

A photograph of two young women smiling and embracing each other. The woman on the left has dark, curly hair and is wearing a light blue t-shirt. The woman on the right has long, wavy brown hair and is wearing a dark blue sweater. They are both looking towards the camera with bright, joyful expressions. The background is a soft-focus outdoor setting.

# Your Guide to Refractive Surgery

## SMILE, LASIK and More



NORTHWEST EYE SURGEONS

# Our Practice | Our Vision:

*Improving the quality of people's lives*

Thank you for trusting your eye care to Northwest Eye Surgeons. We want to help you achieve your best vision because the quality of your vision affects the quality of your life. Since 1986, we've personalized patient care with valued physician partnerships in a warm patient-centered environment. We ensure the highest quality care through effective patient communication, collaborative co-management, experienced physicians and advanced technology.



**NORTHWEST EYE SURGEONS**







### Partnering for Your Care

We believe that when you are stable following your surgery, your care can be co-managed by your family eye doctor, if you choose to do so, in partnership with our team of experts. This practice is called co-management and is widely used in other medical and surgical specialties.

Co-management is recognized by the American Academy of Ophthalmology, American Society of Cataract and Refractive Surgery, American Academy of Optometry and American Optometric Association, as acceptable care in specific circumstances. All agree that co-management, in an atmosphere of mutual trust, shared learning and constant communication, can be the most successful way to optimize patient care.

### Trusted Expertise

Our staff includes specialized ophthalmic surgeons and optometric physicians who are board-certified and fellowship-trained. Our physicians are skilled in the most current techniques and have clinical and surgical experience in a wide range of ophthalmic surgical services.

### Advanced Technology

We offer the most advanced technology available including femtosecond laser-assisted cataract surgery (FLACS) and lens implants for vision correction used for refractive cataract surgery. In addition, we also offer SMILE advanced laser vision correction and LASIK refractive procedures.

### Convenient Access

Northwest Eye Surgeons provides full-spectrum medical surgical eye care for infants to adults and specializes in cataract, cornea, glaucoma, pediatric, refractive, strabismus, eyelid surgery, oculofacial plastics, and retina services. We have 6 clinics and 4 outpatient surgery centers conveniently located throughout the greater Puget Sound area.

## Excellence Every Time

You deserve an excellent experience, every time. Whether it's improving steps to monitor results or answering your questions after a procedure, your physician team is committed to responding to your needs.

## Our Mission:

Northwest Eye Surgeons is the premier ophthalmic referral practice in the Northwest, providing the most technologically advanced medical and surgical care in a warm, patient-centered environment.

## Your Physician Team Experience

Dedicated to Providing the Best Care

### Physician Teams

We take a team approach to care. This approach to your care maximizes your team's experience, strengths and skills to provide you with expert treatment. Our surgical teams consist of nationally recognized ophthalmic surgeons (MD), optometric physicians (OD), nurses, technicians and support staff that collaborate with you and your family eye doctor to correct your vision.

### What to Expect at Your Consultation

At your consultation, you will meet your physician team and depending on the type of condition or procedure, your visit may include meeting directly with the eye surgeon or members of the optometric team for evaluation, testing, or measurements. Our physician teams will be able to answer your questions to ensure you are comfortable with your vision correction plan.

### What to Expect on Surgery Day

Surgical procedures are scheduled on a separate day following a consultation with your surgeon. When you arrive, please check in at the surgery front desk. A surgery coordinator will greet you and review patient consent forms required for surgery. Please leave valuables at home. Wear loose, comfortable clothing. Bring all your eye drops with you on the day of surgery for review.

After you check in, your team will review your health history and make any other assessments needed. Refractive surgery procedures may last 15-20 minutes, but may take longer depending on your specific procedures. After surgery, you will wait in the recovery area until you are stable. To obtain the best outcomes, follow your postoperative instructions and return for your scheduled postoperative appointments. You must arrange for someone to take you home—you may not drive yourself home or take another form of transportation by yourself.





