



# ***Doctors For Visual Freedom*** **Laser Center**

## **CK PATIENT PACKET**

PLEASE BRING BACK WITH YOU THE DAY OF YOUR SURGERY



PRE-OPERATIVE INSTRUCTIONS...PLEASE REVIEW



WHAT TO EXPECT THE DAY OF YOUR SURGERY



POST-OP INSTRUCTIONS...PLEASE *REVIEW CAREFULLY*



CONSENT FORM – READ CAREFULLY...**BUT DO NOT SIGN!!**

**THESE FORMS SHOULD BE READ PRIOR TO RETURNING.**

Your Procedure is scheduled for \_\_\_\_\_

*Before then, you need to...*

\_\_\_\_\_ Get your prescription filled for Azasite



# *Doctors For Visual Freedom* **Laser Center**

Congratulations, you have taken the first step in determining if CK is right for you!

If you...

- Are over the age of 45
- Have good distance vision without glasses or contact lenses
- And hate being dependent on your reading glasses... **CK may be for YOU!**

CK is a vision correction procedure that uses radio frequency (RF) energy to reshape the contour of your eye, thereby changing the way your cornea (the clear front surface of the eye) directs light to the rest of your eye. It's an exciting advancement in vision correction that offers advantages such as:

- **SPEEDY RECOVERY** – most patients return back to work 1-2 days after their procedure.
- **CONVENIENCE AND COMFORT** – the procedure is performed at our center.
- **FAST TREATMENT** – procedures generally last between three to five minutes.
- **SAFETY** – CK involves No laser, No cutting, No tissue removal. We like to call CK our vision strengthening procedure.

CK was designed specifically for people over the age of 40 and is perfect for the more risk-averse individual who has been waiting for a safe non-laser alternative. NearVision CK is the first and only FDA- approved refractive technology for improving the loss of near vision that accompanies presbyopia (age related loss of near vision).

We hope to see you back soon so that you to can be one of the thousands of patients who have chosen to turn back the hands of time on their vision. Please feel free to contact us with any questions.

Sincerely,

Mark I. Golden, MD, FACS, FICS  
Medical Director  
Doctors For Visual Freedom Laser Center

# CK PREOPERATIVE INSTRUCTIONS

## **Contact lenses:**

- Leave daily wear soft contact lenses out for one week before surgery.
- Leave extended wear contact lenses out for two weeks before surgery.
- Leave hard or gas permeable contacts out for a minimum of three weeks, or as directed by the doctor.
- It is important to keep the eyes free from irritation, swelling and distortion from contact lenses.

## **Make-up /perfume /cologne:**

- All make-up on and around the eyelids should be removed from the eyes on the day before surgery. Do not wear perfume or cologne on the day of surgery. Do not use aromatic facial creams or moisturizers on the day of surgery.

## **Antibiotic Drops:**

- You will be provided with a prescription for Azasite antibiotic eye drops. This must be filled at your pharmacy. Please start your Azasite with one drop to the operated eye twice a day starting two days before your procedure and put one drop in the morning of your procedure. Please bring the bottle with you on the day of your treatment.

# THE DAY OF YOUR CK PROCEDURE

**BEFORE THE PROCEDURE:** There are no restrictions with regard to eating, drinking or medications on the day of surgery. You are encouraged to eat prior to arriving for your procedure. Excessive caffeine should be avoided. Wear comfortable clothing. Eye make-up should be removed before your procedure. We ask that you abstain from wearing perfume, cologne or aftershave for the procedure. Bring your Azasite drops with you to your surgery. Contact lenses should be removed from the operative eyes prior to the day of your procedure: 1 week for daily wear soft lenses, 2 weeks for extended wear or toric lenses and at least 4 weeks for hard or gas permeable lenses. You will need to arrange transportation on the day of your procedure. You will not be permitted to drive yourself home.

