

Laser Eye Surgery

Contributed by Steven Sashen
Sunday, 18 June 2006
Last Updated Friday, 21 July 2006

I hate to admit it, but I used to be one of those people who took my eyesight for granted. I never went to the optometrist for regular checkups, I didn't always wear sunglasses to protect against UV rays, read too many juvenile cases in my desire to be the country's top juvenile lawyer, and I would often sit in front of my computer or television for hours on end, which usually led to a severe case of eyestrain. Then, perhaps not unexpectedly, my vision began to deteriorate. As I got older, it took longer and longer for distant objects to come into focus. I realized I needed glasses or contacts, so I finally went to see a doctor. After dealing with lost glasses and all the hassles that come with using contacts, I decided to check out laser eye surgery. Boy, am I glad that I did!

Since my vision problems weren't yet severe, my optometrist confirmed that I was a prime candidate for laser eye surgery. There are of course many different types of laser eye surgery available, but the two most common outpatient procedures for minor problems like mine are PRK and LASIK. I am not a medical professional, so it's imperative that you ask your doctor about these procedures or do further research on your own. After reading through some brochures that my doctor gave me about LASIK laser eye surgery, I weighed the potential benefits against the possible risks and decided to go for it. After all, successful laser eye surgery could mean not having to wear glasses or contacts anymore. Before going in for my laser eye surgery, I checked the Internet to see what kinds of experiences other people have had. I knew that their experiences wouldn't have any bearing on my own, but I just wanted some reassurances. I learned that many athletes who depend on great vision in order to perform well at their sports have opted to get laser eye surgery. Of those athletes who have made public comments, most have said that choosing to have laser eye surgery was one of the best decisions they have ever made. I know it sounds kind of silly, but I felt much better knowing that some high-profile athletes had enough confidence in the procedure to risk their very livelihood on it. I'm happy to say that my laser eye surgery went very well. I was nervous prior to the procedure, but the technician and doctor really made me feel at ease. The laser eye surgery itself was very quick and painless; and although my vision is not perfect, it is much better than it was before I had the procedure done. If you're thinking about getting laser eye surgery, there are many websites you can check out for general information about the topic. However, medical procedures require the input of an actual doctor, so take everything you read with a grain of salt and get a professional opinion before making up your mind one way or the other.