

# The Harman Eye Clinic

A Patient Guide To Refractive Surgery







THE HARMAN EYE CLINIC

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EDMONDS EYE, MD

*World Class Laser and Cataract Surgery North of Seattle*

## **Welcome!**

The Harman Eye Clinic is a laser and cataract surgery center dedicated to the extraordinary care of people since 1984. Our surgeons and staff provide the finest in personalized care and we are proud to offer the best in surgical technology.

Our surgeons and many of our staff have had refractive surgery and we understand the choice to proceed is a BIG decision. This guide answers many common questions about  
LASER VISION CORRECTION.

Our refractive coordinator is happy to answer any additional questions you may have and schedule your complimentary refractive consultation with one of our surgeons.

**360-435-8595**



**Welcome**

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**Meet Our Doctors**



**What is iLASIK**



**Contact Lens Wearers**

*Great caring and professional staff.*

*-Patient Review*



**Your Consultation**



**After Surgery**



## **Bruce Ballon, M.D.**

**First received his BA in East Asian Studies, 1981**

**Speaks and writes fluent Mandarin**

**Received his Medical Degree from the Medical College of Virginia, 1988**

**His internship, Internal Medicine, was completed at the University of North Carolina, Chapel Hill.**

**During 1989-1992, Dr. Ballon's Residency was completed at the renowned Duke University Eye Center**

**Dr. Ballon loves to play tennis.**

**He practices yoga and relaxes through Chinese watercolor painting**

**He practiced at the prestigious Hawaiian Eye Center as well as at the Lafayette Eye Center and North Cascade Eye Associates here in the Pacific Northwest**

**He joined The Harman Eye Clinic in 2002**

**All of our doctors are highly skilled eye surgeons, board certified by The Academy of Ophthalmology.**

**Each one is a seasoned surgeon that performs all laser CustomVue iLASIK, PRK, Refractive Lens Exchange, cataract surgery with standard or premium upgrade lifestyle lenses, as well as seeing patients for comprehensive exams.**

**Our patients enjoy in-depth explanations and education and the personalized approach to creating a custom treatment to meet their unique needs.**

**Our surgeons believe that the relationship between doctor and patient is the most important element to successful eye surgery.**



## **Bruce Wietharn, M.D.**

**A Fellow in Cornea and Refractive Surgery, completed at Jules Stein Eye Institute, UCLA**

**His Residency in Ophthalmology was completed in June of 2003 at the University of Florida**

**Received his Medical Degree from Tulane University School of Medicine, New Orleans, LA, 1996**

**Dr. Wietharn holds a bachelor of arts degree in biology, and graduated in 1991 from Johns Hopkins University, Baltimore, Maryland**

**Served as a lieutenant, Medical Corps, U.S. Navy**

**Received the Navy and Marine Corps Commendation Medal for Meritorious Service while serving as Medical Officer in USS California from August 1996 to July 1999**

**Joined The Harman Eye Clinic in 2004**



# **MEET OUR SURGEONS**

## **Natalia Bajenova, M.D.**

**Came to the United States from Russia, 1999**

**Speaks fluent Russian and English**

**She attended Khabarovsk Medical University, Khabarovsk, Russia, 1994-1999**

**From the University of Washington, she received a Bachelor of Science, cum laude in Biology with minor in Music, 2003**

**She earned her Doctorate in Medicine, with honors, University of Washington School of Medicine, 2008**

**Her Ophthalmology Residency was completed in Kellogg Eye Center, Ann Arbor, MI, 2012**

**Joined The Harman Eye Clinic in 2012**

# Meet our Optometrists

Dr. Chan and Dr. Oh work alongside our surgeons to provide medical exams for conditions such as Dry Eye Syndrome, Macular Degeneration, and Glaucoma. They also parter with patients during their postoperative period to monitor the healing process.

Dr. Monica Chan joined The Harman Eye Clinic in August 2021 and then transitioned to the Edmonds Eye MD location at its opening in January 2022. She is a Washington native, graduating from the University of Washington with a Bachelor's of Science in Environmental Health and a minor in Microbiology. She then went on to Indiana University School of Optometry where she earned her doctorate. Following graduation Dr. Chan pursued an extra year of residency training in ocular disease at the Memphis Veterans Affairs Medical Center.

