



LASIK & REFRACTIVE SURGERY

A patient guide



www.cascadiaeye.com

Vision for Life.

Welcome to Cascadia Eye! We have provided unparalleled vision care in Skagit Valley since 1985.

We offer something important that no other LASIK and Refractive clinic can: the majority of your follow-up care is done by the same surgeon who performed your procedure. Your surgeon and his team will be doing crucial pre-operative testing and closely following you during your entire post-operative period (one year). We will even give you your surgeon's personal phone number after your procedure.

Our eye surgeon and his staff are committed to providing customized care to our patients at an affordable cost. We do not have hidden fees or pricing that can be raised "based on prescription." What you see is what you get, which is the best possible care with the latest technology available.

Our Refractive Surgeon

Carlindo Pereira, MD, joined Cascadia Eye in 2010 after completing a cornea and refractive fellowship with Dr. Francis Price in Indianapolis.

Dr. Pereira believes in keeping up-to-date with the very best and latest eye care and surgery. He graduated from medical school at the University of Stellenbosch in South Africa in 1995, where he practiced family medicine before moving to the United States to do an ophthalmology residency at Loma Linda University, CA. After practicing and then teaching general ophthalmology for five years, he decided to sub-specialize.

He especially enjoys performing state-of-the-art refractive and corneal surgery. Dr. Pereira is board certified by the American Board of Ophthalmology and certified in the IntraLase, VISX and WaveLight lasers for iLASIK surgery.



Why Choose Cascadia Eye?

Local Care. One of the greatest benefits of coming to our clinic is convenience. Having locations in Skagit, North Snohomish, and Island counties makes us easily accessible to our patients. Since LASIK often requires a minimum of two visits with the surgeon before your procedure, and at least three after, it's good to stay close.

Confidence in Quality. It's important that you feel comfortable and confident about the care you receive and the qualifications of your doctor and technicians.

Our LASIK & PRK Statistics

Our numbers speak for themselves. The latest patient satisfaction statistics are updated quarterly and listed on our website's Cascadia Surgical page.

www.cascadiaeye.com/cascadia-surgical





Are You a Candidate for LASIK or PRK?

Not everyone is a candidate for refractive surgery, and not everyone who is a candidate for PRK is a candidate for LASIK. There are many factors that you and your doctor should discuss while considering LASIK or PRK. At your consultation, we will discuss these factors with you at length and help you evaluate if refractive surgery is right for you. We will also perform thorough testing to help determine your candidacy.

What About Reading Glasses?

Presbyopia is a condition of the eye that everyone develops around the ages of 40-50. This is when the eye (specifically the lens) loses its ability to accommodate, or focus, on things that are up close. When symptoms of presbyopia begin, you may notice yourself holding objects farther away from your face or even taking your glasses off to read (if you are nearsighted).

Because LASIK and PRK are corneal procedures, and presbyopia occurs in the lens of the eye, LASIK/PRK will not correct presbyopia. Eventually, everyone needs reading glasses, even those who have had LASIK/PRK. There are other procedures, like refractive lens exchange (RLE), that can correct presbyopia, and you may want to discuss this with the doctor.

Considerations

- Age (must be 21+)
- Lifestyle
- Prescription
- Eye/general health
- Expectations

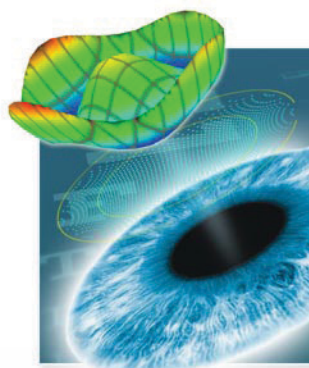
The CustomVue and Intralase Advantage

Bladeless Lasik

Laser vision correction is one of the most widely performed procedures in the U.S. Medical technology is constantly evolving and we pride ourselves on providing the latest advancements available in eye surgery — particularly when it comes to safety.

