

UPCOMING APPOINTMENTS

PHONE 605-718-3937

NAME
CONSULTATION WITH DOCTOR SCOTT SCHIRBER
CONTACT LENSES OUT ON
Contact Lenses If you are a contact lens wearer, you should remove your contact lenses 7 days prior to your exam. Contact lenses can affect the shape of your eye, which can affect your measurements
SURGERY
ONE DAY POST-OP
5 DAY / ONE WEEK POST-OP
ONE MONTH POST-OP
THREE MONTH POST-OP
SIX MONTH POST-OP
ANNUAL EXAM

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*Annual Exam is needed to keep Extended vision plan valid. This appointment can be with your local optometrist.

Black Hills Regional Eye Institute & Laser Vision Center #bhrei #visionforlife @blackhillseyes

TRUST OUR TEAM OF DOCTORS

We are fortunate to have such an experienced laser vision team. We have treated thousands of eyes and helped many See Life Clearly! We will take great care of you and your eyes.

Our doctors are...

- Certified and experienced with bladeless technologies and the CustomVue Wavefront procedure: similar technology that led to the approval of LASIK for Military and NASA pilots.
- Experienced with several types of eye surgeries such as iLASIK, PRK, ICL, and Lens Exchange, allowing the Eye Institute to offer the procedure that is right for you.
- National and international lecturers and have been published in various journals and medical textbooks.

Dr. Schirber had LASIK and personally knows what the surgery and recovery process are like. He has your very best interests in mind when helping you decide which procedure is right for you.

Dr. Spencer and Dr. Khachikian are our Laser Vision Surgeons. You will have a chance to meet them and ask questions before surgery. They have both performed thousands of refractive procedures at the Eye Institute. Your safety is their number one priority.

During Your Consultation

We Will:

- Measure your pupil size
- Conduct an iDESIGN diagnostic evaluation, which provides a fingerprint of your eye
- Perform an Pentacam test to map the shape contour and thickness of your cornea.
- Complete a dry eye evaluation
- Perform a cyclo dilated examination which allows us to see the total health of your eyes.
- Test your eye pressure.

Laser Vision Team



Terrence Spencer, MD



Stephen Khachikian, MD



Scott Schirber, OD

iLASIK vs PRK

iLASIK and PRK are both forms of laser vision correction, and they are actually guite similar. In our experience, the results are the same, with both procedures achieving 20/20 or better for most patients.

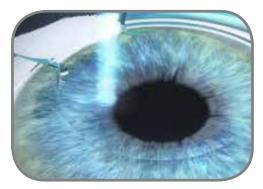
What's the difference?

In **iLASIK**, the first step is the creation of a thin flap of tissue on the cornea using a femtosecond laser. This flap is folded back, and a custom laser is used to reshape the eye to improve vision. The thin flap is then replaced and allowed to heal.

PRK, or surface laser correction, uses the same custom laser to reshape the eye, but without the creation of a corneal flap. Instead, the skin cells on the surface of the cornea are gently removed, and the reshaping laser is applied. The skin cells regenerate over three to four days.

The biggest difference between the procedures is the healing and recovery. With iLASIK, many patients will see 20/20 and can return to work the next day! With PRK, most patients will be able to return to work four to five days after the procedure. Vision improves more slowly as the epithelial cells need more time to heal with PRK than with iLASIK.

While PRK has a longer recovery, it can have significant safety advantages for those with thinner corneas or moderate to severe dry eye. It is also the procedure of choice for those at higher risk for eye trauma. Finally, we typically prefer PRK for those requiring enhancement three or more years from their original LASIK treatment.





What's best for me?

Both iLASIK and PRK are great procedures that typically achieve excellent results. The procedure that is best for you will be based on our team of doctor's collective experience of helping thousands of patients achieve improved vision, as well as your input into your desired method of correction.

Understanding Refractive Errors



NEARSIGHTEDNESS Nearsightedness, or myopia, occurs when the cornea is too curved or the eye is too long. This causes light to focus in front of the retina, resulting in



FARSIGHTEDNESS Farsightedness, or hyperopia, occurs when the cornea is too flat. This causes light to focus beyond the retina and results in blurry near vision.

