

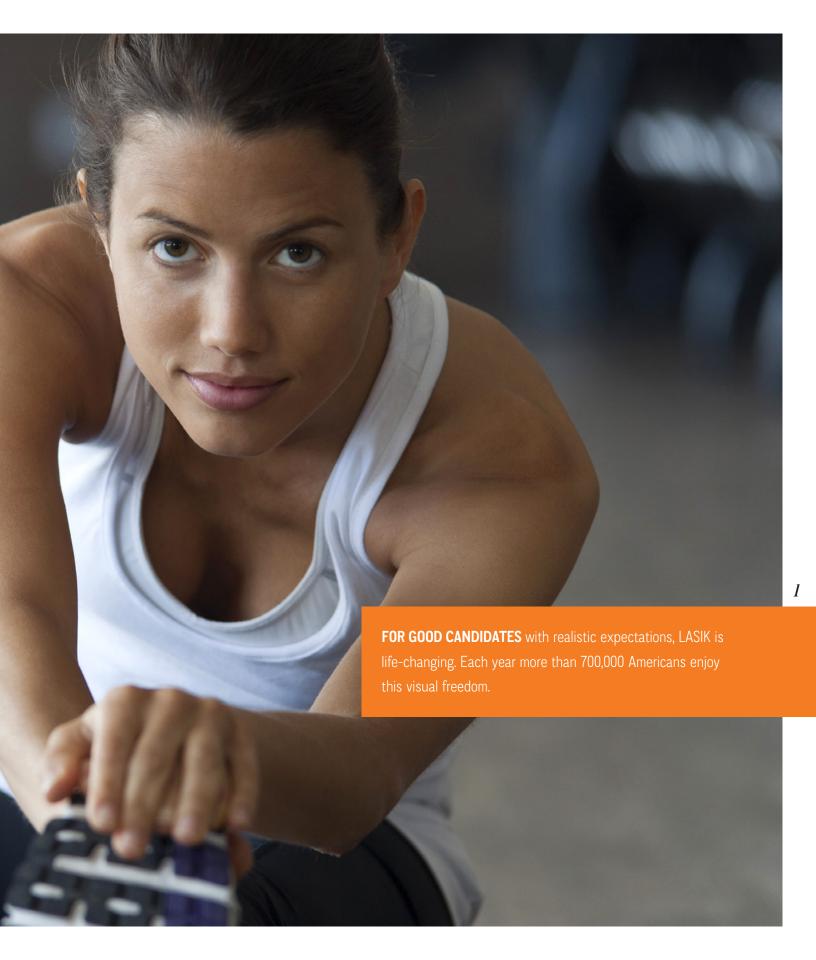
Change your life forever

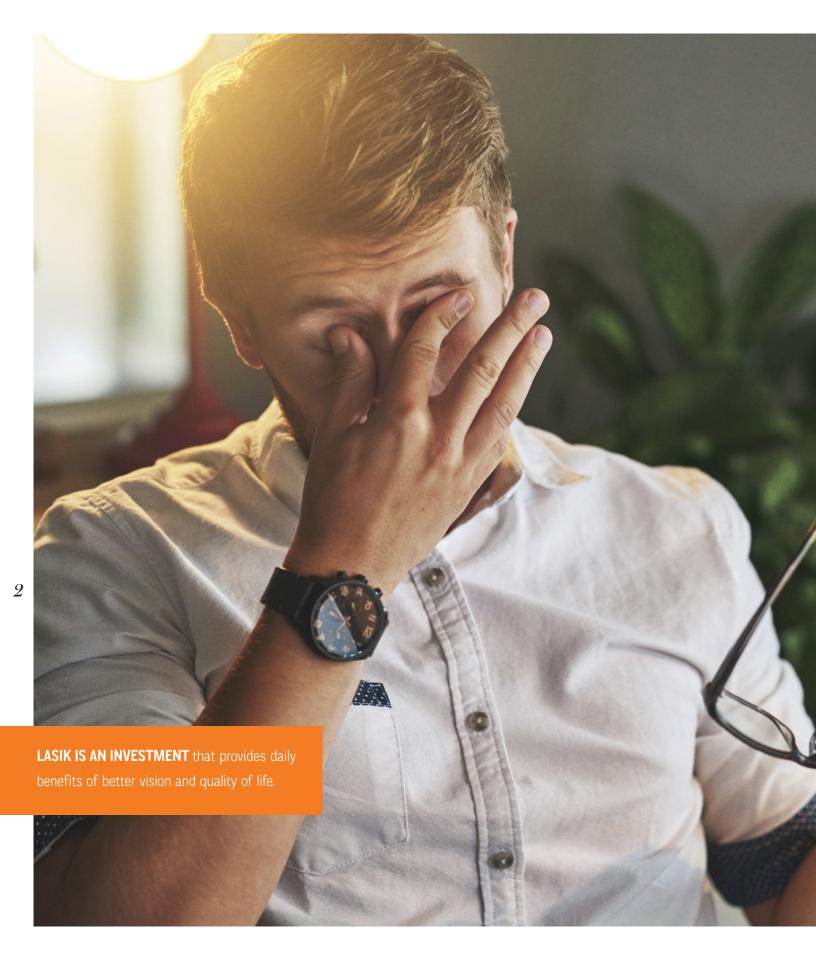




IMAGINE LIFE WITHOUT DEPENDENCE ON CORRECTIVE EYEWEAR

THE FREEDOM TO GET UP AND GO. Starting your day without contacts, or being able to leave your glasses behind. Doing things you love with your own natural vision. Swimming, going for a run, working out, playing sports, and enjoying outdoor adventures in all kinds of weather.

