

NO TOUCH EYE LASER (TransPRK) AT VENI VIDİ EYE CENTER

No touch eye laser (transprk) is an innovative laser treatment method that corrects shortsightedness and astigmatism without an instrument touching the cornea of the eye. It combines the benefits of touch-free Transepithelial Photorefractive Keratectomy (TransPRK) with innovative SmartPulse technology.

TRANS-PRK (T-PRK) with the Schwind Amaris laser is a revolutionary new procedure that is a no-touch technique. The only excimer laser on the market that can perform T-PRK is Schwind Amaris laser with its unique SmartSurface software. In this procedure, no flap is created as with lasik. The laser is applied directly to the surface of the eye and lasts anywhere between 20 and 40 seconds depending on your prescription. It removes the epithelium and does the refractive correction all in one laser application. No instrument touches the eye. The Schwind software creates an extremely smooth surface on the cornea because of its proprietary SmartPulse pattern of finely spaced pulses on the cornea

- Painless treatment, 2-3 minutes / eye
- Foreign body sensation for 1-2 days
- You can work, drive, read after 4-5 days
- You can do sports after 7 days: jogging, cycling, gymnastics
- It is recommended to wear sunglasses for 6 months

Who is suitable for NoTouch laser treatment?

Almost all patients suffering from short-sightedness with or without astigmatism are suitable.

It is especially ideal for physically active people like boxers, wrestlers, martial arts exponents, soldiers, military jet pilots and all occupations with a high risk of being hit in the eye.

SmartSurf^{ACE} is customized with corneal wavefront-guided treatment at our clinic for even better results.

It can also be combined with accelerated corneal collagen crosslinking to reshape and strengthen the eye. This is especially useful in patients with highly distorted and diseased eyes like patients with

Keratoconus. It is also useful to remove scars from prior infections to the eye. It is also a preferred treatment method for correcting some of the complications from the SMILE procedure.

What are the things I should note before TransPRK Surgery?

You will be advised on the following before you come in for your pre-assessment for suitability and before the actual day of the surgery.

- Do not wear soft contact lenses 7 days before your first pre assessment and before surgery.
- Do not wear hard contact lenses (RGPs) 14 days before your first pre assessment and before surgery.
- Do not apply any eye makeup 2 days before surgery.
- Do not apply any perfume on the day of surgery.
- Do not apply any products on your eyes or face on the day of surgery.
- Bring your sunglasses on the day of surgery as you may experience glare after surgery.
- You do not need to fast before the surgery, there is no food restriction.
- Do not drive on the day of surgery.
- Expect to stay for about 2 hours, even though the procedure will only take about 30 minutes.

The Procedure

NO touch (TransPRK) laser rapidly removes the corneal surface layers without the need of any flap (as in LASIK) or pocket creation (as in SMILE). There is no suction applied or blade scraping the eye as in Epi-LASIK.

Nothing needs to touch the cornea. Balanced salt solution is used to clean the eye and the all-laser SmartSurf^{ACE} treatment is commenced. 30 to 40 seconds later, the treatment is complete!

A thin transparent contact lens which is usually removed in 3 to 4 days after the SmartSurf^{ACE} treatment is placed over the eye to facilitate rapid healing and visual recovery.

During this time, the eye is a little sore and analgesia is given. Many patients can see an immediate improvement but it takes a week to a month for vision to reach its full potential.

What to expect after TransPRK Surgery?

Some patients may encounter blurry vision for the first few weeks and may need glasses for reading until their vision stabilises. Your eyes may feel sensitive but this can be much reduced with the prescription eyes drops and medication.

You should rest at home after surgery, observe good hygiene and adhere to the following.

For one week:

- NO exercise which gets sweat in your eyes (you can use a sweat band and exercise in a clean indoor gym environment)
- NO water & soap in contact with your eyes
- NO makeup and eye products
- DO NOT rub or scratch your eyes
- Wear sunglasses outdoor
- Eye shields to be worn sleeping/nap time
- Eye drops to be instilled regularly as instructed

It is advisable to avoid swimming for 3 months and use UV Eye protection for a year.

Any side effects and/or complications of TransPRK Surgery?

TransPRK Surgery has a very good safety profile and a very high success rate. However, like any other surgery, there are potential side effects that one should be aware of and must be able to accept a small

amount of risk. Proper testing before the procedure can identify patients who are at a higher risk of long-term complications.

There maybe some visual aberrations such as – glare, halos, starbursts, and problems with low-light or night vision, and dryness of the eyes. These are the more common side effects of TransPRK. Most patients experience some of these symptoms immediately after the surgery but they improve as they recover, so most require no treatment.

Dry eyes

This is fairly common and almost all patients experience some degree of dry and gritty feeling during the recovering period. This can be eased with the frequent use of lubricating eye drops.

Night Vision Problems

During the first few weeks or months, one might experience halos, glare and starbursts at night. This condition usually improves with time.

Under-correction, over-correction, or astigmatism

In some cases, corrective eyewear or contact lenses may still be required for the few activities which are more visually demanding. This can be due to the way an individual's eye responds to the laser, or can be caused by variance in the way each eye heals after surgery. An enhancement procedure may be done in such cases.

Other Risks exceptional to TransPRK

Haze which is a diffuse scarring of the lasered cornea can cause blurring of vision in a few people but this can be prevented with medication and good UV Eye protection after the surgery.

What is the recovery time?

3 days for the wound to close during which one feels uncomfortable. A special bandage contact lens will can be worn overnight for these few days will be placed on the eye to improve comfort and removed when the wound is closed. Clarity of vision returns soon after but can take several weeks in some individuals.

Benefits of TransPRK

- No touch – all laser
- It removes the epithelium more precisely and easily than manual PRK
- The wound surface is usually smaller so it heals quicker
- The epithelium and stroma can be removed at the same time and with greater accuracy
- Overall treatment time is shortened
- It minimises further the risks of corneal dehydration

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