TECHNOLOGY

Merging Technologies

CustomVue

For the CustomVue treatment we capture a fingerprint of your vision, which is up to 25 times more precise than standard measurements for glasses and contacts. With CustomVue you may see better than you ever have before.



As a part of the VISX technology, Iris Registration is very similar to an eye scanner. This advanced technology maps points on the iris and focuses the laser using those points. This creates a more individualized adjustment that in turn, further improves and enhances the quality of your laser vision correction treatment.

iFS

With the ultra high precision IntraLase laser, creating the corneal flap is now safer and more accurate. By eliminating the blade once used in traditional LASIK, our patients enjoy a premium level of safety.

VISX S4

The VISX S4 laser offers you the highest level of accuracy. This laser is accurate to 0.25 microns, an amazing figure when you consider a human hair is about 70 microns thick. And with 3-D Active Eye Tracking technology, it's the only system that allows the surgeon to track your eye movement in all three dimensions.









ASTIGMATISM

Astigmatism often occurs alongside either farsightedness or nearsightedness. Astigmatism is when the cornea is shaped like a football and causes light to focus on more than one point on the retina blurring or distorting vision.



PRESBYOPIA

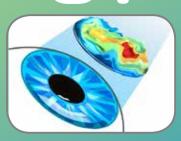
Presbyopia is the natural aging process of the eye that affects everyone, usually starting around age 40. As we age, the natural lens in our eye loses flexibility, decreasing the ability to focus on things up-close, requiring the need for reading glasses.

WHAT IS iLASIK?

iLASIK is the combination of three leading technologies to improve results & safety of the LASIK procedure. Laser flap creation, custom laser reshaping and iris registration tracking are advancements over older blade flap creation, conventional laser reshaping and pupil tracking. The iLASIK procedure takes 10 -15 minutes, both eyes can be done on the same day, and no stitches are required. The surgery is performed while the eye is numb and an instrument is used to prevent blinking.



The LASIK Procedure: Step-by-Step



Using iDesign technology, we take a "fingerprint" image of your vision. This detailed information is evaluated by the surgeon and is transferred to the laser to provide custom vision correction.



Before the laser is used, numbing drops are applied to the eye. A laser is used to create the corneal flap with the safety and precision of a computer-controlled laser beam. The surgeon then gently folds this flap back to prepare the eye for the treatment laser.



A cool laser beam is used to reshape the cornea and eliminate sources of aberration. There are multiple tracking and alignment systems in place to ensure both safety and accuracy throughout your entire procedure.



Finally, the protective flap that was created in step two is gently placed back in its original position. The cornea begins healing immediately and you can return home.

Your Surgery Day-



Please plan for the following:

- 1. Have a driver.
- 2. Dress appropriately for 66-68 degrees in the Laser Surgery Suite.
- 3. Eat before you come to surgery.
 4. DO NOT wear makeup, perfume, cologne, aftershave or fragrant lotions. lotions.
 - 5. Plan to be at our center for about 2 hours.

Contact Lenses

If you are a contact lens wearer, you should remove your contact lenses at least 7 days prior to your exam and surgery. Contact lenses can affect the shape of your eye, which can affect your measurements.

WHAT TO EXPECT

The Day of your procedure

The day of your procedure, we ask that you arrive at your scheduled check in time. We will review your post-operative medications, activity restrictions and answer any remaining questions you may have. Be sure to wear comfortable clothing. You will remain awake through the procedure, during which you can expect to experience little to no pain.

What to expect:

- **1.)** The iLASIK procedure will take approximately 10-15 minutes. Actual laser time is 15-60 seconds. You will feel some eye pressure, but typically no pain. Before surgery, you will be provided Valium and a relaxing environment.
- **2.)** The afternoon or evening after iLASIK, your vision slowly improves. You may use your eyes normally.
- **3.)** The day after iLASIK, your eyes may look bloodshot, feel slightly sore and scratchy and your vision may still be slightly blurry.
- **4.)** The days following iLASIK, your vision may fluctuate, you may have light sensitivity and you may have halos at night. iLASIK increases the chance for excellent vision and has quicker healing than older types of LASIK surgery. It is extremely important to avoid rubbing or bumping your eye for the first week after your iLASIK procedure.

