



Patient Guide

509-487-5000

www.eyeconsultantsnw.com

SEEING CLEARLY

*Have you ever dreamed of life
without glasses or contacts?*

Millions have. And by choosing Laser Vision Correction, they finally can see clearly. This guide answers questions you may have about LASIK and PRK and outlines the options available to you.

At Eye Consultants, we're here to help.

Eye Consultants



"Vision is the most precious sense we possess. I have dedicated my career to improving and maintaining vision for a lifetime, and I am proud to provide Laser Vision Correction in our brand new facility, using the most advanced technology, and working with the nicest staff around. I have performed these life-changing procedures on many friends and family members - including my dear wife, who continues to report it is the best thing she has ever done for herself. I strive to treat each patient like family, and I hope you will join our ever-growing circle of friends at Eye Consultants."

Dr. Gary Fillmore | Eye Consultants

HAVE YOU EVER dreamed about life without glasses?

Or not having to bother with contacts every day?

Playing sports without worrying about expensive glasses or swimming without contacts?

Or simply waking up and seeing the alarm clock — without asking what time it is?



This guide answers many common questions about Laser Vision Correction. We understand what a big decision it is to undergo LASIK – especially because many of our doctors and staff have had the procedure done too! So if you have any additional questions after reading this guide, please call our caring staff at Eye Consultants, (509) 487-5000. We'd be happy to answer your questions!

EVERY YEAR two million people trade in their glasses and contact lenses and enjoy the freedom Laser Vision Correction provides.

It's a big decision and we know you may have many questions so we created this guide to help.

CAN LASIK HELP YOU?

Not everyone can have Laser Vision Correction, or LASIK, so the first step is to determine if you are a candidate for the procedure. We need to examine your eyes thoroughly to make sure LASIK is a good fit for you and determine how much we can improve your vision.

If you don't see a regular eye doctor, you simply come in for a free consultation. This thorough visit helps determine if you are a good candidate and provides us with most of the information needed for your procedure.

On this visit, you will meet our medical staff and experience the care and comfort we provide. You'll learn about our experienced surgeon and the advanced technology we use.

You may have a few questions before you come in for your initial consultation, so on the next few pages you'll learn more about how your eye works, what you need to know about the LASIK procedure and what options are available.

“ I put LASIK off for way too long! After researching all options in Spokane I chose DR. Fillmore. My experience exceeded my expectations from the first visit. Everyone was friendly and informed. They listened to my concerns and goals. I was the last procedure of the day but the entire team made me feel like I was the only patient. I expected to be shuffled or handled but instead I was treated as an individual. One of the best benefits is that Dr. Fillmore is local, so if I have an issue I can see him and not wonder which doctor I will see. The experience was great and my results so far (2 mos. later) is 20/15 vision. I have never seen so clearly in my life. Why did I wait until my 40's?

”

– Jennifer W.

NEARSIGHTED? Farsighted? Do you use reading glasses?

HOW GOOD IS YOUR EYESIGHT?

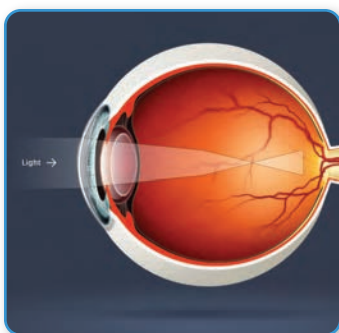
CHANCES ARE you are either nearsighted or farsighted with some degree of astigmatism. At your initial exam, we will check your eyesight and determine your specific type of prescription. In most cases, your vision can be improved through Laser Vision Correction.



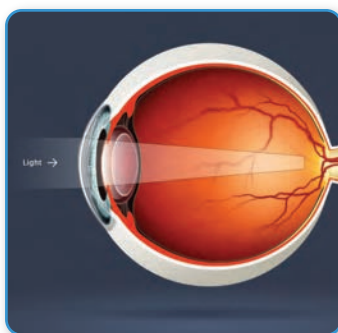
COMMON VISION PROBLEMS

THE EYE works like a camera where light passes through the lens and is focused on the film forming an image. In the eye, light rays pass through the cornea and lens and then strike the retina where an image forms.