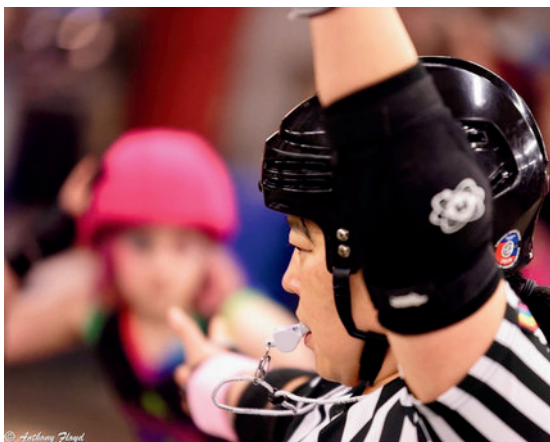
In her free time Dr. Chan enjoys time with her family, dancing, and practicing her ASL.



Dr. Oh is a Pacific Northwest native who grew up in Bellevue and Kirkland. She lived in Brazil for two years, where she learned to speak Portuguese.

Dr. Oh went to Reed College and then on to Stanford University for her MS. She graduated from Optometry School at UC Berkeley in 2010 and completed her residency in Optometry at the American Lake VA, where she proceeded to practice for 12 year before joining The Harman Eye Clinic.

In her free time, Dr. Oh enjoys crafting, camping, hiking, and playing with her animals. She is a former roller derby skater and now referees for the sport.





# Our Locations

**Our practice offers two locations to serve patients.**

**The Harman Eye Clinic is located in Arlington, Washington. Dr. Ballon, Dr. Wietharn, and Dr. Oh see patients in this clinic location.**

**Edmonds Eye, M.D. is located in Edmonds, Washington. This is where Dr. Bajenova and Dr. Chan primarily have clinic hours.**

**Regardless of which clinic you choose to have exams at, all surgeries are performed at The Harman Eye Clinic in Arlington.**

The Harman Eye Clinic  
903 Medical Center Drive  
Arlington, WA 98223  
(360) 435-8595



Edmonds Eye, MD  
21906 76th Ave W,  
Edmonds, WA 98026  
(425) 673-3990



# WHAT IS iLASIK?

iLASIK refers to many components all working together to give you an individualized approach to your laser vision correction.

Laser Assisted in Situ Keratomileusis or iLASIK is a procedure used to treat nearsightedness, farsightedness, and astigmatism.

Our all-laser treatment system includes the Intralase Femtosecond Laser, STAR S4 Excimer Laser with Iris Registration, and the WaveFront CustomVue scan.

During iLASIK the Intralase Femtosecond Laser is the technology that our surgeons use to create an individualized corneal flap, allowing access to treat your prescription blade-free!

The STAR S4 IR Excimer Laser uses a sequence of precisely positioned ultraviolet (UV) light pulses, each of which reshape your cornea. The WaveFront CustomVue scan, taken during your consultation, helps to determine the precise excimer laser treatment needed. The system includes an iris registration eye tracker that has the ability to direct the laser pulses accurately onto the cornea by tracking your unique iris.

# WHAT IS PRK?

## THE CORNEA IS RESHAPED ADJUSTING HOW THE EYE FOCUSES

For example:

Improve myopia by flattening the curve of the cornea

Improve hyperopia by steepening the curve of the cornea

Treat astigmatism by smoothing irregularity

PRK is an acronym for Photorefractive Keratectomy. During this procedure, instead of creating a flap with the Intralase Femtosecond Laser, the surgeon removes the outermost layer of the cornea, called the epithelium. Once removed, the surgeon applies your treatment using the same state-of-the-art iLASIK technology.

After PRK, bandage contact lenses are placed on the eyes to protect the cornea and aid in comfort and healing while the epithelium regenerates. The bandage contact lenses remain in place for the first week or more following surgery.

Patients who have PRK should expect a longer healing period following the procedure. During this time, the eyes may be uncomfortable and your vision may remain somewhat blurred until the epithelium has healed and the corneal surface has smoothed over.