Seattle Cornea, Cataract and Refractive Surgery Physician Team: From left, Kerri C. Svanda, OD, Audrey R. Talley Rostov, MD, Stacey M. Keppol, OD, FFAO

### Optometrist

A Doctor of Optometry (OD) who provides primary or medical eyecare and vision care, performs eye exams to detect vision problems, and prescribes corrective lenses.

### Ophthalmologist

A specialist surgeon and Medical Doctor (MD) in the branch of medicine concerned with the study of, and the medical and surgical treatment of disorders and diseases of the eye.

### What to Expect from Your Team: Pre- and Post-Op Care

Together, your Northwest Eye Surgeons physician team and your family eye doctor will consult on the best options for your care, before and after your surgery. We recommend you talk with your family eye doctor as you consider options to correct your vision. Upon request, your family eye doctor will co-manage your care after surgery, including prescribing glasses if you need them. Northwest Eye Surgeons does not prescribe glasses. We can also manage your postoperative care as needed.

After your surgery, we send a summary report to your family eye doctor. After subsequent visits with your family eye doctor, he/she will also submit a detailed report to Northwest Eye Surgeons, so we can carefully follow your progress.

We're available for consultation at any time following your surgery. You can learn more about our physician teams of surgeons and optometrists at [nweyes.com](http://nweyes.com).

# Our Refractive Services

Refractive surgery is used to correct common vision disorders such as nearsightedness, farsightedness and astigmatism.

Northwest Eye Surgeons is the first and only practice in the Pacific Northwest to offer all refractive surgery procedures and advanced technologies, so you can be sure that you'll receive the best treatment option for your unique eyes. Our surgeons are fellowship-trained, highly skilled and experienced, nationally recognized and dedicated to our philosophy of personalized care. As you're considering refractive vision correction, we encourage you to review this information and research your options.



## SMILE

SMILE, Small Incision Lenticule Extraction, is the latest advancement in laser vision correction for nearsightedness (myopia) and astigmatism. It provides clear vision in a minimally invasive procedure. Appropriate for ages 22-45+. A laser is used to create a thin, contact lens-shaped layer just beneath the surface of the eye and then a small opening, through which the layer is removed. Northwest Eye Surgeons was the first practice in the Pacific Northwest to exclusively offer SMILE.

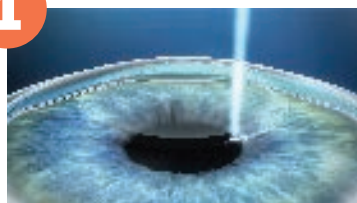
- **Minimally Invasive Procedure:** Your surgeon only needs to make a small, precise opening in the surface of your eye to correct your vision.
- **Quick and Proven:** SMILE takes only a few minutes from start to finish. Millions of SMILE procedures have been performed worldwide.
- **Rapid Visual Recovery:** Vision recovers quickly after SMILE. Many people return to most of their normal activities the next day.
- **Eye Comfort:** With SMILE, you may experience less dry eye and discomfort during and after the procedure.
- **Freedom from Lenses:** SMILE is designed to reduce or minimize your need for glasses and contacts.

Call us at **855-64-SMILE (76453)** or email **SMILE@nweyes.com** to schedule a FREE consultation to see if you are a candidate or if you have questions about financing options.

Appropriate  
for ages  
22-45+

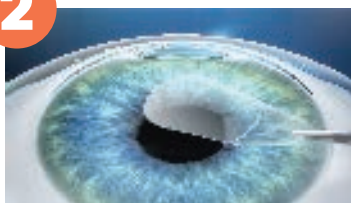
## SMILE Surgery

1



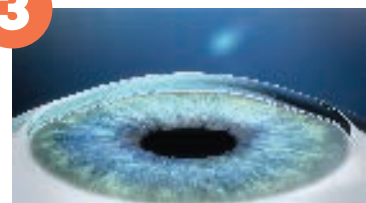
Your eye is numbed. A specialized laser makes a small incision in your cornea, and creates a disc-shaped lenticule.