IntraLase, commonly referred to as “bladeless LASIK” is currently the safest way to create a corneal flap, the first step of your LASIK procedure. As a replacement for microkeratomes (blades), IntraLase creates a flap with the use of a laser (separate from the laser that does your vision correction treatment). This infrared laser energy inserts a precise pattern of tiny, overlapping spaces just below the corneal surface and operates at extremely high speeds (pulses of one quadrillionth of a second), allowing tissue to be targeted and divided at a molecular level without heat or impact to surrounding tissue.

Although the microkeratomes have proven to be a safe method of performing LASIK, IntraLase significantly increases the safety and effectiveness your LASIK procedure, and that’s why your surgeon believes it is the right method for you.



Customvue Correction

For the laser vision correction portion of your treatment, we use VISX CustomVue individualized laser vision correction — the standard for laser vision correction.

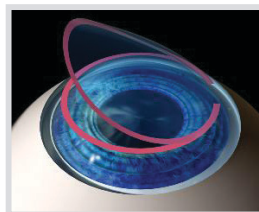
Your corneas are like fingerprints: no two are alike. With the use of the “iDESIGN,” a machine that measures unique imperfections of your eye with wavefront technology, CustomVue can measure and address imperfections of the cornea that are uncorrectable with glasses or contact lenses, thus leading to the best vision possible.

The bottom line? The safest, most precise treatment available.

How It Works

LASIK

With LASIK, a small flap is created by a cool-beam laser on the surface of the cornea to access the treatment area underneath. The flap is lifted while another cool-beam laser gently reshapes your cornea. The flap is then laid back down, where it heals naturally in a few days.

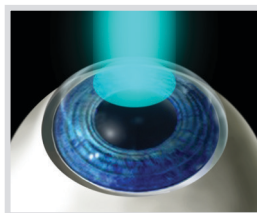


The Laser

The VISX Star S4 Excimer Laser is the most widely used laser on the market today. It has been used by ophthalmologists to perform millions of laser vision correction procedures all over the world. Each year, more doctors use VISX lasers to perform laser vision correction than any other system.

PRK

With PRK, the end result is the same as with LASIK, but the procedure works differently. Instead of creating a flap, the cornea's entire epithelial (outer) layer is removed to expose the area, and no flap is created. The cool-beam laser then sculpts the cornea, just as with LASIK. The outer layer takes a few days to grow back, and the overall vision recovery period is longer than LASIK, but PRK offers an alternative for patients not eligible for the LASIK procedure.



Your Procedure

Your surgery will take place at:

Cascadia Eye - Market Street Laser Center

1930 Market Street, Mount Vernon, WA 98273

On the Day of Surgery

From the moment you walk through the doors to the moment you leave, our goal is for you to feel safe and comfortable. Your surgeon will be there with you every step of the way both before and after your procedure to walk you through the process. There won't be any lines to wait in, or a rush to get in and out — it's all about you today. We'll prepare you for everything you're about to experience so nothing should be a surprise, except how happy you'll be with your new eyes!

Once in the surgery center, the surgery staff will prepare your eyes for the laser treatment. Usually taking less than a minute, the cool beam from the laser gently reshapes the cornea, removing microscopic amounts of tissue (less than the thickness of a human hair) to create a new curvature. During the procedure, an attachment called the 3D ACTIVETRAK eye tracker follows the eye's tiniest movements. It automatically repositions the laser to keep the laser beam focused, so you can relax during your procedure.

Many patients notice immediate results after LASIK. When your treatment is over, we'll go over your post-operative instructions. Your surgeon will personally call you later on that night to see how you are doing and we'll see you back for a quick check the following day.