RESTRICTIONS (FIRST 7 DAYS)

- 1. No swimming or hot tubs
- 2. No rubbing of eyes
- 3. Stay out of oceans, lakes, or rivers
- 4. No eye makeup
- 5. Wear UV sunglasses
- 6. Night Shield for one week

You will receive our doctor's cell phone number for questions or concerns.



SURGERY DAY - iLASIK

Many patients will experience significantly improved vision immediately. *Patients are given drops to use and protective glasses to wear during sleep for the next several days. We require you have someone drive you home for a day of rest and relaxation. You should wear clear glasses while you are sleeping for the first week after surgery. You will see an Eye Institute doctor for your 1-day post-op visit. You can be seen by your family eye doctor or an Eye Institute doctor for your post-op care after your 1-day visit.



DAY ONE – AFTER ILASIK

Your vision is significantly clearer, if not already 20/20.*

You have a postoperative exam to ensure everything is healing correctly. Most patients are able to drive and return to work and their everyday activities, and will continue to notice improvements in their vision.



DAY TWO – AFTER ILASIK

You are feeling great and seeing better than ever. Your eyes may

get a little tired in the afternoon and you may use drops if your eyes become dry. Your future is looking clear and bright.*

*Individual results vary.



Does iLASIK hurt?

Because the cornea is numbed with eye drop anesthesia, patients report little to no discomfort during the procedure. Some patients experience some scratchiness of grittiness for a few hours following, while others did not experience any discomfort at all. We ask everyone to go home and take a nap immediately after his or her iLASIK procedure. For any discomfort that remains after your nap, Advil or Tylenol is usually sufficient.

When will I be able to see?

Many patients notice an immediate improvement in their vision and have functional vision the very next day. Full visual results are typically reached within one to three weeks but individual results do vary.

When can I return to work, drive and to my normal activities?

You can resume most normal activities such as driving or working, the day after your procedure. Exercising and more vigorous activities can be resumed after the first week. Eye makeup cannot be worn for one week. Swimming or contact sports such as basketball or racquetball should be delayed for three weeks.

What if my eye moves during the treatment or I blink?

During the procedure a device will gently hold your eyelids open, which will prevent you from

blinking. In addition, we incorporate advanced eye tracking technology. The laser will be constantly and minutely adjusted to the position of your eye at any given time. In fact, every four to six milliseconds the eye's location is measured and the laser is automatically aligned. If, at any time, your eye moves too quickly or out of range, the laser will pause and wait for your eye to move back into position.

Will I need to wear glasses after?

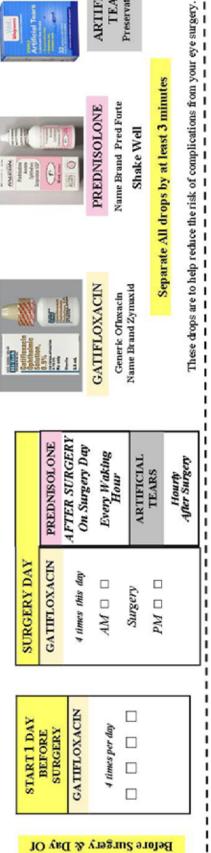
Most patients who have undergone iLASIK at the Eye Institute no longer need glasses for their daily activities. However, if you're over 40 and do not elect MonoVision, there is a possibility that you will need reading glasses because of the natural aging process of the eye. This condition, presbyopia, occurs as you get older.

TAKE THE NEXT STEP

Call us today and schedule your FREE Consultation to determine if you are a candidate!

Call 605-718-3937 or visit www.lasikrapidcity.com.