2




The surgeon removes the lenticule through the small incision.

3



Removing the lenticule changes the shape of the cornea, which corrects your vision.



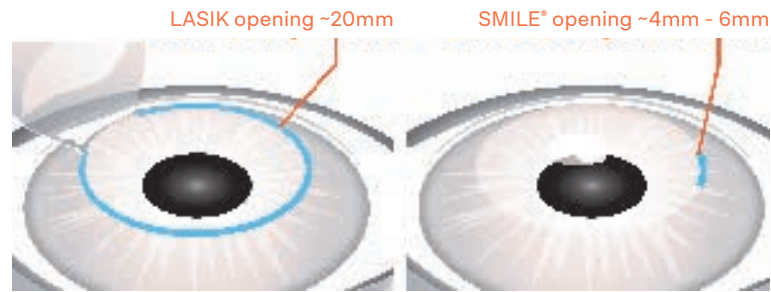


SMILE procedure offers quick healing time. Patients are able to resume most normal daily activities within 3 days, including driving, showering, applying makeup and going to work.

“ I never thought I would be able to ditch my glasses/contacts... but Dr. Rostov recommended a SMILE procedure and I have been thrilled with the results. I am one week post-op, and the service and care provided by the entire team at Northwest Eye Surgeons has been excellent. Although I will be continuing my post-op care with my local doctor for convenience, I would not hesitate to return to Northwest Eye Surgeons if the need arose.”

-Julie, SMILE patient

## SMILE vs. LASIK



Incision size and process differ between SMILE and LASIK, but both offer great results.



## LASIK

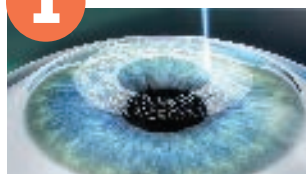
LASIK stands for Laser In Situ Keratomileusis. The surgery itself is relatively painless and quick—about 15–20 minutes for both eyes. LASIK is a laser vision correction procedure that corrects nearsightedness and astigmatism.

During the procedure, the surgeon numbs your eye and uses a femtosecond laser to create a thin, circular flap on the surface of the cornea. The surgeon then uses a second, computer-guided laser to reshape the inner layers of the cornea, resulting in clearer vision. The flap is replaced and heals rapidly. You may experience irritated or watery eyes, or blurred vision briefly after surgery. You will need to take eye drops after surgery to prevent infection and to keep your eyes lubricated while they heal. You can usually return to daily activities within 48 hours, but will need to modify some activities for a week or two.

- **Quick and Proven:** LASIK takes only a few minutes from start to finish, providing fast results and excellent vision.
- **Freedom from Lenses:** LASIK is designed to reduce or minimize your need for glasses and contacts.
- **Experienced Team:** Northwest Eye Surgeons is a leader in adopting advanced technology, and began our LASIK practice in 1996. Our fellowship-trained eye surgeons are highly skilled in the latest technologies, and the LASIK procedure has proven overwhelmingly successful for thousands of our patients.

## LASIK Surgery

1



The surgeon uses a laser to create a hinged flap in the surface of your numbed eye.

2



The surgeon moves you to a different laser that reshapes the surface of your eye, which corrects your vision.

3



4



The surgeon resets the hinged flap which heals closed in a few days.





## PRK

In PRK surgery, also known as Photorefractive Keratectomy, the eye is numbed, and the surgeon removes the outer surface cells from the cornea before using the laser to reshape the cornea. The outer cells grow back naturally over several days following the procedure. Compared to other procedures, PRK patients may experience a longer recovery time and frequent visits to make sure the eye is healing properly.

