

# OUR SPECIALISTS

SNEC Laser Vision Centre is led by a team of 14 experienced refractive surgeons who are certified and accredited to perform refractive laser vision correction. They undergo annual re-accreditation to maintain international standards and keep at the forefront in this field of refractive surgery.

## Head & Senior Consultant



Dr Cordelia Chan

## Senior Consultants



Professor Donald Tan



Adjunct Associate Professor Jodhbir Mehta



Dr Chan Tat Keong



Dr Lim Li



Dr Ti Seng Ei



Dr Peter Tseng



Dr Wang Jenn Chyuan

## Consultants



Dr Anshu Arundhati



Dr Allan Fong



Dr Daphne Han



Dr Khor Wei Boon



Dr Mohamad Rosman



Dr Eugene Tay

## Our Refractive Surgery Team



## Our Range of Refractive Surgery Services

- LASIK
- LASIK Xtra
- Advanced Surface Ablation (ASA) - LASEK
- Implantable Contact Lens (ICL)
- ReLEx® smile

# InTouch

## Editorial Team:

Dr Anshu Arundhati  
Dr Daphne Han  
Dr Cordelia Chan  
Tan Sok Huang  
Tricia Tan

In Touch is a bi-annual publication of the SNEC Laser Vision Centre. All rights reserved. No part of this publication can be reproduced in any form or by any means without the permission of the publisher. The features in this publication are provided for informational and educational purposes only, and are not intended to be a substitute for individual medical advice in diagnosing or treating an eye problem. Please consult with your doctor about your specific eye condition and/or concerns.

Laser Vision Centre Hotline:  
**+65 6322 8891**

Fax:  
**+65 6226 3403**

Email:  
laservisioncentre@sneclaser.com.sg

Website:  
www.sneclaser.com.sg



Supported by:



# InTouch

with SNEC Laser Vision Centre



## A MAJOR MAKEOVER: LASER VISION CENTRE

### New Name. New Look. New Website

The SingLASIK Centre of the Singapore National Eye Centre (SNEC) has been newly branded as Laser Vision Centre. This major makeover was completed in April 2013 along with upgraded facilities and a revamped website, marking its growth in tandem with the rising demand for refractive surgery and LASIK in Singapore.



Led by a team of 14 experienced refractive surgeons and supported by nine trained refractive surgery nurses, three technicians and five administrative staff, our centre offers a comprehensive suite of services including:

- LASIK
- LASIK Xtra
- Advanced Surface Ablation (ASA) - LASEK
- Implantable Contact Lens (ICL)
- ReLEx® smile

Our laser suite is well-equipped with four laser platforms to cater to the spectrum of laser vision correction:

- WaveLight® EX500 Excimer Laser
- Visumax® Femtosecond Laser
- AMO IntraLase™ iFS Laser System
- Ziemer LDV Femtosecond Laser System

## WHAT'S INSIDE?

- Our Laser Technology
- LASIK & ReLEx® smile

Education and training is also our key pillar of strength. Our team of refractive surgeons not only conducts teaching courses locally (Basic LASIK accreditation course), but also runs courses in regional and international meetings like the APACRS, ASCRS, ESCRS, to name a few. Regular seminars are also organised to update medical practitioners and the public on the new developments in LASIK and other refractive surgical options.

A referral centre for complicated and difficult cases from Singapore and the region, the SNEC Laser Vision Centre continues to perform a high load of refractive surgeries in Singapore.

## NEW WEBSITE



With a fresh look and streamlined navigation, we revamped our website with patients in mind. Whether you are searching for our eye specialists on your mobile phone, looking at our upcoming events on your tablet, or just checking out our services on your home computer, the website is designed to be informative, easy to navigate and pleasing to look at. Check it out today at [www.sneclaser.com.sg](http://www.sneclaser.com.sg).

# Our Laser Technology

At the SNEC Laser Vision Centre, there is a constant quest to expand the range of refractive errors that can be treated, to improve the predictability and accuracy of the outcomes and to enhance the safety of the surgery. Our specialist team is always at the forefront of innovation, leveraging emerging laser technology to offer customised treatment for patients.

## Excimer Laser

### Wavelight EX500 Excimer Laser

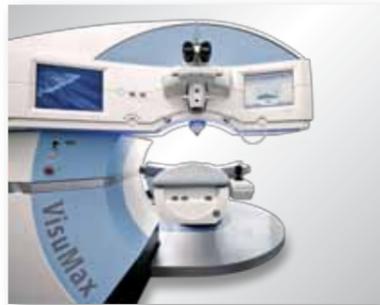
This excimer laser by Alcon is a flying spot laser that delivers treatment at 500Hz, with an average treatment time of approximately 1.4 seconds per diopter. It sculpts and treats refractive errors following flap creation by the femtosecond laser.

Faster laser treatment improves the predictability and results of LASIK by reducing the problems of dehydration of the cornea during treatment, flap shrinkage, treatment sensitivity to patient's eye movement and fixation fatigue.

For safety and precision, the laser is coupled with a faster, 1050Hz multi-dimensional eye tracker that tracks horizontal, vertical, rotational and torsional movements of the eye. This excimer laser can also be linked to corneal mapping instruments like the topolyzer and oculyzer, enabling customised mapping of the corneal surface or the global mapping of the eye.