PLEASE NOTE:

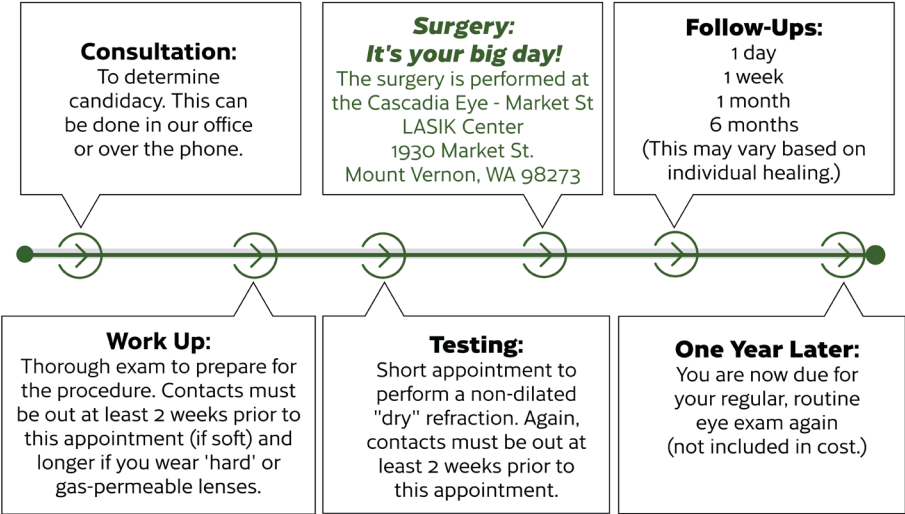
Most LASIK patients return to their normal activities just ONE DAY after their procedure. However, there are some things you should avoid for a short period of time, like eye makeup and swimming. Your surgeon will discuss these with you in detail.

Recovery takes a little longer for PRK patients, who usually plan for a week off work.

The LASIK or PRK Timeline

This timeline will give you an idea of how many appointments you can expect to have with us. Follow-up care is crucial after surgery and it is important to see your surgeon periodically to ensure a safe and successful outcome.

Pre- and post-operative exams usually take place at our Little Mountain location in Mount Vernon, although post-ops can be in other select Cascadia Eye locations.



The bottom line? The safest, most precise treatment available.

What Your Money Covers

What You See is What You Get

The price you see is the price you pay. You won't walk in expecting a low price and walk out paying a much higher price. Many clinics will advertise pricing "based on prescription." This is a tactic to get you in the door and then charge you more for your "higher prescription." Some have many hidden charges or offer less expensive procedures with older equipment. Who wants bargain equipment when it comes to eye surgery? We only offer the best technology available for your most precious assets, your eyes.

What is a Bargain? Some centers advertise \$1000 (or less) per eye. This may not include pre/post operative care (or may only include limited post operative care), or even the latest technology—and they may not be local. Additional visits and travel costs can easily add \$500-\$1000 to your bill.

Our pricing is based on the actual cost we are charged for the use of the equipment, certified technicians and engineers who are there during your procedure, and all the necessary supplies needed to ensure your safe and successful outcome. We would love to offer this level of technology and expertise at the "discounted prices" you've probably seen elsewhere; however, if we don't charge based on our costs, that means something important is being eliminated.

With that in mind, you can understand that a procedure with Cascadia Eye is designed to provide you convenience and peace of mind in all aspects of your care...and that is our kind of bargain.

Our Price Includes:

- Telephone or online screening (always free)
- Extensive eye exam & consultation by your surgeon
- Wavescan (for customized treatment)
- Custom laser treatment
- Access to your surgeon 24 hours a day.
- 1 year of follow-up care by your surgeon
- Protective eye shield & sunglasses
- Enhancements (when surgeon recommended)
- New lenses for your old glasses (readers or tinted for sun)



Your post-operative visits are covered for one year after your surgery. If you ever have questions or need anything after your last post-op visit, we are always happy to get you in to see your surgeon.

Bladeless LASIK.....\$2500/eye*

PRK.....\$1800/eye*

***0% Financing Option Available!**

FAQ:

DOES IT HURT?

Bladeless iLASIK is generally considered painless; however, some people do report feelings of pressure or mild discomfort during the procedure. PRK is usually more uncomfortable after the procedure. We provide a prescription for pain medication to help with this.

WHAT IF I MOVE DURING MY TREATMENT?

