

LASIK BROCHURE

Ask your Optometrist MARK R. MANDEL, MD

Our Commitment to Excellence

Mark Mandel, MD is a Board Certified Ophthalmic Surgeon and a fellowship trained specialist in corneal and refractive surgery. He is committed to helping you achieve your best vision. Together with his expert staff, he offers the highest level of advanced training and experience in refractive correction having performed over seventy thousand procedures. Known in Northern California as “the doctor’s doctor”, Dr. Mandel is a fellowship trained specialist in corneal and refractive surgery. He was born and raised in Los Angeles and is the son of a family practitioner. He graduated with honors from Oxford University, England, receiving a bachelor’s and a master’s degree. He then attended and graduated from UCLA School of Medicine. His ophthalmology residency was performed at Pacific Presbyterian Hospital in San Francisco, followed by a one-year subspecialty fellowship in corneal transplant surgery at the University of Iowa. He is one of the few cornea transplant surgeons in the Bay Area. He is past president of the East Bay Ophthalmological Society. Dr. Mandel teaches and lectures throughout the U.S. and abroad to ophthalmologists on topics related to the cornea and refractive surgery. He directed the first instructional video tape on corneal transplant surgery distributed to eye surgeons by the American Academy of Ophthalmology. He teaches at both the University of California Berkeley and San Francisco, as well as California Pacific Medical Center where he is co-director of the Cornea Service. Because he is a specialist in refractive surgery, Dr. Mandel has been selected by hundreds of eye doctors and other physicians to perform LASIK on themselves, their families, and their office staff, who trust him for his knowledge and surgical staff, and rely on him for his honesty, integrity and commitment to safety.

Dr. Mandel has been in practice in the Bay Area since 1983.

Our patients say it best...

**PROACTIVE FOUNDING DERMATOLOGISTS
KATIE RODAN MD, AND KATHY FIELDS MD**

Physicians are fortunate to have a network to find the best doctor in each field. Having this “inside information” from within the medical community was invaluable to me. I constantly recommend Dr Mandel as the “best there is” to my patients, friends, and family... and everyone is thrilled with their results! For me, Dr. Mandel is the only choice for laser vision correction.” KATIE

“I can see the clock at the bedside, read the tiniest print and drive on a rainy road at night with confidence. Dr. Mandel absolutely changed my life. I have sent over a dozen patients to him who are equally happy. He is The Doctor for your precious eyes.”

KATHY

“Fortunately for me, I have a close friend who is an extremely successful surgeon in Southern California who practiced in the Bay Area for 20 years. I knew that he would direct me to the most respected and experienced surgeon available. In fact, I thought he might recommend someone in the Los Angeles area, but, without hesitation, he told me to go see Mark Mandel, M.D. Having this referral from a trusted physician who really knows “who’s who,” was all I needed to proceed with making my appointment with Dr. Mark Mandel. I couldn’t be more thrilled with the outcome! I only wish I would have done it sooner.” ARLEN NESS

What is Laser Vision Correction?

Laser vision correction encompasses several procedures, (LASIK and PRK), which utilize the excimer laser to correct nearsightedness, farsightedness, and astigmatism. During the treatment, the laser’s cool ultraviolet light removes a small amount of corneal tissue to reshape the corneal surface in order to allow light to be more sharply focused onto the retina, thereby improving vision.

Patients considering laser vision correction should have a stable refraction for at least one year. After the procedure, eyeglass correction or contact lenses for distance vision will generally not be required. If you are in the age range where bifocals or “readers” are normally required for close vision (40+ years of age), you will need reading glasses following the procedure. This condition is known as presbyopia and is part of the natural aging process. Some patients elect to have monovision. This is when one eye is adjusted for near (reading) vision and the other is adjusted for full distance. After 40 years old, monovision will allow most patients to see well at distance and near. For some monovision patients, glasses may be required for night driving.