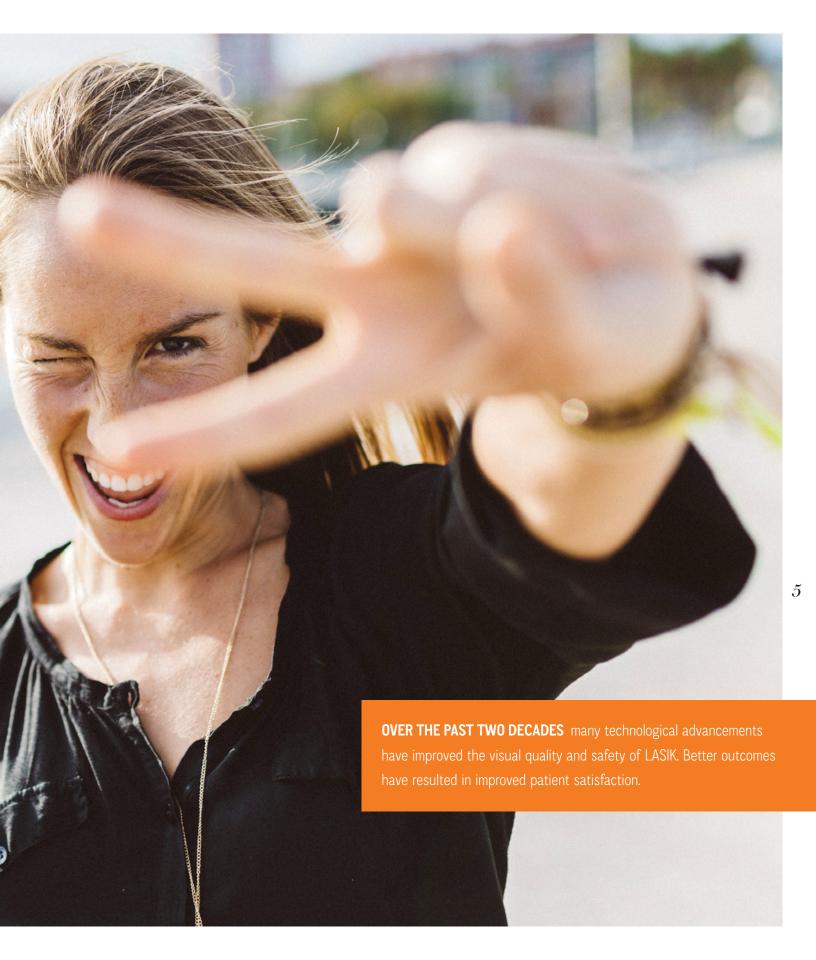




RELIANCE ON GLASSES CAN BE FRUSTRATING AND INHIBITING

LASIK IS AN OPPORTUNITY to break that dependence and simplify your life. After surgery most people experience a dramatic reduction in their need for glasses. Many function well without them, while others enjoy reduced dependency but still require some correction.