- **Option for Thin Corneas:** PRK gives refractive options to those whose corneas disqualify them from LASIK or SMILE procedures.
- **Freedom from Lenses:** PRK is designed to reduce or minimize your need for glasses and contacts.
- **New Option for Keratoconus:** Newest laser technology can reduce astigmatism in some patients with Keratoconus that have already received cross-linking procedure.

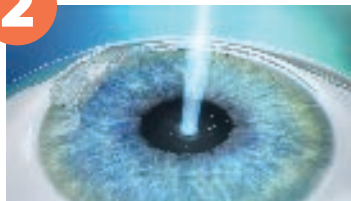
### PRK Surgery

1



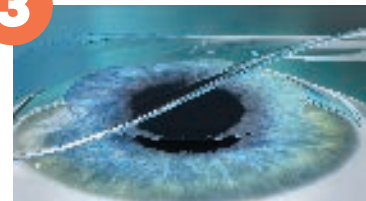
The surgeon applies numbing drops to anesthetize the eye. The surgeon removes the outer layer of cells from the cornea.

2



A specialized laser reshapes the cornea to correct vision.

3



Wearing a bandage-contact lens protects the newly reshaped surface during healing.



Appropriate  
for ages  
50+

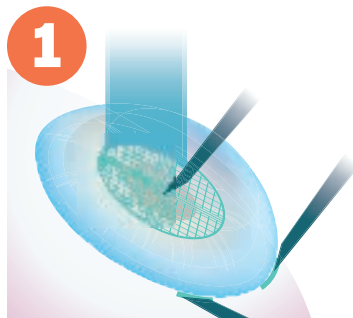
## RLE

Refractive lens exchange, or RLE, is similar to cataract surgery, in that it uses the same femtosecond laser technology to remove the natural lens of the eye, and replace it with a clear, plastic lens implant called an intraocular lens (IOL). RLE can be combined with our Vision Correction program that gives patients the opportunity to customize their visual outcome based on preference or lifestyle needs. RLE surgery is used for extreme nearsightedness or farsightedness, and sometimes for presbyopia, which is blurred near vision caused by the natural lens becoming inflexible as it ages.

During the procedure, the surgeon numbs the eye and uses a laser to make a small incision in the cornea, and removes the natural lens from its capsule behind the iris. The surgeon implants a new lens in the capsule which seals and heals around the lens. Additional Vision Correction technology may be used during surgery to measure and confirm a specific visual outcome as planned by you and your surgeon.

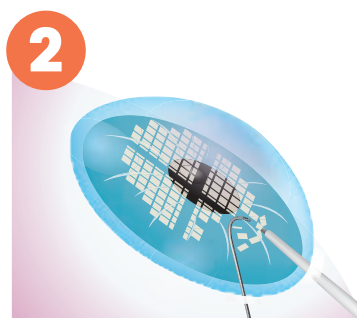
- **Custom Vision Results that Fit Your Lifestyle:** RLE can alleviate effects of aging eyes, and extreme near or farsightedness.
- **Freedom from Lenses:** RLE is designed to reduce or minimize your need for glasses and contacts, but you may still need to wear them for some activities.

## RLE Surgery



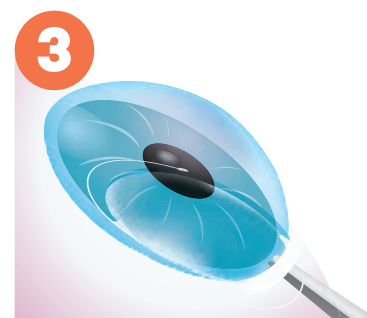
### Step 1: Incision

To remove your natural lens, your surgeon will make an incision in your cornea and lens capsule.



### Step 2: Lens Removal

Using laser and ultrasound technologies, your surgeon breaks up and removes your natural lens.



### Step 3: Implantation

An artificial lens called an IOL, or intraocular lens, will then be implanted to correct your vision.