## Femtosecond Lasers



**VISUMAX®** The Visumax® femtosecond laser from Carl Zeiss Meditec is a new generation femtosecond laser platform designed for the creation of corneal flaps during LASIK. Its repetition rate of 500kHz enables faster flap creation and uses lower energy levels, thereby reducing the amount of thermal energy delivered to the cornea. A specially designed spherically curved contact glass used during the procedure prevents unnecessarily high rise in intraocular pressure and temporary vision loss during the procedure. The net result is a fast, safe and comfortable LASIK procedure.

### IntraLase™ iFS Laser System

This iFS laser system by AMO has a repetition rate of 150kHz, enabling corneal flaps to be created in just 12 to 16 seconds during LASIK. The lower energy levels used with this laser also reduces risk of tissue burns and injury. With iFS, the flap dimensions are customisable based on patient factors, such as corneal thickness, diameter and pupil position.



### LDV Femtosecond Laser System

This system by Ziemer is another femtosecond laser for making LASIK flaps. It operates at low pulse energy (nJ) and short pulse width, but at high pulse frequencies (MHz). As a result, fewer gas bubbles are formed during flap creation and more tissue is preserved. The effect is quiet eyes which are free from edema post-surgery.

This high-speed system also allows generation of tightly focused low-energy laser pulses in an overlapped pulse raster, resulting in a complete and smooth resection for easy flap lift, and faster visual recovery.



# Beyond Spectacles. Beyond LASIK.

If your eyesight has been less than perfect, imagine what it would feel like to wake up every morning without fumbling around for your glasses or time wasted on contact lenses. Remember how once upon a time, you lived life without the need for viewing aids... wouldn't you love to return to that lifestyle?

Procedures like LASIK offer permanent improvement for your vision so that you will be able to focus on the more important things in life. With recent advances in technology, the Singapore National Eye Centre (SNEC) has introduced another technique of laser vision correction. Called ReLEx® smile, the procedure corrects your vision as effectively as LASIK, but through a much smaller incision, and with the use of a single laser platform.

**LASIK** LASIK (laser-assisted in situ keratomileusis) is an outpatient surgical procedure used to treat myopia (nearsightedness), hyperopia (farsightedness), and astigmatism. Modern LASIK surgery is now bladeless using a femtosecond laser to create a cornea flap. The surgeon folds the flap back, and then removes some corneal tissue using an excimer laser. The flap is then laid back in place. When the cornea is reshaped, it focuses light directly onto the retina, providing clearer vision.

The surgery takes about 15 to 20 minutes to perform for both eyes. LASIK is performed using anaesthetic eye drops so there is no pain during the procedure. However, you may experience some eye discomfort and tearing during the first eight hours after the surgery. Common side effects are dry eyes, light sensitivity, glare and halos during the first few weeks, but most of these usually subside over time.

LASIK is a painless procedure with rapid visual recovery, and yields excellent visual outcomes for varying degrees of short-sightedness and astigmatism.



### Which procedure is the right one for me?

You will need an initial evaluation by your eye doctor to determine if you are a good candidate for LASIK or ReLEx® smile eye surgery. Both procedures are potential treatment options for laser vision correction. Your eligibility will depend on the amount and type of refractive error, the curvature and thickness of the cornea and a number of other factors. You should talk to your doctor about your questions and concerns. He or she can explain how the surgery might benefit you and help put the risks in perspective.

**ReLEx® smile** ReLEx® smile is a recently introduced technique of laser vision correction. Unlike conventional LASIK, this procedure creates no flap and involves the use of only one laser (the femtosecond laser). Instead of vaporising cornea tissue to correct the underlying short-sightedness and astigmatism, ReLEx® smile removes a small piece of corneal tissue called a lenticule through a small 'keyhole' incision (about 2.5 to 4mm only). This single-step, all-in-one laser operation is a day surgery procedure that takes about 25 minutes for both eyes.

ReLEx® smile is able to treat short-sightedness between -1.00 to -10.00DS (that is, 100 to 1,000 degrees), and astigmatism of up to -5.0DC (500 degrees). There are certain cornea thickness requirements for the refractive error being treated. Your eye doctor will advise you accordingly.

Due to the smaller wound by minimally invasive surgery, ReLEx® smile results in a stronger eye and less immediate postoperative discomfort and tearing. The use of a small incision also means that fewer corneal nerves are severed during the procedure, which also means less dry eye. With no flap created, flap displacement or dislodgement is not an issue, and so you will be less susceptible to trauma. ReLEx® smile is a good option for those who are involved in contact sports.

Most patients will experience an improvement in their vision a day after the surgery, but attaining full visual potential may take some time. ReLEx® smile patients will notice their vision improving over time, with full restoration of their eyesight three to six months after the surgery.

PRICE	
Bladeless LASIK	From <b>S\$1,400</b> per eye <small>(before 7% GST)</small>
ReLEx® smile	From <b>S\$2,188</b> per eye <small>(before 7% GST)</small>

*Price includes first day postoperative review, but excludes pre-operative assessment, postoperative medications and all other postoperative follow-ups and investigations.*

*Prices are subject to change without prior notice.*