OUR SURGEONS UTILIZE REMARKABLY PRECISE TECHNIQUES AND TECHNOLOGY

ALTHOUGH LASIK IS A SOPHISTICATED microsurgical procedure, it is relatively simple for those undergoing treatment and takes just a few minutes:

- $\ \square$ A thin flap is created on the surface of the eye
- ☐ Laser light gently reshapes underlying tissue

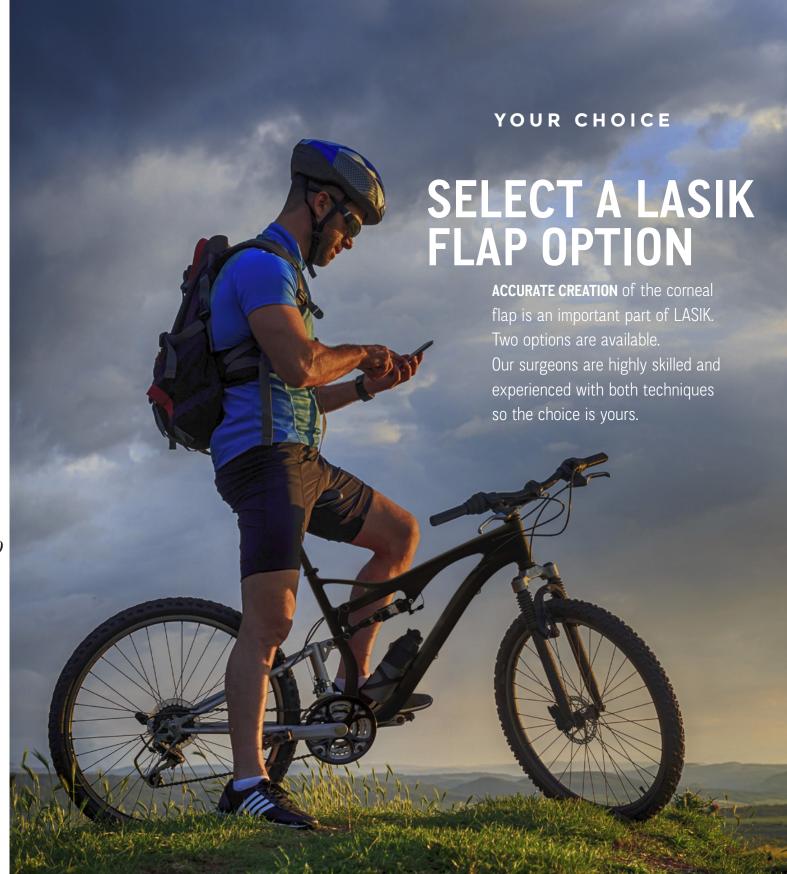
An advanced computer-guided laser evaporates a small amount of tissue to adjust the eye's focusing power. This is usually less than the thickness of a human hair. Most people are able to drive and return to work the next day.

To the casual observer, LASIK appears easy. But the surgeon's complete mastery of every detail is the only way to consistently achieve optimal results.