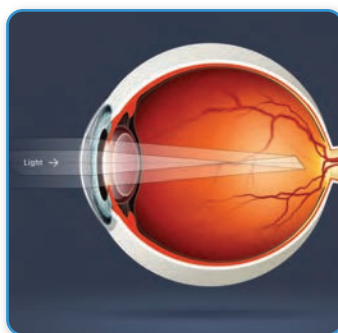
THE CORNEA is the clear window at the front of the eye that provides most of the eye's focusing power. The lens, which sits inside the eye behind the pupil, accounts for some of the remaining focusing power. Together the cornea and lens function to focus light rays onto the retina so the image is clear. Myopia, hyperopia, and astigmatism are all refractive errors that blur vision.



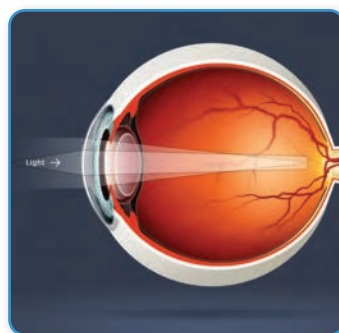
Nearsightedness (myopia): In a myopic eye, the corneal surface is too steeply curved, and the light rays are focused in front of the retina, resulting in a blurry image. To a nearsighted person, distant objects are blurry and near objects are clearer.



Farsightedness (hyperopia): In a hyperopic eye, the corneal surface is too flat, and light rays are focused behind the retina, resulting in a blurry image. To a farsighted person, both distant and near objects are blurry.



Astigmatism: In an astigmatic eye, the cornea is shaped more like a football than a basketball (spherical). Light rays are focused at multiple points, again creating a blurry image. Many people with myopia and hyperopia also have astigmatism.



Presbyopia: Refers to a natural weakening of the eye that comes with aging, usually in the early to mid 40's. A presbyopic eye loses its ability to focus on near objects, like text in books or newspapers, and reading glasses usually become necessary.

WHAT HAPPENS at your initial visit?

MANY people have never been to an ophthalmologist let alone a LASIK practice. But on your visit you'll find it's just like going to the eye doctor with a few more tests.

We check the overall health of your eyes and stability of your vision to make sure you are an excellent candidate for LASIK — which is one reason we have earned an outstanding safety record.

ON THE DAY of your initial Consultation you will fill out the necessary paperwork and then start your LASIK testing. We conduct a thorough and complete examination of your eyes, including some of the following advanced diagnostic tests.



If you wear:

Soft Contact Lenses and Toric Lenses: Before your eye exam, you will need to have your contact lenses out for 2 weeks for both soft lenses and Toric lenses.

Hard lenses: Please have your contact lenses out for a period of 4 weeks PLUS a week for every decade you have worn the lenses. For example, if you have worn the lenses for 20 years, you must have them out for 6 weeks.

DURING THE LASIK TESTING

We will:

- Measure your prescription
- Measure any astigmatism
- Perform a corneal mapping test to map the shape, contour and thickness of your cornea

AFTER LASIK TESTING

After the initial exam, you will meet with one of our refractive counselors and can:

- Ask additional questions
- Discuss pricing and affordable financing options
- Schedule your dilated eye exam and LASIK procedure when you are ready to proceed

DURING THE EYE EXAM

- Measure pupil size
- Perform a glaucoma test
- Conduct a refraction evaluation to determine your visual stability
- Examine the front of the eye and the back of the eye
- Dilate your eyes and repeat your refraction.
- Confirm your candidacy for the vision correction procedure that you have selected (LASIK or PRK)

WHAT IS LASIK? What is PRK?

PRK is the same laser treatment as LASIK, except that the treatment is applied to the corneal surface instead of under a flap.

WHAT IS LASIK?

LASIK (laser-assisted in-situ keratomileusis) is the most popular surgical procedure to correct vision problems caused by refractive error or the failure of the eye to focus light properly. LASIK is a type of Laser Vision Correction performed by a surgeon using a computer-controlled laser that emits precise pulses of energy to reshape the cornea.

