeons with the ability to create perfectly sized and shaped incisions, to break up and soften the lens which allows for an agile surgery. This means that your lens can be removed with more ease and you will experience a gentle procedure.

- Laser assisted refractive lens surgery is a customized and precise method of surgery.
- The accuracy of the incisions help the surgeon place the artificial IOL in an optimal position.
- The accuracy of the incisions and lens placement can result in the best outcome of vision after the surgery.
- With refractive lens surgery, the eye's natural lens is fragmented and softened by the laser.
- This approach can reduce the energy entering the eye by up to 90%.
- The smaller amount of energy required to enter the eye results in a faster healing time.

Once the incisions are made and the lens is fragmented by the laser, the surgeon will use an instrument to remove the natural lens from your eye. After all remnants of the natural lens have been removed, the surgeon will insert a clear intraocular lens, positioning it securely behind the iris and pupil, in the same location your natural lens occupied.

THE SURGICAL EXPERIENCE

The surgery is a highly successful procedure that is performed in an outpatient setting with no needles and usually without the need for stitches. Patients can expect to be in our care for about 2 hours although typically only in the operating room for 15 to 30 minutes. Patients may elect to take a mild sedative prior to the procedure. Topical anesthetic eye drops and gel are used during surgery for comfort. An escort is required to pick up every patient.

THE SURGICAL EXPERIENCE (CONT.)

Immediately following the procedure patients may experience a burning, stinging or gritty sensation which can be helped with the use of lubricant eye drops. Vision may be blurry the next day and will improve throughout the day. You may experience sensitivity to light following your surgery so sunglasses can be worn to reduce the symptoms. This sensitivity will dissipate over time. Routine follow ups are required and the first appointment is commonly scheduled for the day after surgery. Drop regimen and some activity restrictions will be implemented to ensure proper healing.

LIMITATIONS AFTER REFRACTIVE LENS SURGERY

The following activities must be avoided for 1 week following Refractive Lens Surgery in order to allow proper healing:

No water in your eye
Avoid getting water in your eye. You may have a bath or sponge bath but avoid showers.

No gardening
Keep your hands clean to avoid accidently getting debris into your eye. Avoid being on your hands and knees for long periods of time. Limit your involvement to light watering, deadheading or small plant trimming.

No heavy lifting
Avoid lifting objects greater than 10 lbs.

No strenuous activities
You can ride a stationary bike or take a walk on a flat surface but AVOID inclines.

No bending
With the exception of putting on your shoes, avoid bending your head below your waist level.

No driving
Driving is prohibited until you are cleared by one of our Doctors.

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