ILASIK DROP SHEET







Refresh Opnive

Name Brand Pred Forte PREDNISOLONE Shake Well

ARTIFICIAL

Preservative Free

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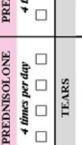


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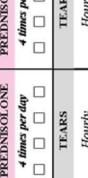
























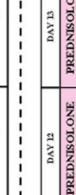












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DAY 10

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DAY 11

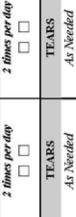
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WHAT IS PRK?

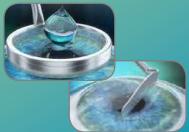
PHOTOREFRACTIVE KERATECTOMY

Instead of creating a flap as in LASIK, a solution is used to loosen the cells on the surface of the eye. This layer, called the epithelium, is then gently removed, and the advanced tracking and laser are applied just as it would be in LASIK. After the procedure, a soft-contact lens is placed in the eye to protect the healing epithelial layer. Total surgery time is approximately 10 minutes, both eyes can be done on the same day, and no stitches are required. The surgery is performed while the eye is numb and an instrument is used to prevent blinking.



The Custom PRK Procedure: Step-by-Step

STEP



Using iDesign technology, we take a "fingerprint" image of your vision. This detailed information is evaluated by the surgeon and is transferred to the laser to provide custom vision correction.

Numbing eye drops are applied so the epithelium, a thin skin covering the cornea, can be painlessly removed to prepare the eye for the treatment laser.

STEP 03



A cool laser beam is used to reshape the cornea and eliminate sources of aberration. To ensure both safety and accuracy, there are multiple tracking and alignment systems in place throughout the entire procedure.

STEP



Your surgeon covers the treated cornea with a bandage contact lens. Within days, new epithelial cells grow back, and the bandage contact is removed.

Your Surgery Day

PRK

Please plan for the following:

- 1. Have a driver.
- 2. Dress appropriately for 66-68 degrees in the Laser Surgery Suite.
- 3. Eat before you come to surgery.
- 4. DO NOT wear makeup, perfume, cologne, aftershave or fragrant lotions.
- 5. Plan to be at our center for about 2 hours.

Contact Lenses

If you are a contact lens wearer, you should remove your contact lenses at least 7 days prior to your exam and surgery. Contact lenses can affect the shape of your eye, which can affect your measurements.

WHAT TO EXPECT

The Day of your procedure

The day of your procedure, we ask that you arrive at your scheduled check in time. We will review your post-operative medications, activity restrictions and answer any remaining questions you may have. Be sure to wear comfortable clothing. You will remain awake during the procedure, during which you can expect to experience little or no pain.

What to expect:

- **1.)** The procedure will take approximately 10-15 minutes. Actual laser time is 15-60 seconds. You will feel some eye pressure, but typically no pain. Before surgery, you will be provided Valium and a relaxing environment.
- **2.)** After PRK, it is normal to have foggy or "smoky" vision. You should go home and take a 2-3 hour nap. You may take the prescribed medication and cold packs for any discomfort. A clear bandage contact lens will be inserted immediately after surgery and will be removed 5 days following treatment by your doctor.
- **3.)** The afternoon or evening after PRK, your vision will fluctuate and your eyes may look bloodshot. You can use your eyes normally. Discomfort and light sensitivity are normal.
- **4.)** Your vision will fluctuate for the first 3-4 days. The third day after surgery is usually the blurriest. Typically vision achieves a functional level on the fourth or fifth day.

RESTRICTIONS (FIRST 7 DAYS)

- 1. No swimming or hot tubs
- 2. No rubbing of eyes
- 3. Stay out of oceans, lakes, or rivers
- 4. No eye makeup
- 5. Wear UV sunglasses (for one month)
- 6. Night Shield for one week

You will receive our doctor's cell phone number for questions or concerns.

PRK



WEEK ONE – AFTER PRK

Many patients will experience some improved vision. * For the next several days, patients are given drops to use and protective glasses

to wear during sleep. A postoperative exam is scheduled to ensure everything is healing correctly. You should wear clear glasses while you are sleeping for the first week after surgery. You will see an Eye Institute doctor for your 1-day post-op visit. You can be seen by your family eye doctor or an Eye Institute doctor for your post-op care after the 1-day visit.