State-of-the-Art Technology

Traditionally, glasses or contact lenses provided the source of correction for imperfect vision. Glasses are relatively trouble free and many people regard them as a fashion accessory to enhance their appearance. With the advent of newer technology, and people’s intense desire to be free of glasses or contact lenses, ophthalmic surgeons developed surgical alternatives for refractive correction. Today, procedures such as LASIK and PRK are the procedures of choice for laser vision correction using the excimer laser. We use only state-of-art, FDA approved VISX Star S-4 and Allegretto lasers equipped with the most recent software upgrades, active eye trackers, iris registration and large pupil capability. Additionally, our lasers feature wavefront

technology to achieve the most personalized vision correction. We use the “All Laser” approach to refractive surgery employing both the Ziemer and Intralase Femtosecond lasers to create the flap and the excimer laser to reshape the cornea.

LASIK

(Laser Assisted in-Situ Keratomileusis)

Laser Assisted in-Situ Keratomileusis (LASIK) also known as Laser Intrastromal Keratomileusis, combines the precision of the excimer laser delivery system with the benefits of an ultra-precise laser known as the femtosecond laser to make the flap. Using both lasers to perform your LASIK is known as “All Laser LASIK”.

First, by utilizing the femtosecond laser, a thin layer of the cornea, or corneal flap, is created and lifted. Then cool ultraviolet light from the wavefront excimer laser reshapes the exposed cornea with accuracy up to 0.25 microns. By adjusting the pattern of the laser beam, it is possible to treat nearsightedness, farsightedness, and astigmatism. After the cornea has been reshaped by the laser, the flap is replaced in its original position.

Because of the cornea’s extraordinary natural bonding qualities, no sutures are required. The entire procedure takes less than 15 minutes for both eyes.

LASIK is an FDA approved procedure.

The computer controlled, femtosecond laser technology with its unique software provides Dr. Mandel with the highest technology, blade-free approach to creating the corneal flap for laser vision correction surgery. The results are unparalleled safety for the patient and unprecedented control and accuracy for Dr. Mandel. The patient may simply relax in comfort as the procedure is completed. We are the only laser center in Northern California with two femtosecond laser technologies.

All-Laser LASIK – Technology Redefined

PRK

Photorefractive Keratectomy (PRK) is a method of surgically reshaping your cornea using the excimer laser. This is very similar to LASIK, however, no corneal flap is created. In PRK, after removing the surface cells (epithelium) of the cornea, the excimer laser light is applied to the surface of the cornea. Like LASIK, the modified corneal contour is then able to focus light more precisely onto the retina, thereby reducing nearsightedness, astigmatism, and farsightedness. PRK is generally performed for patients who are not good candidates for LASIK because of a thin or mildly irregularly shaped cornea, or for occupational or lifestyle reasons. The side effects, risks and complication rate is about the same for LASIK and PRK. Fortunately, all of the laser procedures are safe, effective, and FDA approved. However, every surgery carries some inherent risk. The visual results of LASIK and PRK are the same, however, it

takes about a month for the vision to become clear after PRK. For PRK, we tend to do surgery on one eye at a time so that patients can return to work the next day.

Will I have 20/20, perfect vision?

If you would be dissatisfied with anything less than perfect vision, then refractive procedures may not be in your best interest. The goal of refractive surgery is to restore natural vision. However, even for those who do not wear corrective lenses, vision can fluctuate during the day due to lighting conditions, pupil size and fatigue. Following refractive surgery, patients may need to wear glasses to sharpen their vision, especially for certain tasks such as night driving or for intensive near/intermediate tasks.

WHERE DO I GO FROM HERE?

If you have additional questions about refractive surgery, or if you want to know which procedure is right for you, ask your optometrist. Your optometrist works closely with Dr. Mandel in the co-management of your eye care. This cohesive teamwork assures you of a comprehensive selection of vision care alternatives.

If you and your optometrist decide refractive surgery is right for you, your optometrist will perform a complete eye examination, discuss the available procedures and the results you can expect. If you decide on refractive surgery, your optometrist's staff will help to schedule an appointment for you.

Dr. Mandel and his staff will complete the final presurgery testing evaluation. As your primary eye care provider, your optometrist will continue to see you after surgery and monitor your healing followed by your regular periodic eye examinations