*If you have questions or would like to schedule your free screening,  
call us!!*

360.435.8595

# YOU MAY BE A GREAT CANDIDATE FOR LASIK ...

If you can see close to 20/20 with your glasses or contact lenses

If your eyes are healthy other than your need to wear glasses or contact lenses

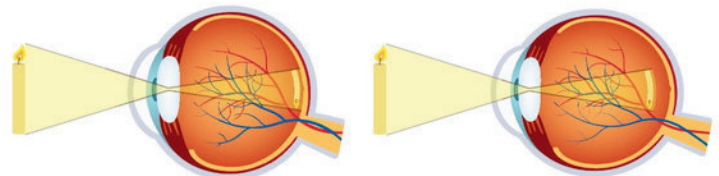
If your glasses prescription has been stable for the past few years

If you are motivated to be less dependent on glasses and contact lenses

This screening is based on general guidelines and practices. To see if refractive surgery is right for you speak with your eye doctor or give us a call to schedule your complimentary consultation

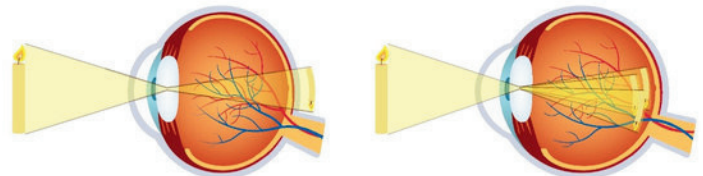
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## VISION DISORDERS



Normal vision

Myopia



Hyperopia

Astigmatism

# YOU MAY NOT BE A CANDIDATE ...

If you have history of corneal disease or scarring

If you have dry eyes

If you are pregnant, breastfeeding, or plan to become pregnant in the near future.

If you are currently taking medications such as steroids or immunosuppressants that can slow or prevent healing

if you have diabetes, autoimmune disease ( for example, AIDS, lupus, rheumatoid arthritis, multiple sclerosis or myasthenia gravis). if you are immunocompromised for any reason or have a collagen vascular disease

Refractive surgery is designed with a healthy eye in mind. This surgery will not improve poor vision related to eye disease and could potentially make your condition worse.

If you find that you are not a candidate for iLASIK or PRK, ask your eye doctor what your alternatives may be.



## **COMPLIMENTARY CONSULTATION**

When it comes to your eyes, you should expect a high-tech, personalized approach. It is this individualization that makes the iLASIK treatment different. We have technology to create a unique eye map that is 100% specific to your visual pathway, and your surgeon uses the information obtained at your consultation to design a specific treatment to correct your vision.

The purpose of your consultation is to measure your eyes and visual system, determine whether you are a good candidate for refractive surgery, and to prepare you for your procedure. Your participation before and after surgery leads to a successful outcome. We want you to feel comfortable to ask questions. This is your time to share your expectations with your surgeon so they can tailor a treatment to meet your needs.

You can expect the appointment to last at least 2 hours. This in-depth visit will include a strong dilation that may blur your vision for 24 to 48 hours. You are welcome to bring a friend or family member so you won't need to worry about driving home with dilated eyes.

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## YOUR CONSULT AT A GLANCE

Detailed measurements of your eyes and visual system

Discussion of your complete medical history

Disclosure of all medications and supplements

Thorough eye exam identifying your prescription

A look at your overall eye health

Discussion of your expectations

Discussion of the risks and benefits of the procedure

An opportunity to ask questions

## Special Instructions for Contact Lens Wearers

It is important that the pre-operative measurements and calculations for your treatment are based on the natural shape of your eye. Wearing contact lenses, even for a few hours, can change the shape of your cornea and affect the outcome of your surgery

For the most accurate measurements, you need to discontinue wearing your contact lenses and allow time for your eye to return to its natural shape.

*Soft lenses - 2 weeks*

*Hard lenses - 3 weeks plus an additional week for every 10 years you have worn them*

We know that being out of your contact lenses can have challenges. We offer a complimentary preliminary screening to help rule out the main factors that would disqualify you from being a candidate.

One of the most frequent questions we get is whether you can wear your contacts prior to surgery. If you plan to proceed with iLASIK or PRK, for best results, we recommend that you do not return to contact lens wear.

# The Day Of Your Surgery

Prior to the day of surgery, you will receive a phone call from our Refractive Coordinator confirming your check-in time and ensuring you have a driver. You will be given instructions for surgery and have an opportunity to ask questions.

