

EYE DESIGN

Fancy having clear vision without the trouble of putting on contact lenses or spectacles? Get cleared up with Laser Vision Correction



Ophthalmologist Dr Natasha Lim, medical director of Dr Natasha Lim Eye Centre, shares her wealth of knowledge on Laser Vision Correction (LASIK) and how this treatment brings comfort and ease to the bespectacled. Educated at the University of Nottingham Medical School in the United Kingdom, Dr Lim underwent a residency training programme in Ophthalmology in Central London before undergoing advanced surgical training at Moorfields Eye Hospital in London, one of the most renowned eye centres in the world.



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In layman terms, what exactly does Laser Vision Correction do to our eyes?

Laser Vision Correction (LVC) uses a beam of light from an excimer laser to reshape the front surface (cornea) of the eye, treating short-sightedness, long-sightedness, presbyopia and astigmatism, enabling complete freedom from glasses and contact lenses. Over 22 million laser eye surgery procedures have been carried out worldwide helping to improve people's quality of life.

How might one determine if he or she is the right candidate for LVC?

LVC is not for everyone. One should see an eye surgeon who specialises in this surgery for a complete and thorough eye examination. There are also certain issues one should consider before deciding whether or not to undergo the surgery, such as am I willing to accept a low but real risk of surgical complications, has my vision been stable long enough to have LASIK, and are there any health conditions that can make one a poor surgical candidate.

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What is the recommended age group for LASIK?

Patients under age 18 are rarely stable enough for LASIK, and older patients may begin to develop cataracts or other eye health issues that preclude them from undergoing LASIK. Again, the best way to determine suitability for surgery is to have a complete eye examination.

How is iLASIK™ different from other similar procedures on the market?

The latest iLASIK™ platform has the iDesign™ machine which uses wavefront-guided technology to measure and correct the unique imperfections of each eye 24 times more precisely than conventional methods thereby increasing the potential for better vision than is possible with glasses or contact lenses. It was iLASIK™ technology that enabled organisations with the highest safety and visual standards including the US military and NASA to approve LASIK surgery for their servicemen in 2007.

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What are the risks of LASIK, or iLASIK™?

No surgery is without risks. It is very rare for complications from this procedure to cause permanent or significant visual problems. Any complication can usually be resolved through laser re-treatment. Selecting the right eye surgeon is the most important thing you can do to decrease your risks. If unexpected problems should develop with surgery, a good surgeon should be able to work closely with you to resolve it.

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Enhance Your Eyelid Contours

Many people become motivated to start wearing eye makeup after LASIK and desire to have bigger looking eyes, which can be achieved with double eyelid surgery.

- Asian blepharoplasty—also known as double eyelid surgery—reshapes the upper eyelid in Asian patients, creating an upper eyelid skin crease to widen the aperture of the eye and achieve a more “westernised” look simultaneously.
- With regard to the recovery period, after a full incision technique surgery, it normally takes one to two weeks for the swelling to subside. Minimally invasive procedure normally takes five to seven days for limited swelling and redness to subside.
- Possible risks to the procedure are asymmetry and infection at the site of surgery. These complications are correctable and treatable should they occur. Chances of complications are low. Scarring does not usually pose a problem as it would be along the skin crease should it occur and hence would be concealed.