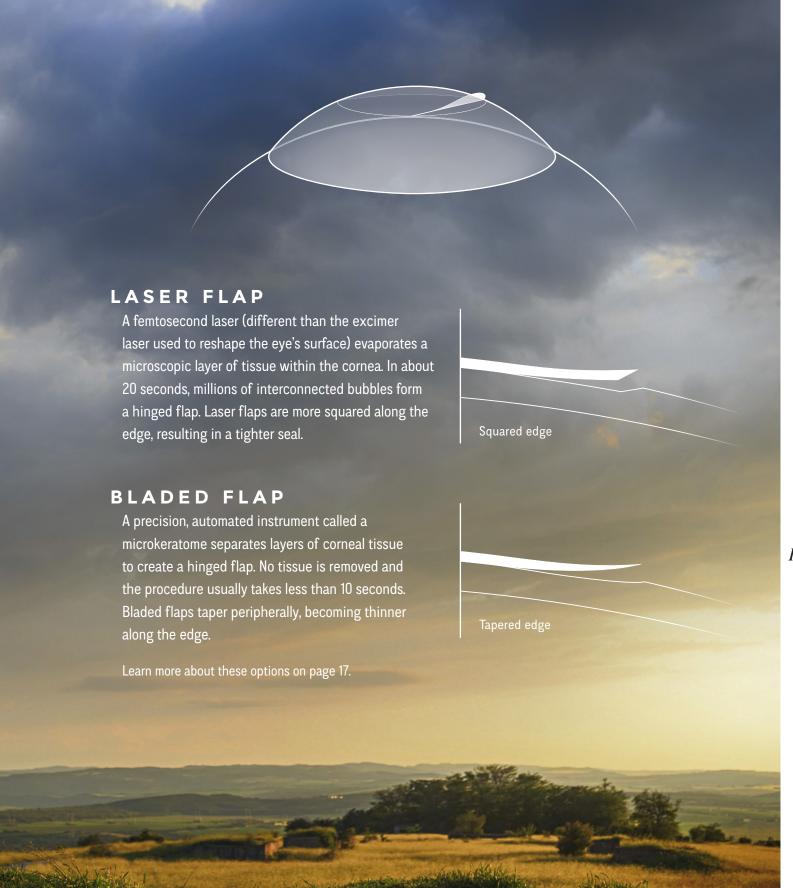
SCAN TO WATCH OUR LASIK VIDEO, OR VISIT OUR VIDEO LIBRARY AT PCLI.COM













MY LASIK EXPERIENCE

known since I was 9 years old. My nearsightedness required glasses until college, and then contact lenses. Life revolved around a ritual—seeing the world leap into focus when popping on my contacts every morning and returning to a useless blur when removing them at night.

Laser vision correction promised hope and the dream of seeing without glasses or contacts. I didn't think it was critical to have perfect 20/20 vision. Being able to function without artificial lenses would be thrill enough.

After a thorough eye exam, my optometric physician discussed the pros and cons of surgery and my expectations. "I don't see any red flags," he said. "I'm giving you the green light for LASIK!"

And then, he referred me to Pacific Cataract and Laser Institute.

Treatment was quick and painless. My concerns evaporated with the soothing touch of the surgery team. First, a nurse gave me something to calm my jitters and put numbing eye drops in my eyes. Then a technician guided me to the laser suite where I reclined in a comfortable dental-type chair. As the surgeon carefully aligned my eye under the laser, I observed a ring of white light around a pulsing red light. More numbing drops were placed in my eyes and I was instructed to look at the red light.

The nurse explained each step of the procedure. A small spring was inserted between my eyelids to hold them open. Then the surgeon centered a small suction ring on my eye. As vacuum pressure was gently applied, my vision momentarily dimmed. There was a slight pressure sensation, but no discomfort. In just a few seconds, a thin Saran Wrap-like flap was created.

The lights became blurry when the flap was folded back. But the nurse's soothing voice explained that the surgeon had complete control of the movement of my eye. The laser made a buzzing noise as it evaporated tissue, and I could smell a faint odor like singed hair. In less than a minute, the

treatment was finished and the flap was carefully smoothed back down.

In a seamless flow, the process was repeated on the second eye. My time in the laser suite was less than 10 minutes. When I sat up, I could see faces and details in the room. My vision was slightly blurry from the thick eye

drops, but I could read the time on the clock, the sign on the door and recognize faces. In the recovery area, I was given instructions and a small kit with eye drops, sunglasses, and plastic shields to wear while

sleeping the first night. A friend drove me home.

Dozing off and on throughout the afternoon, I set a timer to remind me to instill eye drops. Four hours later, a slight ache developed in one eye. Not wanting the discomfort to worsen and feeling no desire to be a hero, I took two Advil and placed a drop of pain medication in each eye. Within minutes, the tiny ache went away and never returned.

That evening the TV screen looked clear, but captions were fuzzy. My

eyes felt comfortable and relaxed, but I continued instilling comfort eye drops every 20-30 minutes as instructed. Finally, I taped the plastic shields over my eyes, went to bed and slept undisturbed through the night.

In the morning, I opened my eyes to a crystal clear world of detail. Everything

20/20 VISION CANNOT BE GUARANTEED - LASIK has a

high rate of success with few complications, but 20/20 vision without corrective eyewear can never be guaranteed. There are also potential risks that need to be thoughtfully considered. These include blurred or hazy vision, dry eye, and temporary sensitivity to light. We will help you understand the risks so you can weigh them against the benefits.

looked bright and sharp. Driving to my check-up, I could easily read road signs and license plates. My doctor's exam confirmed my vision was 20/20. Although planning to work, I took the day off to revel in my new eyesight.

Today, I wear no correction except reading glasses for my presbyopia, the natural age-related loss of near focus. This is mainly for working on the computer and reading. I feel less stress and more confidence. LASIK is a gift that keeps on giving every day in a million ways.

IS LASIK RIGHT FOR YOU?