**IN THE PRE-OP AREA:** Please bring all of your paperwork with you on the day of your procedure. You will be asked to sign the consent form in the presence of a technician. You will meet with your surgeon, Dr. Mark Golden, prior to the procedure. He will answer any questions that you may have and discuss the procedure as it applies to you. Payment is required in full before your procedure.

**INSIDE THE TREATMENT ROOM:** The procedure takes less than 5 minutes. Your non-operated eye will be covered during the procedure to help you focus with the operated eye. It is important to keep both eyes open during the procedure to minimize discomfort. You will be instructed to look at a flashing red target light. Dr. Golden will help you maintain your fixation.

## NearVision CK Pre-Op Care

NearVision CK

### What should I expect on procedure day?

Because NearVision CK is fast and simple, procedure day is easy.

- ☐ Patient check-in
  - Your procedure is scheduled for \_\_\_\_\_
  - Plan to spend 45 minutes in our office.
  - Be sure you bring your Informed Consent Form with you. We will ask you to sign it in front of one of us as a witness.
- ☐ Scheduling of 1 week post-op appointment (if not already done)
- ☐ 3- to 5-minute procedure
- ☐ Post-op discussion and care instructions

### What should I do before the procedure?

Please plan on the following before undergoing NearVision CK:

- ☐ Do not wear soft contact lenses for at least 1 week before the procedure
- ☐ Do not wear ANY makeup the day of the procedure
- ☐ Arrange for transportation from our office on procedure day
  - You should not drive after an eye procedure.

### Additional notes:

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*Thank you for choosing **Doctors For Visual Freedom Laser Center** for your vision needs.  
If you have any questions, feel free to call **773-774-2102**.*

# NearVision CK Postop Instructions

## What should I expect after the procedure?

The following symptoms are normal after CK, and will subside with time:

- Mild to moderate burning, watering and irritation for 1 to 2 days
- Decreased distance vision in the operated eye. This gets better for most people in a month or two.
- Glare or halos, from the operated eye especially when driving at night, for about 1 month
- Slight overcorrection of your vision for a few weeks where you may find that you hold items closer than normal.

## When can I return to my normal activities?

Most patients feel well enough to work and/or drive after 1 or 2 days. If you are unsure, just call our office with your questions. However, there are a few guidelines you should also consider:

- Avoid eye makeup for 2 to 3 days after the procedure
- Avoid swimming for 2 weeks
- Avoid rubbing your eye
- Wear eye protection in situations such as contact sports

## What medications should I take after the procedure?

After CK, you will be taking:

- **Pred Forte:** Use 1 drop **4** times daily in the operated eye for 5 days
- **Azasite:** Use one drop in the operated eye twice a day for five days
- **Acular:** Use 1 drop **4** times daily for 2 days
- **Tears:** Use 1 drop **4** or more times daily as needed for comfort.
- **Comfort Drops:** Use 1 drop every few hours as needed for pain for the first 48 hours after your procedure.
- **Cold packs:** Use as needed for the first 24-48 hours after your procedure for comfort.
- **Tylenol with Codeine:** We give most people two tablets which we recommend to help with sleep the first night. If you are worried about pain, we can give you additional pain medicine that may be used every four hours.
- **Valium:** 1 tablet that when taken at bed time the first night helps with sleep.

## When will I return for follow-up?

You will come back 1 week after your procedure for a post-op exam with the doctor. Thereafter, your follow-up schedule may include 1 month and 3 months post-op visits. We will see you back on:\_\_\_\_\_.

## When will I realize the full effects of the procedure?

Expect your vision to "stabilize" in approximately 1 to 3 months.

Thank you for choosing **Doctors For Visual Freedom Laser Center** for your vision needs.  
If you have any questions, feel free to call **773-774-2102** 24 hours a day.