LASIK dramatically reduces the need for glasses or contact lenses by treating nearsightedness, farsightedness and astigmatism. After LASIK, nearly all patients see well enough that they don't need glasses or contacts for most or all activities requiring distance vision.



WHAT IS PRK?

Not everyone is a candidate for LASIK. Your cornea may be too thin or the shape of your eye might not be appropriate for LASIK treatment. But you still have an excellent option to improve your vision: PRK, which stands for photo-refractive keratectomy.

PRK works in exactly the same general way as LASIK by reshaping the cornea of the eye so that it better focuses incoming light.

Both are two-step processes; however, in PRK the first step is different. Whereas LASIK involves providing the laser treatment under a flap, PRK is the application of the laser treatment on the corneal surface.

PRK STEPS

After numbing your eyes, a surgeon gently polishes away surface cells from the cornea.

Next, the surgeon uses a laser to painlessly reshape the cornea; the same laser used in LASIK surgery.

To help the healing process, a temporary, clear protective lens is placed over the cornea for four to seven days.

Between 10% and 15% of our patients have PRK; millions have successfully had the procedure.



Everyone was so great! I love it there. Will highly recommend.



— MICHELE M M

WHAT HAPPENS in the LASIK procedure?

THE LASIK PROCEDURE consists of two steps: First, we create a corneal flap. Then we reshape your cornea to correct your vision. With PRK, there is no flap and the flap creation step is omitted as the laser treatment is applied directly to the corneal surface.

Depending upon your eyesight, several options are available for the first and second steps of LASIK, and our experienced staff will help you determine which options are the best for you.

STEP ONE – Creation of the LASIK Flap

First, we will numb your eye with local anesthetic drops. Then a small flap is gently created in the outermost surface of the cornea to allow access to the corneal bed below. Typically surgeons will perform this step of the procedure with one of two instruments (Eye Consultants uses the "All Laser" method):

LASIK

step
one

CREATION of the LASIK FLAP

Option 1

**MICROKERATOME
"BLADE"**

Option 2

**INTRALASE
"ALL LASER LASIK"**

OPTION ONE: Microkeratome*

*As an "All Laser" Practice, Eye Consultants does not offer this option.

The microkeratome is older technology. It employs a hand-held oscillating blade to create the lasik flap. Because the IntraLase "All Laser" procedure is superior in safety, precision, and outcomes, Eye Consultants no longer uses the microkeratome. Many practices advertise a lower price for LASIK, but insist on the use of this older technology.

*We will help you **UNDERSTAND**
your options and determine which
TECHNOLOGY is best for **YOU**.*

OPTION TWO: IntraLase "All Laser LASIK"

A computer-guided laser creates the flap, allowing a surgeon to tailor the size, shape, and depth of the corneal flap for each of your eyes. This is the most advanced technology available for creating the flap and makes the procedure extremely safe and precise. This also results in better flap thickness and fewer flap complications.

In a recent clinical survey of LASIK patients who had their corneal flaps created using a blade in one eye and the IntraLase method in the other, the vision in the IntraLase-treated eye was preferred 3-to-1.

WHAT HAPPENS in the LASIK procedure? *(continued)*

STEP TWO – Reshaping Your Cornea

The goal of LASIK and PRK is to reshape the cornea, the front part of the eye that helps focus light on the retina.

To correct nearsightedness, the cornea is flattened; for farsightedness the cornea is steepened. To correct astigmatism, we use the laser to correct the cornea's irregular shape.

When it comes to this part of the LASIK or PRK procedure, you have two options, conventional or Custom LASIK.

What are the differences between Conventional and Custom Laser Vision Correction?

CONVENTIONAL LASIK/PRK

- Uses the measured refractive error of the eye to calculate the laser procedure plan
- Useful for tissue conservation and certain prescriptions

CUSTOM WAVEFRONT GUIDED LASIK/PRK

- Recommended for most patients
- Uses advanced wavefront mapping to create precise unique treatment for every eye
- May be helpful in reducing night vision problems like glare and halos by correcting scattered light known as higher order aberrations

LASIK/PRK

step
two

RESHAPE YOUR CORNEA

After we reshape a LASIK patient's cornea, we gently reposition the corneal flap, which begins to heal immediately. With PRK patients, a temporary, clear protective lens is placed over the cornea for four to seven days. This speeds the healing process and protects the cornea.