ALTHOUGH A STABLE PRESCRIPTION, healthy eyes and certain vision measurements may qualify you for LASIK, your personality and expectations are equally important. Good candidates:

- ☐ Feel handicapped by dependence on corrective lenses
- ☐ Have not been very successful with contacts
- ☐ Want more freedom to participate in sports and other activities
- ☐ Feel they look better without glasses
- Worry about being unable to function if corrective lenses were misplaced
- ☐ Believe good natural vision without the hassle of corrective lenses is more important than perfect vision with corrective lenses

- ☐ Would be happy if their natural vision was significantly improved, even if corrective lenses were needed part or full time
- ☐ Are generally easygoing and adaptable
- ☐ Are not obsessive perfectionists
- ☐ Feel they would have better career opportunities with better natural vision



SELECTING A SURGEON

America is blessed with many eye surgeons, but skill levels vary. An excellent independent source to determine which surgeons are best is a good optometrist. Also known as optometric physicians, these primary eye doctors do not perform LASIK. But they do provide post-operative care and see the results of surgeries. Many optometrists routinely refer patients to trusted surgeons and know who they'd want to treat their own family.

COMMON QUESTIONS

LASIK AT PACIFIC CATARACT AND LASER INSTITUTE

HOW MANY CASES HAVE YOU DONE?

Our small team of surgeons has performed over 95,000 LASIK procedures. These highly experienced professionals also perform thousands of cataract surgeries and other microsurgical procedures each year.

DO YOU GUARANTEE 20/20 VISION?

Unfortunately, no treatment can guarantee perfect vision. Instead of hoping to forever eliminate your need for corrective eyewear, a more realistic goal is to significantly reduce your dependence. To learn about your approximate chance of achieving 20/20 vision, speak with one of our Refractive Surgery Counselors.

WILL I REQUIRE ENHANCEMENT TREATMENT?

People with average or moderate degrees of correction can expect a 5-10% chance of needing an enhancement. Those with higher degrees of correction have a higher probability of requiring enhancement treatment. Due to the inherent risks of surgery, and the potential for overcorrection, we generally do not perform enhancements unless vision is 20/30 or worse.

WHAT IS THE COST OF ENHANCEMENT?

Enhancement treatment is free of charge as long as you are examined annually by an optometric physician.

HOW IMPORTANT IS THE SURGEON'S SKILL?

We have learned that accuracy and attention to numerous small details, controlled directly by the surgeon, is the key to achieving excellent LASIK outcomes.

DO CONTACT LENSES NEED TO BE LEFT OUT BEFORE TREATMENT?

Yes, contacts modify the contour of the cornea and must be left out long enough for your eyes to return to their natural shape. The minimum is 3 weeks for gas permeable contacts, and 7 full days for soft contacts. But your optometric physician will advise you how long to leave them out before your evaluation exam and surgery.

CAN I HAVE SURGERY IF I AM PREGNANT?

No, because hormonal changes are known to cause fluctuation in vision. Our advice is to avoid treatment if you expect to become pregnant within 6 months, and then wait at least 3 months after you are no longer pregnant or nursing.

WILL INSURANCE COVER THE COST?

A number of plans provide coverage so check with your employer or insurance provider. Let us know if you have a vision plan that includes a LASIK benefit.

CAN I MAKE MONTHLY PAYMENTS?

Yes, we offer flexible monthly payment plans. To learn more, talk with our Refractive Surgery Counselors.

WHY IS FOLLOW-UP CARE IMPORTANT?

To achieve the best possible visual outcome, it is very important that your eye health is carefully examined and your vision closely monitored during your recovery. Examinations are prescribed at key intervals to ensure proper healing and stability of vision.

WILL YOU DO MY FOLLOW-UP CARE?

Our doctors will work in close communication with your family eye doctor to coordinate followup care. If your doctor needs us to see you, we're always available.

DOES MY OPTOMETRIC PHYSICIAN HAVE A FINANCIAL INCENTIVE TO REFER ME TO YOU?

No, we are careful to avoid that. No portion of our treatment fee is shared with referring doctors. Doctors who provide before and after-surgery care establish their own fees. We have also steered clear of shared ownership of our lasers and facilities to prevent any possibility of financial incentives for referrals. The relationship we have with doctors who trust us with their patients has been built by providing years of consistent, excellent care.

THE PROCEDURE

DOES LASIK HURT?

No, your eyes will be numb from the anesthetic eye drops so you will feel minimal if any discomfort. You will feel a pressure sensation for a few seconds while the flap is created, but it does not hurt.

