

# LASER REFRACTIVE INSTITUTE

*INTRODUCING!*

OF MARION EYE CENTERS



Ukeme Umana M.D. F.A.C.S.

## About Your Surgeon

Ukeme Umana, M.D., is the Refractive Surgery Specialist directing the Laser Refractive Institute of the Marion Eye Centers.

Beyond personal accomplishments, Dr. Umana also has the unique experience of being a LASIK patient himself. He is very happy to share this revolutionary procedure with you.

He is a team member of an organization which is solely committed to providing total eye care for the people of the Heartland Region.

Dr. Umana obtained his medical training at Northwestern University Medical School in Chicago. He completed his eye specialty training at the Mayo Clinic in Rochester, Minnesota.

Since 1989 Dr. Umana has provided specialized eye care to the people of Southern Illinois, and Missouri. During this time, Dr. Umana has kept abreast of current technology and has obtained additional specialty training in Laser Vision Correction. He worked with other doctors in Tampa, Florida, and Minneapolis, Minnesota, prior to bringing the procedure to Southern Illinois. Embracing the laser technology early on, Dr. Umana was the first eye surgeon in our region to perform LASIK. He has performed over 8000 successful LASIK procedures since 1998. He performs advanced LASIK or Wavefront Custom Vue LASIK. Our commitment is clear: to build on our success and experience to bring the cutting edge technology to our patients.

Dr. Umana belongs to local, national, and international eye organizations. Whether teaching or volunteering, Dr. Umana enjoys sharing the gift of sight with others locally and in other parts of the world.

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## LASIK!

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**LASIK**—is a combination of two procedures. Our procedure involves creation of a flap like a contact lens which is attached at one end on the cornea. The second procedure involves use of a laser that can accurately remove just enough tissue to correct nearsightedness, farsightedness, or astigmatism. The first procedure has been available for over 30 years. Recently, the equipment has been improved to make the procedure safer and the results more reliable. At the Laser Refractive Institute, we use fixed site laser which has been approved by the FDA to perform refractive surgeries.

**LASIK**—can correct nearsightedness or myopia, farsightedness or hyperopia, and astigmatism by itself or in combination with myopia. The range of correction with the VISX laser using the LASIK technique for myopia is: up to 12 diopters. For hyperopia, this range of corrections is up to 6.00 diopters, and up to 5.00 diopters. For astigmatism certain situations may limit the amount of correction that can be performed.

#### ADVANTAGES OF LASIK:

- Can correct large amount of myopia and nearsightedness, hyperopia or farsightedness and astigmatism.
- Vision improves rapidly—usually 1-3 days. Because of rapid vision recovery, both eyes can be performed the same day.
- Low risk of infection.
- Risk of haze or scarring is very low.
- There is minimal or no discomfort with the procedure.
- There is only minimal discomfort following the surgery.
- Very few eye medications are required and only for a short period of time.
- If an enhancement is needed later, this can be performed rather easily along with minimal discomfort.

#### DISADVANTAGES OF LASIK:

- Like any other surgical procedure, there is some risk.
- In creating the flap, scratches may occur. This usually does not prevent the procedure from being performed.
- However, if the flap is irregular, short or torn, the procedure may have to be postponed until a later time.
- There is a risk of infection between the flap and the cornea until the flap has healed completely. We use sterile techniques along with preventative measures to reduce the chance of infection.
- Dry Eyes: Following LASIK, some patients may experience symptoms of dry eyes. This is usually short lived and best treated with unpreserved moisturizers such as tears.
- Glare: Some patients may experience night glare following surgery. Most patients report these symptoms are mild and usually improve over a month's time.
- Over-correction: Occasionally, over-correction can occur with the LASIK procedure. This is usually small and improves over time. However, occasional re-treatment may be necessary.
- Under-correction: Like over-correction, under-correction can occur. Depending on the patients post-op vision.
- Re-treatment may be necessary. There may be occasional instances depending on the available technology that re-treatment is not advised.

#### SIDE EFFECTS OF LASIK:

*With LASIK, side effects typically subside after the first few days and are not severe. Common side effects of LASIK include:*

- Mild discomfort for two to four hours after the procedure
- Sensitivity to glare (very little)
- Vision fluctuation (very little)

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*REFRACTIVE*

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## **What refractive surgery procedures are available?**

LASIK or LASER In Situ Keratomileusis (Custom Vue LASIK) and Advanced Surface Ablation (PRK)

Photo Refractive Keratectomy are the most commonly performed refractive procedures at the Marion Eye Center Laser Refractive Institute. These procedures are intended to correct nearsightedness (myopia), farsightedness (hyperopia) and astigmatism. The goal is to be less dependent on eyeglasses and contact lenses. Two recent developments have greatly enhanced the results and safety of these procedures. Custom Vue LASIK using wave scan technology has reality improved the quality of vision.

While skilled in all refractive procedures, Dr. Umana prefers LASIK over all others because of the high degree of predictability and the comfort level and rapid recovery for our patients.

## **What is refractive surgery like?**

To perform your refractive procedure, we use drops to numb the eye, so there are no shots or needles. The majority of our patients have little to no discomfort for the first 48 hours after their surgery, and any mild discomfort can usually be reduced by aspirin or special eye drops.

## **Who makes a good refractive candidate?**

Refractive surgery is best for those patients wishing to reduce their dependence on glasses or contact lenses. To help you make the right decision about refractive surgery, we offer each patient a free consultation.

During your consult, we will give you a comprehensive medical eye examination to ensure that you are a good candidate. This evaluation will detect any medical eye conditions-such as corneal disease-that would prevent you from having refractive surgery, as well as provides all the measurements we need to plan and perform your specific procedure.

Our experience at the Laser Refractive Institute of Marion Eye Centers allows us to make a reasonable prediction about your results. After your examination, we can then inform you of the outcome you can reasonably expect from your particular refractive procedure. If your expectations are not matched by the predicted results, you should avoid having the procedures. Some patients may have to wear thin glasses for night driving or reading as they reach the ages of 40 to 50.

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## REFRACTIVE SURGERY

Any adult who is nearsighted, farsighted, or has astigmatism can benefit from refractive surgery. There are just a few conditions that would prevent you from having the surgery such as, pregnancy, breastfeeding, cornea disease, and severe dry eyes. We will screen for these eye conditions, as well as ask our female patients if they are pregnant or breastfeeding.

For your convenience, you can receive your free consultation at the Laser Refractive Institute of Marion Eye Centers. Remember, your initial consultation is free. To arrange for your visit, call 1-800-344-7058.

### **How does the Laser Refractive Institute work with my optometrist?**

Occasionally, refractive patients are referred to us by optometrists who are certified in refractive co-management. In these situations, the Laser Refractive Institute of Marion Eye Centers will provide your surgical services and your optometrists will provide any necessary follow-up-care. Dr. Umana personally examines patients and reviews all records before performing laser vision corrections.

### **How do I pay for a refractive procedure?**

Refractive surgery at the Laser Refractive Institute is very affordable. There is no fee for your initial consultation and medical eye evaluation, and the price of your refractive procedures includes the actual surgery and your follow-up care. Also, with a few rare exceptions—such as changes in technology or facility fees, Dr. Umana offers any necessary enhancements for a minimal charge.

To pay for a refractive procedure, the Laser Refractive Institute accepts cash, personal check, major credit cards, and also offers a flexible financing plan.

Your insurance company, more than likely, will not pay for your refractive surgery. Most consider these procedures an elective. However, the Laser Refractive Institute will be glad to provide any information to your insurance company on your behalf to help determine if you qualify for coverage.

