



VALLEY EYE  
ASSOCIATES

# iLASIK



## Wisconsin's Leaders in Laser Vision Correction

**For over 25 years, LASIK has been offering people a proven and precise option to reduce or eliminate their dependence on glasses and contacts.**

So if you've been waiting for the best time to have LASIK, there's never been a better time to schedule your complimentary VIP iLASIK Consultation at Valley Eye Associates.

Imagine the crisp, clear vision you've always wanted without glasses or contact lenses getting in the way. If you suffer from nearsightedness, farsightedness, or astigmatism, see how iLASIK can help you achieve your best vision, for all your lifestyle needs.

We understand it's important to research your options for the best surgeon and most advanced vision correction technology. That's why our investment in state-of-the-art technology and commitment to exceptional patient care and satisfaction has made Valley Eye Associates the leader in vision correction procedures in Wisconsin, year after year.





## Our Surgeon Makes the Difference

### Michael P. Vrabec, MD, FACS

Dr. Vrabec, a native of Wisconsin, graduated with honors from the University of Wisconsin Medical School, where he also completed his residency training in Ophthalmology. A fellow of the American College of Surgeons, he is certified by the American Board of Ophthalmology and the American Board of Eye Surgery. Dr. Vrabec completed fellowships in corneal transplantation at the University of Iowa and refractive surgery at the Hunkeler Eye Center in Kansas City, MO. He directed the corneal transplant and refractive surgery service at the University of Vermont earning tenure.

The author of over 50 professional journal articles and two text books, Dr. Vrabec belongs to numerous professional societies. He has lectured and taught extensively on medical and surgical aspects of eye care to doctors in five continents and 30 countries around the world. Dr. Vrabec lives and works in the Fox Valley, maintaining an active, full service ophthalmology practice with a commitment to bringing the best eye technology the world has to offer to his patients. He has trained and certified other surgeons on how to perform LASIK. In fact, many eye doctors have had their LASIK performed by Dr. Vrabec. His reputation, education, experience and attention to detail lead to exceptional patient care.

- Board Certified Ophthalmologist
- Board Certified LASIK & Cataract Surgeon
- Fellowship trained in Corneal Transplantation & Refractive Surgery
- VISX Star Surgeon
- Over 40,000 refractive procedures
- Over 25 years of experience
- First in Wisconsin to perform iLASIK
- Most experienced iLASIK surgeon in Wisconsin
- Valley Eye Associates offers the most advanced All-Laser iLASIK with iDesign technology
- Over 95% of Dr. Vrabec's nearsighted iLASIK patients achieve 20/20 vision or better
- Five convenient locations to serve you



## What Is LASIK?

LASIK stands for “Laser-Assisted In Situ Keratomileusis.” It is the most commonly performed laser treatment in the world today. With millions of procedures performed each year, it is accurate, precise, and predictable with benefits that last for many years. Your LASIK procedure will take only minutes to perform and most patients return to their normal activities the next day. The benefits of clearer vision thanks to LASIK will help you create memories for a lifetime and the lifestyle you deserve.

## Who Is a Candidate for iLASIK?

The only way to know if you’re a candidate is to visit us for a Free VIP iLASIK Consultation. During the consultation, we will take detailed measurements of your eyes and discuss your lifestyle and vision goals. Thanks to advances in technology, most patients are candidates for either iLASIK or one of our other vision correction procedures.

Generally speaking, ideal candidates for LASIK are:

- 18 to 60 years old
- Have had a stable glasses prescription for 12 months
- Have good overall eye health

Patients over the age of 40 may still need over-the-counter glasses for reading following iLASIK, due to the normal aging process of the eye (presbyopia). However, for those patients, we offer an option called monovision that would lessen the dependence on reading glasses as well.

“I wish I’d have done this years ago! How exciting to see everything without glasses or contacts—I haven’t been able to do that for 24 years! Thank you so much!”

**Mary of Wausau, WI**

iLASIK PATIENT

“From my initial consultation to my procedure and follow-up visit, Dr. Vrabec and the staff were informative, friendly, professional and supportive. I can’t thank them enough for the gift of better vision.”

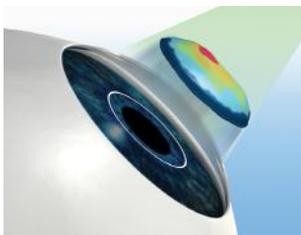
**Doug Erickson of KISS FM**

iLASIK PATIENT

# The iLASIK Procedure

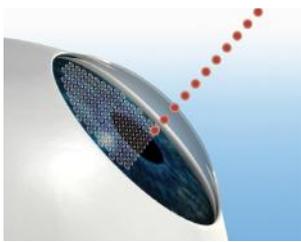
## All-Laser iLASIK: Step by Step

Your customized iLASIK procedure using the iDesign system can be explained in three steps.



### STEP 1

Your eye is measured with Wavefront-Optimized technology, called iDesign. This allows us to create a “map” of your eye, complete with every contour and shape, so that we can program the laser to customize your treatment.



### STEP 2

The IFS femtosecond laser creates a protective flap on the surface of the cornea. This flap is gently lifted to expose the corneal bed.



### STEP 3

The undersurface of the cornea is then reshaped with a VISX excimer laser. Eye tracking technology allows for an accurate and precise treatment, even if your eye is moving. The flap is folded back in place, allowing the eye to begin healing immediately.