# INFORMED CONSENT FOR NEARVISION<sup>SM</sup> CK<sup>®</sup> (CONDUCTIVE KERATOPLASTY<sup>®</sup>)

## Introduction

Vision-correcting surgery such as LASIK and PRK can precisely and accurately correct fixed focal errors of the eye such as farsightedness, nearsightedness, and astigmatism. These optical conditions are fundamentally different than presbyopia. Presbyopia means “aging eye” which is the loss of ability to focus up close. Presbyopia is the reason that reading glasses become necessary to read. This typically occurs some time in the early to mid-forties. People who have good distance vision without glasses or those with contact lenses typically choose reading glasses. For those that are nearsighted, some may choose to remove their glasses to read or wear bifocals. Those who are farsighted, need bifocals in order to see object at close range. Individual with contact lenses or Lasik in their mid-forties and beyond may like monovision which is where one eye is set for near and the other for distance

This information and the Patient Information booklet are being provided to you so that you can make an informed decision about the use of a device known as the ViewPoint<sup>TM</sup> CK System, which is utilized to perform the NearVision CK procedure. NearVision CK is one of a number of alternatives for correcting your vision. The NearVision CK procedure uses a controlled release of radiofrequency (RF) energy to increase the temperature of corneal tissue. The treatment is applied with a probe that is introduced 8 to 32 times into the cornea in a circular pattern, which results in an increased curvature of the cornea to treat your vision. The correction you achieve with NearVision CK is usually temporary.

NearVision CK is an elective procedure. There is no emergency condition or other reason that requires or demands that you have it performed. You could continue wearing contact lenses or glasses and have adequate visual acuity. This procedure, like all surgery, presents some risks, many of which are listed below. You should also understand that there might be other risks not known to your doctor, which may become known later. Despite the best of care, complications and side effects may occur; should this happen in your case, the result might be affected even to the extent of making your vision worse.

## Alternatives to NearVision CK

There are several options available to those who are presbyopic, besides wearing bifocals or separate reading glasses. For example, for some individuals, wearing a contact lens in one eye for distance vision, and a contact lens in the other eye for reading, affords a reasonable solution. This is called monovision (mono for one; one eye for distance, one eye for near vision).

If a person enjoys and functions well with monovision in contact lenses, the same option can be created on a more permanent basis with vision-correcting surgery such as NearVision CK. If you are contemplating such correction for yourself, it is important to understand the advantages and drawbacks of such care.

If you decide not to have NearVision CK, alternative methods of correcting your vision include, among others, eyeglasses, contact lenses, and other refractive surgical procedures.

Patient Initials \_\_\_\_\_

## Patient Consent

At this time, there is no perfect treatment or cure for presbyopia. The typical solutions described above are all to some extent a compromise of one form or another. For many people, wearing reading glasses for near vision correction is troublesome enough, and wearing bifocals is even less pleasant.

In giving my permission for NearVision CK, I understand the following: the long-term risks and effects of NEARVISION CK are unknown. I have received no guarantee as to the success of my particular case. I understand that the following risks are associated with the procedure:

### *Vision Threatening Complications*

I understand that it is possible that scarring, ulceration, or an eye infection that could not be controlled with antibiotics or other means could also cause damage to my cornea.