WEEK TWO-FOUR – AFTER PRK

Vision typically improves each week. Some shadowing or ghosting in vision is normal and will gradually

lessen. By the end of week 4, most patients have approximately 90% of their clarity.



MONTHS TWO-THREE - AFTER PRK

Most patients notice stabilization of their vision during this time. Dry eye and night vision also improve.

Most patients will achieve 20/20 or better during this period.*

*Individual results vary.



What's the difference between PRK vs iLASIK?

The biggest difference between PRK and iLASIK is that iLASIK involves the creation of a thin-flap within the cornea. This flap is then folded back and a laser is used to reshape the eye to improve vision. This flap is then replaced and the eye begins healing. In PRK no flap is created. The epithelium, or thin skin layer on the cornea, is gently removed and a laser is applied to reshape the eye. A protective contact lens is then placed and the eye begins healing. The results of iLASIK and PRK are the same, however the recovery of iLASIK is quicker than PRK. Most patients having iLASIK are able to return to work the next day, while patients having PRK are typically able to return to work four to five days after treatment.

Why wouldn't I qualify for iLASIK?

Patients with thin corneas or very dry eyes are typically better candidates for PRK. Also, those with higher risk professions (military, police, etc.) or hobbies (boxing, martial arts, etc.) are good candidates for PRK.

When will I be able to see?

Many patients notice an immediate improvement in their vision. Most patients achieve functional vision to return to work on the fourth day. Vision gradually improves as the epithelium heals.

When can I return to work, drive and to my normal activities?

You can resume most normal activities such as driving and working within one week after your procedure. Eye makeup cannot be worn for one week. Swimming or contact sports such as basketball or racquetball should be delayed for two weeks.

Will I need to wear glasses after?

Most patients who have undergone refractive surgery no longer need glasses for their daily activities. However, if you're over 40 and do not elect MonoVision, there is a possibility that you will need reading glasses because of the natural aging process of the eye. This condition, presbyopia, occurs as you get older.

TAKE THE NEXT STEP

Call us today and schedule your FREE Consultation to determine if you are a candidate!

Call 605-718-3937 or visit www.lasikrapidcity.com.

PRK DROP SHEET

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8 AVA NO

Omega 3: Take 2-3 grams daily of Omega 3 supplements such as Fish Oil starting 1 week prior to surgery and continuing for 1 month after surgery. Oral Supplements Vitamin C: Take 500mg 2x/day, starting 1 week prior to surgery and continue for 1 month after surgery.

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EYE INSTITUTE ADVANTAGE

01

CORNEAL THICKNESS AND SHAPE ASSESSMENT

Multiple corneal measurements need to be preformed including multiple thickness measurements. We incorporate the Oculus Pentacam HR for the critical step of determining if you are a candidate and which procedure best suits your eyes.

02

CYCLO DILATED EXAMINATION

Normal eye dilation is required to evaluate the health of the eye structures, cyclopentolate is a stronger dilating agent which helps your doctor more accurately measure your prescription for the best outcome.

03

BLADELESS PROCEDURES WITH DEDICATED ILASIK TECHNOLOGY

Your doctor should offer the improved accuracy and safety of a laser -created flap. Some centers use a blade for this critical step. Finally, some centers only offer laser technologies that are not solely dedicated to creating LASIK flaps.

04

EYE TRACKING TECHNOLOGY

Iris registration technology accounts for multiple eye movements during your treatment to properly align the laser treatment. Using 3D images and 1,200 identifiable points in each eye, we are able to offer the most precise tracking available.



CUSTOMIZED IDESIGN TREATMENT

Wavefront technology assists your doctor in creating laser treatments for each eye. Our goal is to maximize your vision quality by utilizing iDesign - Wavefront technology. These 3D images capture over 1,200 vision points in each eye. This is 25 times more precise than traditional measurements for glasses or contact lenses and 5 times more precise than previous wavefront systems.

