

This Free E-Book is brought to you by Natural-Aging.com.

100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Lasik Eye Surgery – Would you have it?

By James Oliver

There are a number of methods used to surgically correct eyesight nowadays but the most popular

choice is Lasik (Laser-Assisted In Situ Keratomileusis). However before the use of modern technology such as laser beams and computers, the original technique was Radial Keratotomy (RK). This involved an Ophthalmic surgeon with a steady hand and a sharp scalpel to make a series of radial cuts in the cornea (the front 'window' of the eye), which when healed, would flatten and therefore reshape the cornea. This would theoretically correct short sightedness. The problems occurred mainly due to the fact that the depth of the incisions could cause weakening and progressive flattening of the cornea, after the procedure. This could lead to a number of defects such as progressively blurring vision and starburst patterns around lights.

With the advent of the laser, a more modern method became the norm, called Photorefractive Keratectomy (PRK). This procedure involved the removal of the outer cells of the cornea (epithelium), and then reshaping the corneal surface with an excimer laser, a procedure known as ablation. The epithelial cells were then allowed to grow back normally. Because epithelial cells on the eye regenerate exceptionally quickly the cornea would generally heal completely within a few days. This technique was certainly more successful than RK but did have its own complications. Side effects such as halos round lights and reduced contrast vision were experienced by almost everyone, along with some corneal 'hazing'. Although serious complications were rare there was always the risk of infection due to the lack of epithelium protection during the healing phase.

Then in 1990 LASIK surgery was developed by a Dr. Lucio Buratto of Italy and Dr. Ioannis Pallikaris of Greece, and it quickly became popular because of fewer complications and was certainly more accurate. The procedure involves cutting a corneal 'flap' with a special high precision blade called a microkeratome. This flap was then folded back with the front surface epithelium still intact. The cornea can then be reshaped with the laser and the flap is laid back down. The epithelial cells that were cut with the microkeratome quickly heal and therefore the outer surface is a nice continuous layer that securely holds the flap in place permanently. Although quite uncommon, some complications such as dry eyes, debris under the flap, ghosting or poor vision to name a few, do occur from time to time.

Another technique that is also used nowadays is LASEK or Laser-Assisted Sub-Epithelial Keratectomy

Lasik Eye Surgery – Would you have it?

(as opposed to LASIK). It can be used if the cornea is too thin to undergo lasik surgery where the microkeratome cuts deeper than the epithelium. In LASEK, the epithelium is peeled off as a layer to allow laser ablation underneath. During the procedure the epithelial layer is preserved with a special chemical solution and then replaced afterwards, so as to allow natural healing. There is generally more pain and slower visual recovery with this technique.

PRK and LASEK allow the epithelial layer to heal entirely and therefore don't run the risks of a dislocated corneal flap which can occur due to trauma, even after many years with LASIK. However, the latter is still the most commonly used procedure.

There is still a lot of fear amongst many about the long term effects of laser surgery, but it has been around for quite a while now in its different forms. It seems that more and more people are opting for this surgery, due to a number of reasons whether they be for convenience or cosmetic. With the information technology of the internet, increased knowledge on the subject is much more widespread,

so barring any major negative eventualities this trend will almost certainly continue.

James Oliver is an Optician in the UK. He writes for

<http://www.about-lasik-surgery.com>

and

<http://www.buy-contact-lenses-online.info>

Educate Yourself – LASIK Eye Surgery Could Be For You

By Nicola Kennedy

It might be the case that you are tired of wearing glasses, or you believe that it cramps your style. You also don't want to use contact lenses, in order to avoid infection or inflammation due to overuse. In such a scenario, you are likely to consider LASIK eye surgery, which is one of the most prevalent vision correction procedures. And therefore, you require some basic LASIK education, in order to get a clear picture of what you can expect from LASIK if you want to know whether you should do eye laser surgery.

If the light rays don't focus on the retina (light-sensing cells), the image you see is blurry. This is termed as refractive error, and may be caused due to an irregularly shaped cornea. LASIK surgery involves carving of the cornea in order to give it the perfect shape, thereby making light rays focus on the retina. LASIK surgery employs a high-precision laser, named Excimer, which is an ultraviolet chemical laser.

Scads of people have undergone LASIK, and most procedures have been successful. But as with any surgery, LASIK has associated risks and complications. However, LASIK has a relatively low

Lasik Eye Surgery – Would you have it?

complication rate, between 1% and 5%, which is among the lowest in the eye surgery field. Another trivia from the chapter on LASIK education is that LASIK may not result in perfect vision. That is, not all patients achieve a 20/20 vision.

If you suffered from myopia and have undergone LASIK as a corrective procedure, you would still require reading glasses (for near vision) in your late 40s. LASIK is an irreversible procedure, and most insurance companies do not cover LASIK surgery. Therefore, make sure that your surgery is performed by an experienced ophthalmologist. Also note that only eye MDs (ophthalmologists) are permitted to perform LASIK surgery.

Now that you are aware of the ins and outs of LASIK surgery, decision making is much easier. Have a discussion with an experienced ophthalmologist. It might be the case that you could very well forego the surgery. But if need be, LASIK is a superlative option to correct your vision.

Nicola Kennedy publishes articles and reports and provides news, information and views about whether

you should do eye laser surgery

at Your Lasik Information. <http://www.Your-LASIK.info>

Copyright Your-LASIK.info All rights reserved. This article may be reprinted in full so long as the resource box and the live links are included intact.



Lasik Eye Surgery – Would you have it?

This Free E-Book has been brought to you by Natural-Aging.com.

[100% Effective Natural Hormone Treatment](#)
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!