### *Non-vision Threatening Side Effects*

- 1) I understand that I may experience a reduction in my depth perception. For most people, depth perception is best when viewing with both eyes optimally corrected and "balanced" for near and distance. Eye care professionals refer to this as binocular vision. Monovision can impair depth perception to some extent, because the eyes are not focused together at the same distance. Because monovision can reduce optimum depth perception, it is important that you complete a successful trial of monovision or have a history of monovision wear using glasses or contact lens prior to contemplating a surgical correction.
- 2) I understand that ocular dominance and choosing the 'near' eye correctly is important when considering monovision. Tests can be performed to determine which eye, right or left, is dominant, or preferred eye for viewing, in a particular person. Conventional wisdom holds that if contemplating monovision, the non-dominant eye is corrected for near, and the dominant eye should be maintained or corrected for distance. While this is a guideline, it should not be construed as an absolute rule. A very small percentage of persons may be co-dominant (similar to being ambidextrous), and in rare circumstances a person may actually prefer using the dominant eye for near viewing. The methods for testing and determining ocular dominance are not always 100% accurate; there is some subjective component in the measurement process; and different eye doctors may use slightly different methods of testing. It is critical to determine through use of glasses or contact lenses which combination is best for each person prior to undertaking any surgical intervention. Be sure you understand this and have discussed with your surgeon which eye should be corrected for near, and if applicable, which eye for distance. If you have any doubts or uncertainty, surgery should be delayed until a solid comfort level is attained through use of monovision contact lenses. Under no circumstances should you consider undertaking monovision surgical correction before you are convinced it will be right for you. Once surgery is performed, it is not always possible to undo what is done, or to reverse the near and distance eye without some loss of visual quality.

Patient Initials \_\_\_\_\_



- 3) I understand that visual acuity I initially gain from NearVision CK could regress, and that my vision could go partially or completely back to the level it was immediately prior to having the procedure.
- 4) I understand that I may not get a full correction from NearVision CK and that I may require future enhancement procedures or the use of glasses or contact lenses. This procedure may also cause an increase in my astigmatism, which may cause blurred vision.
- 5) I understand that an overcorrection could occur, causing me to become nearsighted, and that this nearsightedness could be either permanent or treatable.
- 6) I understand that the correction that I can expect to gain from NearVision CK may not be perfect and it is not realistic to expect that this procedure will result in perfect vision, at all times, under all circumstances, for the rest of my life. I understand I may need glasses to refine my vision for some purpose requiring fine detailed vision after some point in my life, and that this might occur soon after surgery or years later.
- 7) I understand that there may be pain, scratchiness, a foreign body sensation, or slight dryness in my eye, particularly during the first 48 hours after surgery.
- 8) I understand that there may be increased sensitivity to light, and that I may experience glare and halos around lights. I understand this condition usually resolves within the first few weeks following treatment, but it also may be permanent.
- 9) I understand that there may be a "balance" problem between my two eyes after NearVision CK has been performed on one eye, but not the other. This phenomenon is called anisometropia. I understand that my first eye may take longer to heal than is usual, prolonging the time I could experience anisometropia.
- 10) I understand I may temporarily experience corneal haze, small round hazy areas where the cornea was heated during the NearVision CK treatment. This haze will usually fade over time and may only be visible with a microscope within 3 months following surgery.
- 11) I understand that there is a natural tendency for the eyelids to droop with age and that eye surgery may hasten this process.
- 12) I understand that I may be given medication in conjunction with the procedure. I understand that I must not drive for at least one day following the procedure and until I am certain that my vision is adequate for driving.
- 13) I understand that the follow-up effects of NearVision CK are unknown, and that NearVision CK has not been in use long enough to measure long-term effects (those occurring after 10 years or more) following the procedures, and that unforeseen complications or side effects could occur.
- 14) I understand that NearVision CK will not prevent me from developing naturally occurring eye problems, such as glaucoma, cataracts, retinal degeneration or retinal detachment.
- 15) I understand that, as with all types of surgery, there is a possibility of complications due to anesthesia, drug reactions, or other factors that involve other parts of my body. I understand that, since it is impossible to state every complication that may occur as a result of surgery, the list of complications in this form may not be complete.

Patient Initials \_\_\_\_\_

**Patient Statement of Acceptance and Understanding**

I have read and understand this consent form and the details of the procedure known as NearVision CK have been presented to me in this document and explained to me. All of my questions have been answered to my satisfaction. I therefore consent to NearVision CK surgery by Dr. Mark Golden.

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Patient Signature

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Date

I do not have a pacemaker or defibrillator.

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Patient Signature

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Date

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Witness Signature

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Date