06

DRY EYE EVALUATION

Your doctor should carefully evaluate and treat for signs of dryness, including identifying oil gland dysfunction with the LipiView system. Ocular surface health is necessary for an optimal result.

07

MULTIPLE SURGICAL SOLUTIONS

Your doctor should be comfortable offering and recommending multiple surgical options including; iLASIK, PRK, corneal inlays and implant lens technologies such as the Visian ICL. Choosing the correct procedure is essential.

08

PROVEN EXCIMER LASER TECHNOLOGY

Multiple laser technologies exist. The Eye Institute uses the VISX STAR S4 system. Exclusive features include: 3D tracking, centering and Iris Registration.

09

NOMOGRAM SURGICAL PLANNING

Your surgeon should have completed thousands of laser treatments prior to yours. Tracking these results and implementing a nomogram to help guide your procedure to reduce your risk of re-treatment.

10

COVERAGE AND CONTINUAL CARE

The Eye Institute offers extended enhancement coverage in the event that future laser vision correction is needed. The Eye Institute was founded in 1983 and participated in the original laser vision correction FDA trials.

The price of laser vision correction varies greatly depending on the technology, experience and location. We think you should have exceptional technology at a fair price.

LASER VISION PLAN OPTIONS

Standard Enhancement Plan

Includes:

* All-Laser iLASIK or PRK.

* Enhancements for one year.

*Please check your price sheet for more information.

Extended Enhancement Plan

Includes:

- * All-Laser iLASIK or PRK.
- * Enhancements needed in the future.

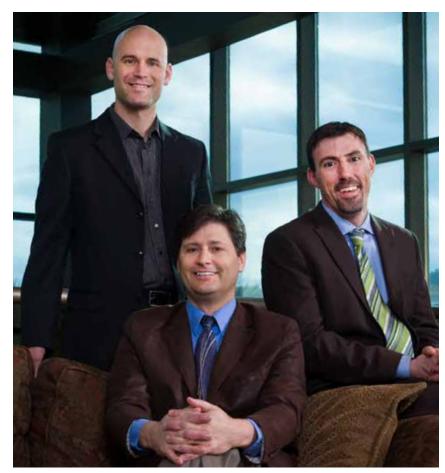
You must have an annual exam to keep coverage valid.

FINANCING

The Eye Institute utilizes Care Credit to provide interest deferred payment options.

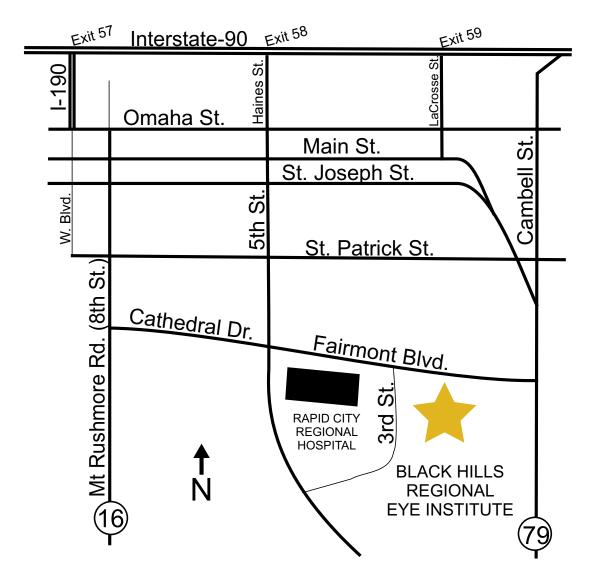
With Care Credit, iLASIK can be less than \$100 a month per eye. Visit www.carecredit.com for more information.

Flex Spending. iLASIK is a qualified expense for Flex or Health Savings Plans.



We look forward to providing you with an exceptional vision correction experience!

Scott, Terry & Steve



We also offer Laser Vision Consultations at our Gillette, WY clinic: 3100 West Lakeway, Suite 2 • (307) 686-0883