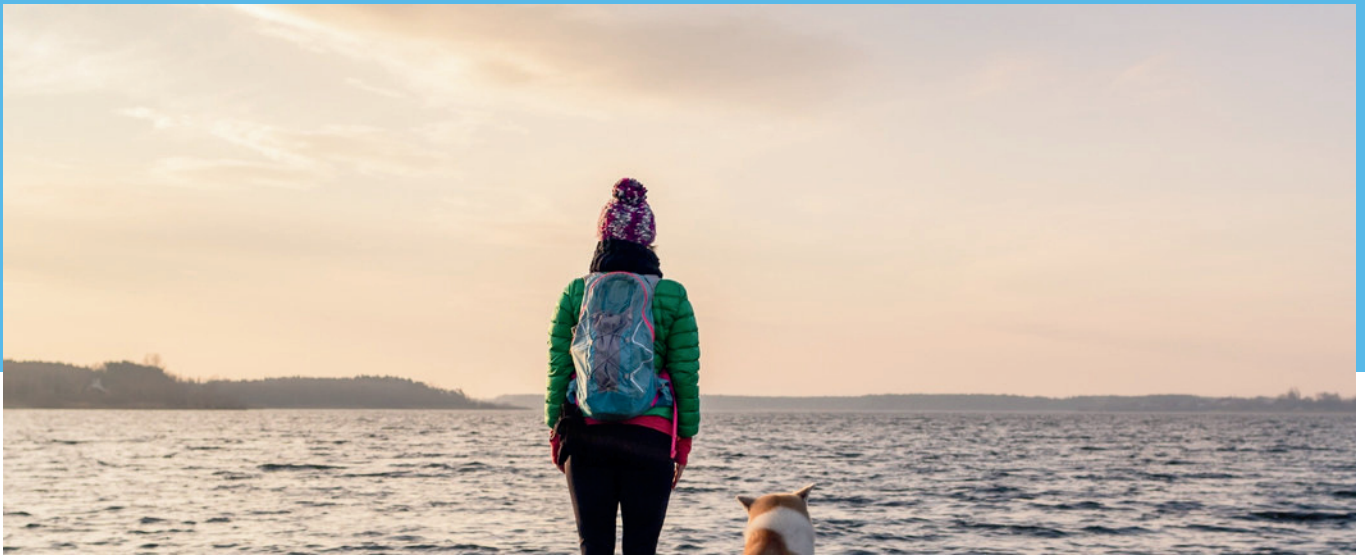
The procedure itself takes about 20 minutes. However, you can expect to spend 2 hours with us. Most of our time together will be spent pre-operatively reviewing your consent form, going over instructions on how to take care of your eyes, and allowing time for the relaxing medication to do its job.

Throughout your surgery you will be given a series of numbing eye drops to keep you comfortable., You will feel some pressure on your eyes during parts of the procedure; however, pain is not expected. We use a small device to keep you from blinking. While the laser is active, an automated "eye tracker" is used to monitor the position of you eye.

After surgery, your surgeon will examine your eyes under a microscope and review any restrictions and instructions for taking care of your eyes. You will be given a care kit and written instructions to take home with you.

When you get home, your job is to rest for 2 hours with your eyes closed. You may take a nap or listen to music. We recommend setting an alarm for 2 hours so that you remember to take your medications as directed. You will want to take it easy for the rest of the evening - rest and enjoy taking this time for yourself while your eyes heal.





**You may eat normally and take any of your usual medications**

**Please do not wear eye make-up**

**Avoid wearing any fragrances (i.e. perfume, cologne, scented lotions or oils, etc.)**

**You will need someone to accompany you and drive you home after surgery**

# What to expect after surgery

After surgery, your job is to spend 2 hours with your eyes closed. This initial rest will allow your eyes to begin the healing process.

You can expect your vision to be foggy after your procedure. Don't worry, this is normal and your vision should steadily improve over the next 24 to 72 hours.

It is normal to feel some moderate pain and discomfort for up to 3 days. Some people report feeling similar to "an eyelash in the eye." As the cornea heals, you may experience blurriness, itchy, dry or watery eyes, and light sensitivity. These symptoms should improve over time.

You may continue to rest your eyes the remainder of your day. Just remember, using frequent preservative-free artificial tears and taking your medicated eye drops as directed is essential for your best vision and healing.

You will be given a protective shield to wear to help you avoid rubbing, touching, or bumping your eyes. In the days following surgery, always wear sunglasses to shield your eyes from the sun and reduce glare.

