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**Throw Away Those Glasses: Go For Laser Eye Surgery**

**By Lucy Bartlett**

For Julie, my best friend, world meant black without her spectacles. The poor myopic girl became

the butt of social ridicules because of these thick glasses of hers. At twenty five she used to look like forty years old because of her glasses. Yes, she tried contact lenses once, but she wasn't comfortable with them and the glasses were the only bridge between her and the world, until the summer of 2000, when she underwent laser eye surgery. Since then everything has changed for her. In her own words surgery brought her freedom; freedom to see the world with her own eyes without any kind of dependence.

Julie is not alone in her experience. There are thousands all across the USA, who are taking to Laser Eye Surgery, the most exciting advancement in ophthalmology. The traditional corrective measures for problematic eye sight involve using spectacles or contact lenses. But in recent years laser surgery seems to replace these traditional devices of correcting eye sight problem.

But what is laser eye surgery? Laser eye surgery is a surgical procedure intended to correct common vision disorders, referred to as refractive disorders in ophthalmology which include myopia or nearsightedness, hyperopia or farsightedness and also astigmatism or distorted vision.

In this surgery, the laser is aimed at the cornea, which is the outer and clear round structure covering the iris, the colored part of the eye and the pupil. The surgery intends to gently reshape the cornea by changing the thickness of the tissues of cornea. No matter whether you are far sighted or near sighted, the surgery will help your eyes bring the images into proper focus.

Can you opt for different types of laser surgery? Yes of course you can. Currently there are mainly three types of laser eye surgeries, which you can choose from depending on the type of your eye problem and your budget.

So far LASIK is the most popular type of eye laser surgery that uses the most advanced technological equipment. This is a procedure, which involves carving out of a thin layer of cornea to create a flap. The objective of this procedure is to direct the laser to the tissues lying underneath. The flap which is replaced grows back naturally. And you get an improved vision almost instantly.

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The next option is EPIFLAP or LASEK surgery. In this process, the outer layer of cells on the eye is partially removed to expose the cornea. Then laser is applied to flatten or reshape the cornea and the outer cells are pushed back. Just a matter of few days and you get impeccable vision.

The last and oldest option is PRK, which is performed on an outpatient basis with local anaesthesia. In this refractive surgery, laser is applied to remove microscopic amounts of tissue from the outer surface to reshape cornea.

Is it safe? The laser eye surgery is a surgical procedure, approved by The US Food and Drug Administration. So you can understand there can be no question regarding its safety. But of course there are certain differences of opinion relating to its result, because the procedure is relatively new and long term effects of this surgery are still unknown.

If you are still doubtful, let me share with you a piece of information: according to a certain estimate, more than one million Americans every year undergo laser eye surgery to get rid of their glasses and contact lenses and the number is still increasing. A more valid proof of its growing popularity is the diminishing cost of the procedure.

Find more info at

<http://www.laser-eye-advice.info>

Lucy Bartlett is a proud contributing author. Find more articles at

<http://consumerresourcesportal.info/>

For more info visit

<http://laser-eye-advice.info/sitemap.php>

or

<http://laser-eye-advice.info/lasik.php>

### **Laser Eye Surgery – A Risk Analysis For My Daughter**

**By Sebastian Romero**

My daughter has worn glasses since being 8 years old. She switched to contact lenses at 16. She is 21 now and told me yesterday that she is considering using her savings from her part-time job to get laser eye surgery.

Now I wear glasses and can see that they are inconvenient at times. I tried contacts years ago, before the newest generation of soft daily wear lenses were developed. One day I will get around to trying

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them again. But I know nothing about laser eye surgery, so I told her I would find out more and then we could talk about it.

I have summarised what I found in the paragraphs below.

Laser eye surgery, or LASIK surgery (Laser Assisted In Situ Keratomileusis ) is one answer for those people who do not want to wear glasses all the time. The surgeon uses a laser to permanently change the shape of the cornea, the tough part at the front of the eye. Because the shape is changed, the eye's own lens is more able to do all the focussing that's necessary, reducing the need for glasses or contacts.

There are some risks attached to the procedure, as there are to all surgical procedures, but most patients are pleased with the results.

You do need to be aware of the specific risks and to weigh up how important these negative effects of Lasik surgery are to you.

Some patients develop extended blind spots, they cannot see certain lines on a reading chart or when reading a book and have to move their heads to overcome this.

If you have very strong lenses, for either near sightedness, or long sightedness Lasik surgery may not be very successful.

Some patients develop glare, halos and double vision. All of these symptoms can make life unbearable. Other patients lose vision in low contrast settings, like driving at dusk.

You may develop a severe case of Dry Eye Syndrome. This is a permanent condition that causes discomfort and occasional blurring of vision.

These risks put off a lot of potential patients from having laser eye surgery. They would certainly put me off, and I will do my best to persuade my daughter not to go ahead.

Sebastian Romero works in the security industry and is a single father. Find more info

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