After your iLASIK procedure, you will notice improved vision immediately! We will provide you with eye drops and instructions. Your vision may be a bit blurry at first, so we ask that you have someone drive you home and that you relax for the remainder of the day. Nearly all patients are able to return to work and most daily activities the next day. Patients often tell us it was much easier than they expected and that they wished they had it done sooner.

“As a professional baseball player, before I had my surgery it was an inconvenience for me to wear glasses or contacts while playing... I know that this surgery has changed my life for the better.”

**Justin of Antigo, WI**

iLASIK PATIENT

“It went amazingly well. I am a very satisfied patient. I am looking forward to years of not wearing glasses. The personal touches and the involvement of the staff was exceptional.”

**Robert of Neenah, WI**

iLASIK PATIENT

## FAQs

### WHAT IS iLASIK?

At Valley Eye Associates, we use the most advanced all-laser iLASIK technology to treat nearsightedness, farsightedness and astigmatism. While other LASIK practices still use a metal blade for part of the LASIK procedure, we are committed to providing the most innovative all-laser option for the greatest possible precision, increased safety and predictability, and better vision outcomes, giving you the peace of mind you deserve.

### DOES THE iLASIK PROCEDURE HURT?

No—LASIK is a non-invasive procedure that most patients describe as being nearly pain-free. Before a LASIK procedure, the surface of your eye will be numbed with anesthetic eye drops and you will be given a mild sedative to relax you. Patients will feel a small amount of pressure during the actual LASIK procedure. In addition, for the first 12 hours after LASIK, patients do experience some irritation and tear production. This is a normal part of the eye healing after LASIK. Most of our patients tell us they take a nap after their LASIK procedure and wake up feeling and seeing much better!

### WHAT ARE THE RISKS OF iLASIK?

In the hands of an experienced surgeon like Dr. Vrabec, iLASIK is a very safe procedure. The most experienced iLASIK surgeon in Wisconsin, Dr. Vrabec has performed over 40,000 refractive procedures, with over 95% of his nearsighted iLASIK patients seeing 20/20 or better! However, as with any surgical procedure, there are risks, and these will be discussed in detail with you at the time of your evaluation.

### HOW QUICKLY WILL MY EYES RECOVER?

You should be able to see better in 1-2 hours after the treatment, but you'll notice a more dramatic difference when you wake up the next day. Most people get back to their normal routine quickly—even returning to work the next day. You may need to avoid contact sports and swimming for several weeks. Your doctor will advise you of what is suitable for your individual needs.

### WILL I NEED TO WEAR GLASSES AFTER iLASIK?

Most patients who have iLASIK at Valley Eye Associates don't need glasses for their daily activities. However, patients who are over the age of 40 may still need to wear reading glasses because of the normal aging process of the eye. This condition, known as presbyopia, progresses as we get older. For qualified candidates, we offer monovision LASIK, which can reduce dependence on reading glasses. Your doctor will speak with you about your options to help determine what is best for you.

### WHAT CAN I EXPECT DURING THE FREE VIP iLASIK CONSULTATION?

You will meet with our surgery counselors for your initial measurements, to learn more about iLASIK, and have all of your questions answered. After the initial consultation, you'll have a thorough refractive evaluation with one of our doctors to determine the health of your eyes and provide us with everything needed to personalize your iLASIK procedure.

## Advanced Technologies

At Valley Eye Associates, we use the most advanced all-laser iLASIK technology.

- **iDesign** and **CustomVue Treatments** help us capture a “fingerprint” image of your eye’s imperfections for a treatment unique to each patient. With iDesign, a patient’s vision may be improved, especially at night, with less glare and halo.
- **Iris Registration** and **Eye Tracking Technology** help the laser perfectly track your eye during the procedure.
- **Intralase iFS Laser Technology** allows us to perform all-laser LASIK without the use of any blades by safely creating a custom corneal flap for each patient.
- The **VISX Star S4 Laser** offers the highest level of laser precision for your LASIK procedure by providing accuracy to 0.25 microns (a human hair is about 70 microns thick!).



## More Safety and Accuracy

NASA has cleared iLASIK for use on U.S. astronauts and Air Force pilots who face physically demanding conditions and require excellent vision. Let’s face it—even your most extreme activities can’t compare with being ejected from an F-16 or an atmospheric blastoff! So if iLASIK is safe enough for astronauts, it is safe for you as well.

## iLASIK vs PRK

Only in rare cases will Dr. Vrabec recommend PRK over LASIK, as the time required for vision recovery is much faster and the post-operative care is much simpler with iLASIK.

## Affordability

We believe that iLASIK should be affordable for any budget and that’s why we offer a variety of financing options. Speak with one of our friendly staff members to find a plan that works best for you!

## Take the Next Step

Find out why so many people say iLASIK at Valley Eye Associates is the best decision they ever made!

**Call (800) 344-4443 to schedule your Free VIP iLASIK Consultation (\$99 value) today!**



**VALLEY EYE**  
ASSOCIATES

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## **Our Locations**

### **Appleton West**

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21 Park Place  
Appleton, WI 54914

### **Appleton East**

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2100 S Kensington Drive, Suite 5  
Appleton, WI 54915

### **Encircle Health**

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2500 E Capitol Drive, Suite 3500  
Appleton, WI 54911

### **Oshkosh**

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719 Doctors Court  
Oshkosh, WI 54901

### **Precise Vision Laser Center**

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4648 W Spencer Street  
Appleton, WI 54914

See the Difference... Clearly!

**800-344-4443 | [valleyeye.com](http://valleyeye.com)**