HOW WILL I KEEP MY EYES FROM MOVING?

Our stabilization system ensures that your eyes are held precisely on target (within 1/100th of an inch) so there is no need to worry.

97%

OF OUR PATIENTS SAY THEY ARE VERY LIKELY TO RECOMMEND US TO FRIENDS & COLLEAGUES.

HOW LONG DOES TREATMENT TAKE?

Although the actual laser time is usually less than a minute for each eye, you will be in the laser suite for 10-15 minutes for both eyes. However, there is some preparation time before surgery when we verify critical eye measurements and review aftersurgery instructions. Plan to be in our office for 2-3 hours on the day of treatment.

CAN MY FAMILY AND FRIENDS WATCH?

Yes, friends or family are invited to be with you and may view the treatment from our glass-walled observation area. A video camera on the surgeon's microscope provides a close-up view of the procedure on a TV monitor. One of our staff will accompany your guests and explain the procedure.

AFTER LASIK

HOW WELL WILL I BE ABLE TO SEE RIGHT AFTER SURGERY?

Many people notice immediate improvement. Sitting up after the procedure, they often can see the time on the clock and details in

the room. However, due to thick lubricating drops placed in your eyes, your vision will likely be blurry for several hours.

WILL MY EYES BE PATCHED?

No, but you will be given clear plastic shields to protect your eyes while sleeping the first night.

CAN I DRIVE MYSELF HOME?

No. In addition to having blurry vision, a mild sedative taken before the procedure will make driving unsafe.

WILL I NEED TO USE EYE DROPS?

Yes, you will be given instructions to use medicated eye drops and moisturizing comfort drops.

HOW LONG IS THE VISUAL RECOVERY PERIOD?

Although most people notice significant improvement within the first week of surgery, mild fluctuations in vision can last up to 4 weeks. Achieving your best vision can take up to 3 months.

WHAT SIDE EFFECTS CAN I EXPECT?

In the first few days and weeks, you will likely notice some of these normal side effects:

- Watery eyes—especially the first 6 hours.
- Temporary discomfort like an eyelash in your eye—usually for the first 12 to 24 hours. You will be given drops to use for pain, if needed.
- Fluctuating vision—normal for 2 to 4 weeks as the eye heals.
- Light sensitivity—usually decreases over the first few weeks, but you may need to wear sunglasses more than usual during that time.
- Halo effect—around bright lights at night, which usually diminishes with time.

HOW LONG WILL I BE OFF WORK?

We recommend allowing for 1 to 3 days, but many people are able to return to work the next day. If your job involves precise vision, dirty air, or risk to your eyes from flying objects, you may need more time.

LASIK RESULTS

IF I'M CORRECTED FOR DISTANCE VISION, WILL I STILL BE ABLE TO SEE UP CLOSE?

This depends on your age. As we get older, our eyes slowly lose their ability to focus up close. This is called presbyopia. By age 40, most people require some reading correction. Your optometric physician can best determine if you'll benefit from reading or computer glasses after surgery. An advantage of being nearsighted is that it may take until age 50 to be affected by presbyopia. But, if you are

nearsighted and have successful LASIK, you may need reading glasses in your early 40s, as is normal for most people.

IF I WEAR READING GLASSES NOW, WILL I STILL NEED THEM AFTER LASIK?

Yes, you will likely still need them for near vision after treatment.

IF I DON'T GET FULLY CORRECTED, CAN I BE RETREATED?

Usually, but further treatment may be limited by the remaining thickness of your cornea. When your vision has stabilized, your optometric physician can help you determine if enhancement treatment is something to consider. However, due to the inherent risks of surgery and the potential for overcorrection, we generally do not perform enhancements unless your vision is 20/30 or worse.

IS LASIK PERMANENT?

Yes, vision is permanently changed by LASIK. However, there can be some regression, especially with higher amounts of correction. When regression occurs, retreatment is sometimes an option.

WILL HAVING LASIK INTERFERE WITH CATARACT SURGERY WHEN I'M OLDER?

No, it won't interfere with the safety of cataract surgery. But the surgeon will need to know that you had LASIK so he or she can select the correct power for the artificial lens implant.