The laser comes equipped with an active 3-D eye tracking system that will track the tiniest movements of your eye. If your eye moves outside of the laser's parameters, the treatment will be paused.

HOW LONG WILL I BE OUT OF WORK?

We generally ask you to take 24 to 48 hours off after LASIK, and a week after PRK. After that (depending on your occupation) most patients are able to return to work.

WHAT EXACTLY DOES THE LASER DO TO MY EYE?

The laser is a cool beam of ultraviolet light that reshapes the corneal tissue by vaporizing the carbon bonds that form it. It doesn't burn and you can't see or feel it, but its precision is superb.

AM I AWAKE DURING THE PROCEDURE?

Yes, there is no need for any anesthesia other than the numbing drops used prior to your procedure. We do offer Valium if you want it.

WILL MY INSURANCE COVER THIS?

Most insurance companies do not cover the cost of LASIK or PRK.

DO WE OFFER FINANCING?

Cascadia Eye is happy to be able to offer our patients with high balances due to elective surgeries (such as LASIK, Refractive Lens Exchange, or large optical orders over \$1000) our own in-house 0% interest financing. No credit check, no applications. The only requirement is you must have a credit or debit card on file and allow auto payment monthly.

IS LASIK OR PRK COVERED BY MY HSA OR FSA?

LASIK and PRK surgery is typically considered a qualified medical expense and may be covered by Health Savings Accounts (HSAs) and

Flexible Spending Accounts (FSAs). These plans are designed to pay for a variety of medical expenses, including many types of vision correction surgeries like LASIK and PRK.

It is each patient's responsibility to confirm coverage with their insurance carrier before proceeding with surgery to ensure that LASIK or PRK surgery is explicitly listed as a covered expense under their plan.

IS LASIK PERMANENT?

LASIK and PRK are considered to be permanent procedures. In rare cases, vision may regress and an enhancement may be needed; however, this is not common with today's technology.

Notes:

VISIT US

CASCADIA EYE MT. VERNON-MARKET STREET

DIRECTIONS:

From East/West Skagit County

From College Way, head towards the east side of I-5.

Turn left onto Market St.

Cascadia Eye is one block down on the right side of the street.

From Northbound I-5

Take Exit 225 (College Way) and turn right to head East on College Way.

Turn left onto Market St.

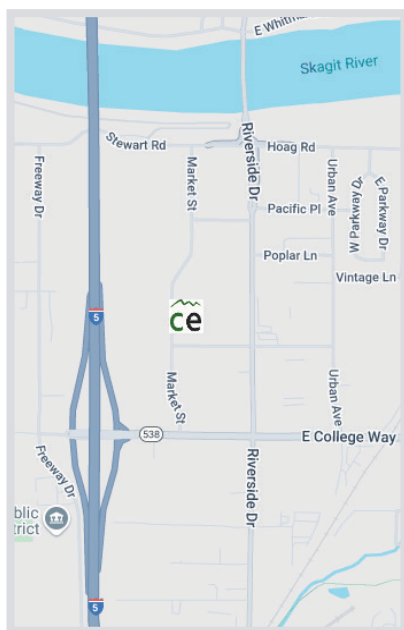
Cascadia Eye is one block down on the right side of the street.

From Southbound I-5

Take Exit 225 (College Way) and turn left to head East on College Way.

Turn left onto Market St.

Cascadia Eye is one block down on the right side of the street.



Refractive Surgery Coordinator

lasik@ncascade.com

1930 Market St.
Mount Vernon, WA 98273
www.cascadiaeye.com

Phone: 360-424-2020

Fax: 360-424-6954

FOUR ADDITIONAL LOCATIONS:

2100 Little Mountain Ln
Mount Vernon, WA 98274
360-424-2020

8718 270th NW
Stanwood, WA 98292
360-629-4180

2131 Hospital Drive
Sedro-Woolley, WA 98284
360-424-2020

202 Main Street
Coupeville, WA 98239
360-678-2020