It is vital to keep eyes clean and hydrated to optimize your recovery rate, but keep in mind that it is common for full healing to take up to three months or longer.

**If you experience significant discomfort or a sudden decrease in vision after your procedure, call us. We have a surgeon on call 24 hours a day:**

**360.435.8595**

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**It is very important not to rub or bump your eyes during the first week after surgery**

**Wear the eye shield while sleeping for the first 24 hours**

**Use all eye drops and medications as directed**

**Avoid getting water in your eyes for 1 week**

**No eye makeup for 1 week**

**Bring any eye drops you are using to each post-operative visit**

# Post-operative Appointments

Generally, your post-operative visits will be scheduled for the following -

- 1 day
- 1 week
- 1 month
- 3 months
- 6 months
- 1 year

Your best visual result is reliant upon your commitment to post-operative care. Your surgeon will monitor both the health of your eyes and your vision following your refractive surgery. It is important to address any concerns with your surgeon as quickly as possible.

We know that dry eye can cause fluctuating blurry vision and delay your healing. Artificial tears are an important element to your best possible vision after refractive surgery. It is important to keep your eyes well lubricated for optimal results.

## Co-managed Eye Care

Do you have an eye doctor that you see annually? Is it more convenient for you to travel to your optometrist closer to home or place of employment for your post-operative care?

We can coordinate co-managed care for your post-operative visits. Oftentimes your eye doctor refers you to us for refractive consultation and eventually surgery. We will work with your optometrist or an optometrist in your area who can monitor your vision and the health of your eyes following your procedure.

## IMPORTANT SAFETY INFORMATION

### **Indication:**

:LASIK (laser-assisted in situ keratomileusis) is a laser surgery procedure that permanently changes the shape of the cornea to reduce or eliminate nearsightedness, farsightedness, or mixed visual irregularities due to an abnormal curve in the cornea (astigmatism). Only an eye care professional trained in laser vision correction can determine if you are a candidate for this procedure. The IFS laser is a surgical laser that can be used to create flaps for use in LASIK surgery.

### **Contraindications:**

You should not have LASIK if you have collagen vascular (such as rheumatoid arthritis), autoimmune, or an immunodeficiency disease because they affect the body's ability to heal. You should not have this procedure if you are pregnant or nursing, show signs of corneal thinning, or take medications with eye-related side effects, such as Isotretinoin (Accutane) for acne treatment or Amiodarone hydrochloride (Cordarone) for normalizing heart rhythm.

### **Warnings:**

LASIK is not recommended if you have diabetes, a history of herpes simplex or herpes zoster, hepatitis, significant dry eye, or severe allergies.

### **Precautions:**

Your doctor will examine your eyes to determine if you are a candidate for this procedure. Talk to your doctor about any eye-related conditions, injuries, or surgeries you have had, as well as any changes to your vision in the past year. These may result in poor vision after LASIK. Tell your doctor about any medications you are taking. After surgery, you may find it more difficult to see in conditions such as dim light, rain, snow, fog, or glare from bright lights at night. LASIK is for patients 21 years of age and over.

### **Side Effects:**

Possible side effects include dryness, which may be severe; loss of vision or the possible need for glasses or contact lenses after surgery; and visual disturbances such as halos (hazy rings around lights), glare, starbursts, double images, and other visual irregularities that may be debilitating. Possible complications resulting from LASIK flap creation including swelling, inflammation or pain in your eye, infection, or flap-related complications. Mild to severe light sensitivity occurred in 1% of patients between 2 and 6 weeks after surgery. Some patients (0.03%) noticed a temporary spoke-like band of light in their peripheral vision.

Please consult with your eye care professional and carefully review the *Patient Information Booklet* (received at your consultation) regarding the potential risks and benefits of this procedure. Results may vary for each individual patient.