*Our doctors will
HELP you determine
which **TREATMENT**
is preferred
for **YOUR** eyes.*

FAQS: Frequently Asked Questions

A CLEAR UNDERSTANDING is an important part of your journey to clear vision.

Will LASIK or PRK hurt?

Patients generally experience no pain during their LASIK or PRK procedure. We numb your eyes using eye drop anesthesia prior to the procedure. After the numbing wears off, some discomfort from the procedure may be felt for up to 6-8 hours after LASIK. For PRK, a foreign body sensation and light sensitivity may persist for a few days while the surface of the eye heals.

Will I go blind?

No one has ever gone blind from having LASIK or PRK. With these relatively noninvasive procedures, only the surface of the eye is treated when reshaping the cornea.

How long does it take?

Both the LASIK and PRK procedures usually take less than 10 minutes from start to finish for both eyes.

Is Laser Vision Correction safe?

Laser Vision Correction is the most commonly performed and least invasive refractive procedure today. All procedures do involve some risk. LASIK and PRK have been proven to be both safe and effective for nearly all patients. Many surgeons consider Laser Vision Correction to be one of the safest procedures ever performed. More than two million LASIK procedures are performed each year.



Is Laser Vision Correction a permanent fix?

Laser Vision Correction permanently reshapes your cornea. LASIK has been available for almost 20 years and is a proven long-term solution for vision correction. A very low percentage of patients can benefit by having their vision improved further with a second treatment, known as an enhancement.

Will I still have to wear reading glasses?

There is a misconception that LASIK or PRK causes presbyopia or farsightedness. Presbyopia and the need for reading glasses happens for most people past the age of 40 whether or not they undergo Laser Vision Correction.

When will I be able to return to work?

In most cases, the recovery process is brief. Most patients are able to resume the majority of their normal activities the next day. PRK patients will need to take several days off from work depending upon their rate of healing.

FAQS: Frequently Asked Questions *(continued)*

Why do some people need an enhancement after Laser Vision Correction?

Every patient and refractive surgeon wants to achieve perfect vision correction with one refractive surgery procedure. While the majority of our patients only have one treatment, there are occasions where a second treatment or an enhancement is the preferred option. Sometimes your eyes will have an over or under response to the LASIK or PRK treatment, and your vision can be corrected even more. Our doctors can help you to determine if an enhancement will improve for your vision. Enhancements are generally performed 6 months after the initial surgery.



Will I have trouble with night vision or passing a driver's test after Laser Vision Correction?

The vast majority of patients don't have any long-term issues with night vision. However, your night vision can be affected for a period of time after undergoing LASIK surgery as part of the normal healing.

Some patients experience temporary night vision problems after LASIK or PRK that lasts longer. This temporary effect is normal and nearly always improves over time.

Some people who have excellent uncorrected visual acuity after LASIK based on eye chart testing can still have visual side effects that may change the quality of their vision. For example, it is rare but possible that you may see 20/20 or better after LASIK or PRK but still have symptoms such as double vision, unresolved dry eyes or difficulty seeing at night because of glare or halos around lights.

What is the next step?

To receive complete details about LASIK or PRK, we encourage you to schedule a **FREE EYE CONSULTATION AND EXAM** so our staff can walk you through the process step-by-step and answer all your questions. All you have to do is make a free appointment.

(509) 487-5000

WHAT TO EXPECT on the day of your Procedure

YOUR EXCITING DAY is here!



PART ONE:

BEFORE THE PROCEDURE

- Please arrange to have a friend or family member come with you so they can drive you home after the procedure. They can also watch the procedure if you want.

Upon arrival you will:

- Be greeted by a technician who will provide you with an optional sedative
- Be prepared by a technician for the procedure by cleaning around your eyes
- Spend time with your surgeon who will answer any questions you may have
- Relax in our welcoming offices

PART TWO:

THE PROCEDURE

You will:

- Be warmly greeted by our friendly surgical team
- Be provided with ample anesthetic to ensure your comfort
- Be guided through the quick procedure with simple instructions

PART THREE:

POST-PROCEDURE CARE

- Spend the day relaxing

It is very important to follow your post-operative instructions and come to all of your follow-up visits, whether they are at our offices or one of our partner doctors if that is more convenient.