I struggled with GP lenses and glasses nearly all my life. Multiple doctors over the years said my prescription was just too severe for LASIK. However, Pacific Cataract and Laser Institute performed LASIK on me and now I miraculously see 20/20! Being a dentist I was extremely concerned about the outcome. I couldn't be happier. The doctors, staff, and facility are top notch! — JASON FROM LAKE STEVENS, WA

WILL I HAVE TO WEAR CORRECTIVE LENSES AFTER SURGERY?

We will do all we can to fully correct your vision, but some eyes heal and respond differently. A more realistic goal is to lessen your dependence on corrective lenses. If you still need glasses, they will likely be lighter and thinner, and you will probably be able to function more easily without them.

DO YOU TRACK PATIENT SATISFACTION?

Yes, we regularly ask patients to provide feedback on their visual outcomes as well as our customer service. Constant input enables us to fine-tune and maintain our high level of care.

LASIK FLAP OPTIONS

WHAT LASIK FLAP OPTIONS DO I HAVE?

As discussed on page 11, we offer two options-a bladed flap and a laser flap. In the bladed option, a precision, automated instrument called a microkeratome separates layers of corneal tissue to create a hinged flap. The procedure usually takes less than 10 seconds. Bladed flaps taper peripherally and become thinner along the edge. With the laser option, a femtosecond laser (different than the excimer laser used to reshape the eye's surface) evaporates a microscopic layer of tissue within the cornea. In about 20 seconds, millions of interconnected bubbles form a hinged flap. Laser flaps are more square along the edge.

DO LASER FLAPS HAVE FEWER COMPLICATIONS?

Yes. Although the microkeratomes we use to create bladed flaps have an excellent safety profile, laser flaps are slightly safer in two ways:

- They have less risk of accidentally being made without a hinge.
- The squarer edge architecture of laser flaps is tighter and less vulnerable than the tapered edge of bladed flaps to epithelial ingrowth, a complication that occurs when eye surface cells invade the area under the flap.

DO LASER FLAPS COST MORE?

Yes, there is an additional fee for laser flaps. Femtosecond lasers are very expensive instruments with substantial maintenance costs. Surgeons must also pay a royalty fee to the laser manufacturer for every procedure

DO YOUR DOCTORS PREFER LASER FLAPS?

Yes, our doctors have a slight preference for laser flaps because they are less risky to make and less vulnerable to complications as the eye heals. However, we are supportive of those who wish to have bladed flaps for cost savings and convenience.

ARE ALL FEMTOSECOND LASERS USED FOR LASIK FLAPS THE SAME?

No, just as the numbers of pixels in digital cameras have greatly increased, so has the speed (frequency) of some of the newest femtosecond lasers. Faster lasers create smoother incisions. The laser we use has an operating frequency that is more than 300 times faster than the laser used by the majority of LASIK surgeons nationwide.



OUR SURGEONS

WE ARE PRIVILEGED to have a wonderful team of specialists. In addition to being kind and deeply caring, each is highly skilled—performing as many surgical procedures every year as many eye surgeons have opportunity to do in a lifetime.

ROBERT FORD, MD CATARACT AND LASIK SURGEON

Efficient, pragmatic and generous, Bob Ford has a gracious manner, quiet reserve and maintains a steady focus no matter what is going on around him. Born in Takoma Park, Maryland, Bob grew up in Angwin, California overlooking the Napa Valley. He enjoys laser technology, computers, hiking, gardening and flying aircraft. Bob lives in Centralia, Washington and has a daughter and son—Laura and Marshall.

PROFESSIONAL PROFILE

Medical School 1974 – Loma Linda University School of Medicine, Loma Linda, CA

Residency 1978 – Ophthalmology – Loma Linda University Medical Center, Loma

Linda, CA

Medical Practice 1978 to 1979 – J. L. Pettis Memorial

VA Medical Center, Loma Linda, CA

1979 to 1985 – Private practice, Centralia, WA

1985 to present – Pacific Cataract and Laser Institute



BRIAN CAREY, MD CATARACT AND LASIK SURGEON

Friendly, courteous and optimistic, Brian Carey communicates with an open honesty people trust. They find him easy to talk with and comfortable to be around. Born and raised in Seattle, Washington, Brian grew up playing sports as a kid. He enjoys tennis, golf, scuba diving and snow skiing. Brian and his wife Vicki, a residential realtor, live in Seattle. They have a daughter and twin sons—Barbara Ann, Thomas and Joseph.