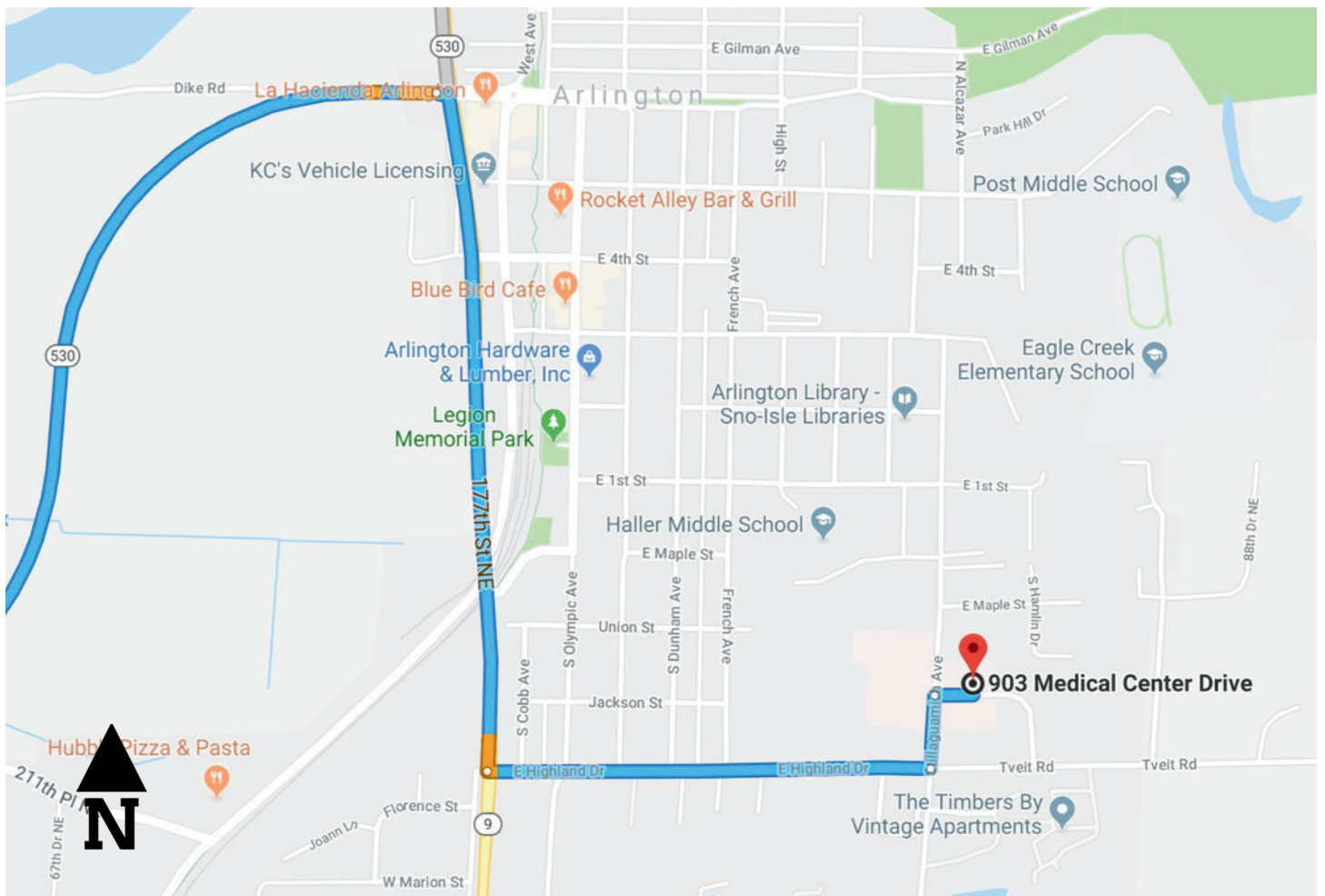
The iLASIK platform utilizes the STAR S4 IR Excimer Laser System, WaveScan WaveFront System, as well as the Intralase Femtosecond Laser during the LASIK procedure.

### **Caution:**

U.S. Federal Law restricts these devices to use by practitioners who have been trained in their calibration and operation, and who have experience in the surgical treatment and management of refractive errors.



# DIRECTIONS TO OUR SURGERY CENTER



Take I-5 exit 208 to Arlington

Head East on State Route 530 for about 4 miles

Turn right onto Highway 9

Turn left onto E Highland Drive

At the second stop sign, turn left onto Stillaguamish

We are located a block ahead on the right, across from Cascade Valley Hospital

**903 Medical Center Drive  
Arlington, WA 98223**

"Pleasant reception. Friendly staff.  
Impressed with physician's knowledge and  
concern for the health of my vision"

- Patient review

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