Expect to have follow-up visits in:

- One day
- Four to six days (for PRK)
- One week
- One month
- Three to four months

“ We use Eye Consultants for our exams every year. They are very thorough and friendly. We also had them do our cataract surgery. They have a definite plan for the patient to follow and complete instructions. Dr Fillmore answers any questions clearly, and he is easily understood. We would recommend Eye Consultants to anyone looking for an optometrist/opthamologist. ”

-MARGARET J D

WHY CHOOSE Eye Consultants

EXPERIENCE + TECHNOLOGY + SAFETY RECORD + AFFORDABILITY

CLEAR VISION IS PRICELESS. Selecting the right surgeon to perform your Laser Vision Correction is probably the most important consideration when deciding to undergo this life changing procedure.



With a number of LASIK and PRK providers in the United States, it's more important than ever to make your decision carefully. In determining which facility is most qualified to help you, we strongly encourage you to consider the experience of the surgeon and staff, the technology used at the office, and the office's safety and results record.

EXPERIENCE

Our primary surgeon Dr. Gary Fillmore has performed thousands of surgeries. Dr. Fillmore is certified by the American Board of Ophthalmology.

We believe strongly in providing you with an outstanding experience before, during and after your procedure.



SAFETY RECORD

Laser Vision Correction has been performed safely for over two decades and millions of Laser Vision Correction procedures are performed annually worldwide.

At Eye Consultants we have an outstanding and long record of safety. While LASIK is a very safe procedure, it is well documented that experienced surgeons have lower complication rates.

In addition, we use the most advanced technology available, such as IntraLase "All Laser LASIK" and Custom Wavefront, which provides you with the safest procedure today.

Nationally published studies indicate that the risks of wearing contact lenses long term may actually be greater than the small risks of Laser Vision Correction, especially when considering risk of infection and resulting loss of vision.

WHY CHOOSE Eye Consultants (continued)

AFFORDABILITY

We believe this gift of sight should be available to everyone and our expert services are priced accordingly. At Eye Consultants, we are committed to providing everyone with the financial options to a clearer future.

We are confident you will not find a more qualified provider of Laser Vision Correction or better technology at any cost.

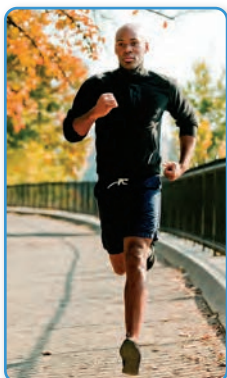
You should be excited about your vision correction procedure, not worried about how you'll pay for it! That's why we're pleased to offer the CareCredit® card. CareCredit lets you have your procedure immediately — then pay for it over time with monthly payments that fit easily into your budget. We'll help you see clearer, sooner.

TECHNOLOGY

Eye Consultant's modern and comfortable facilities are equipped with state-of-the-art laser technology to provide you with the most advanced options available.

Corneal flaps are created with all-laser technology, and vision correction lasers possess wavefront technology for the most advanced and most successful vision correction.

FINANCING: With Eye Consultants's easy financing programs, your payments can be customized to meet your needs. Please ask one of our patient counselors for more information.



TESTIMONIALS



“

“The office is real nice, the staff are all nice and helpful people. I am glad a friend recommended Eye Consultants to me. Dr. Fillmore is fantastic.”

— Lewis H

“I have been a patient of Dr. Fillmore for several years and trust his medical expertise and guidance. The team members who greet incoming patients are pleasant and cheerful, and the technicians assisting Dr. Fillmore are knowledgeable, professional and engaging. The new office location on Nevada Street is conveniently located.”

— Patricia K

“The entire staff is welcoming and friendly. I heard very positive things about Dr. Fillmore before choosing a surgeon. He has lived up to his stellar reputation. I will be recommending Eye Consultants to my friends and family.”

— Judy A

”



Eye Consultants

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9911 N Nevada St. Suite B

Spokane, WA 99218

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*Call now for a **FREE** LASIK consultation and exam.*