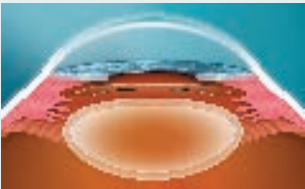
## Refractive Lens Exchange Surgery with Vision Correction— A Customized Solution to Fit Your Lifestyle

Using advanced technologies and all laser surgery, we offer Refractive Lens Exchange Surgery with Vision Correction to complement your visual needs, accommodate your lifestyle, and reduce your need for glasses. Refractive Lens Exchange Surgery with Vision Correction is a customized solution for you. Not all patients are candidates for Refractive Lens Exchange Surgery with Vision Correction and only your surgeon can determine if Vision Correction is an appropriate solution for you. Refractive Lens Exchange Surgery with Vision Correction includes additional surgical correction of vision to reduce dependence on glasses, and is not covered by insurance companies because it is not considered “medically necessary.”



# Implantable Collamer Lens

Besides treating the cornea or replacing your natural lens, Northwest Eye Surgeons offers technology that implants a permanent lens to help achieve your desired vision.



### Visian® ICL™ for Nearsightedness

Visian Implantable Collamer Lens (ICL) is a phakic intraocular lens that is placed between the iris and the natural lens to correct for nearsightedness.

ICL is a surgical procedure that will take about 15 to 30 minutes. One eye is treated at a time, and once it is determined the first eye has healed sufficiently, the second eye may then receive an implant. In some cases, you may need reading glasses after surgery even if you did not need them before.

- **Alternatives to Corneal Refractive Procedures:** Implantable lenses may be options for patients who can't or don't want to have corneal refractive procedures like SMILE, LASIK or PRK.
- **Provides Freedom from Glasses:** Implantable lenses can correct a high range of nearsightedness (myopia) and astigmatism.

Appropriate  
for ages  
21-40

### Our Specialty Eye Services

In addition to refractive surgery, we offer full spectrum care, treatment and surgery in the following areas:

- Cataract
- Glaucoma
- Cornea
- Pediatrics & Strabismus
- Retina, Vitreous and Uveitis
- Eyelid Surgery & Facial Rejuvenation

### Payment & Insurance

Northwest Eye Surgeons' facilities are Medicare certified and we are a provider for many commercial insurance carriers and managed care organizations. Often medical insurance covers eye surgery, while vision insurance just covers eyeglasses and general eye exams. We accept cash, check, VISA, MasterCard and Care Credit for payment. Healthcare Savings Accounts (HSA) and Flexible Savings Accounts (FSA) often can be used to pay for our services. Check with your payer for details.

### Payment in full or insurance assignment is required prior to surgery.

Please be prepared to fulfill any financial obligations on the day of your visit. We encourage you to contact your insurance provider to determine your coverage prior to your initial visit. Our insurance specialists are available to answer questions you may have. Please call 800.826.4631 for billing and insurance assistance.



“Very happy with the brilliant results of Dr. Banitt and Dr. Bence plus their staff who are all wonderful and quite skilled at their corresponding parts of the medical team that I have ever worked with during my 75 years. Big thumbs up for the whole team!”

-Gary, Marysville, WA

*Thank you for your trust.*

Northwest Eye Surgeons is committed to helping you achieve your best vision so that you can experience a high quality of life. We're available to answer your questions and honored by your trust. Please explore [nweyes.com](http://nweyes.com) to learn more about specific medical eye conditions and about our physician teams.

*Thank you for choosing*



NORTHWEST EYE SURGEONS

*for your medical eye care.*

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**Seattle - Northgate**

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Sequim, WA 98382

**Smokey Point**

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Arlington, WA 98223

**Renton**

1412 S.W. 43rd St. Suite 310  
Renton, WA 98057

**Mount Vernon**

1306 Roosevelt Ave.  
Mount Vernon, WA 98273

**Whatcom Eye Surgeons Bellingham**

2075 Barkley Blvd. Suite 205  
Bellingham, WA 98226

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