PROFESSIONAL PROFILE

Medical School 1989 – Tulane University School of Medicine, New Orleans, LA

Residency 1993 – Ophthalmology – Tulane University School of Medicine,

New Orleans, LA

Medical Practice 1993 to 1998 – Polyclinic and private

practice, Seattle, WA

1998 to 2000 - Private practice,

Birmingham, AL

2000 to 2010 - Private practice,

Seattle, WA

2010 to present – Pacific Cataract and Laser Institute





Calm, friendly and dependable, Bill Gruzensky's infectious sense of humor and story telling help people relax. Born in Corvallis, Oregon, Bill grew up on the outskirts of Boulder, Colorado. He enjoys backpacking, mountain climbing, dog sledding, snow skiing and flying airplanes. Bill and his wife Trish, a learning center teacher, live in Anchorage, Alaska. They have two daughters-Heidi and Michaela.

PROFESSIONAL PROFILE

Medical School 1982 - Loma Linda University School of Medicine, Loma

Linda, CA

Residency 1992 – Ophthalmology – Loma Linda University Medical Center,

Loma Linda, CA

Fellowship 1993 - Cornea - University of California Davis Medical Center,

Los Angeles, CA

Medical Practice 1993 to 1995 - Locum Tenens in

Boulder, CO. Aberdeen, SD

1995 to 1999 - The Wilmer Institute, Johns Hopkins School of Medicine, Baltimore. MD

1999 to present - Pacific Cataract and Laser Institute



MARSHALL FORD, MD CATARACT AND LASIK SURGEON, **CORNEAL SPECIALIST**

Polite, thoughtful and open, Marshall Ford's calm disposition and gentle concern is a comfort to those around him. Originally from Southern California, Marshall grew up in Chehalis, Washington where his father practices as an eye surgeon. He enjoys spending time with his family, fitness training, computers, flying and off-road motorcycling. Marshall and his wife Kelly, a veterinarian, live in Chehalis, Washington. They have two daughters-Lucy and Maile.

PROFESSIONAL PROFILE

Medical School 2007 - Loma Linda University School of Medicine, Loma

Linda. CA

Residency 2011 – Ophthalmology – Loma Linda

University Medical Center, Loma

Linda, CA

Fellowship 2012 - Cornea and Refractive Surgery – University of Rochester

Medical Center, Rochester, NY

Medical Practice 2012 to present – Pacific Cataract

and Laser Institute



BRYAN EDGINGTON. MD CATARACT AND LASIK SURGEON. CORNEAL SPECIALIST

Curious, adventurous and lighthearted, Bryan Edgington easily connects with people through his open honesty and desire to help others. Born in a suburb of Chicago, Illinois, he grew up in Milwaukee, Wisconsin. Bryan enjoys hiking, kayaking and skiing. He and his wife Tara, an MBA in international business, live in Portland, Oregon. They have a son—Anton.

PROFESSIONAL PROFILE

Medical School 2001 - University of Wisconsin Medical School, Madison, WI

> Residency 2005 - Ophthalmology - The George Washington University Medical Center, Washington, DC

Fellowship 2006 - Cornea and External Disease - Tufts Medical Center and Ophthalmic Consultants of Boston, MA

Medical Practice 2006 to 2012 - The George Washington University School of Medicine, Washington, DC and VA Hospital in Martinsburg, WV

2012 to 2018 - VA Medical Center and Casey Eye Institute, Oregon Health Sciences University.

Portland, OR 2018 to present - Pacific Cataract and Laser Institute



WORLD CLASS CARE

WHEN YOU ENTRUST Pacific Cataract and Laser Institute with the care of your vision, our team of experts concentrates their skills on giving you the best possible outcome. Having performed more than 500,000 micro eye surgeries, including over 95,000 LASIK procedures, we have earned a reputation for world class care.





IF YOU HAVE QUESTIONS

Or wish to proceed with treatment, talk to your optometric physician. Or speak with one of our Refractive Surgery Counselors.

To reach our office nearest you, call 800-224-7254. In Alaska call 800-557-7254.

www.pcli.com

OUR OFFICES ARE CONVENIENTLY LOCATED IN:

Bellevue, Washington
Bellingham, Washington
Chehalis, Washington
Kennewick, Washington
Olympia, Washington
Silverdale, Washington
Spokane, Washington
Tacoma, Washington
Vancouver, Washington
Yakima, Washington

Anchorage, Alaska Boise, Idaho Lewiston, Idaho Great Falls, Montana Albuquerque, New Mexico Portland, Oregon Tualatin, Oregon

