

CLEAR

V I S I O N

FREEDOMFROM

GLASSES OR CONTACT LENS?



NICO TRAP
oogcorrecties

Introduction

Clear vision without the need for glasses or contact lenses?

Most people, given the choice would rather go through life without wearing either glasses or lenses. Imagine waking up in the morning and seeing everything clearly! We can offer you clear visual focus without the need for either lenses or glasses and highly professional treatment at short notice. Our waiting list is short, our level of expertise, high.

Dr Nico Trap's Eye Correction Clinic specialises in refraction surgery to correct deviations in the visual strength of people who wear glasses or contact lenses. Whether you require correction in short-sightedness, long-sightedness or astigmatism, excellent results are now available. Millions of people have already chosen for sharp un-aided vision. Would you like the same?

This brochure describes the common variety of visual impairment, our laser techniques and the results expected after our treatment procedures. After reading through the information or coming along to one of our informative workshops which includes comprehensive pre-analysis of your personal requirements, you will learn whether our treatment can offer clarity of vision in your personal case. Our highly experienced ophthalmologist Dr Trap has successfully carried out more than 4000 visual corrections. To be sure of the highest quality, Dr Trap personally takes care of the treatment which includes the preliminary analysis, the procedures and the aftercare. All are part of his personal responsibility to his clients.

Dr Nico Trap works regularly as ophthalmologist as well eye-specialist at the Diaconessenhuis Hospital, Zeist, in The Netherlands. This combination of field-specialisation allows him full access to general medical care and as ophthalmologist, a wide ranging orientation within his field of expertise.

Results

Eye correction through laser treatment has, through years of research and development, been perfected. Treatment of this type is carried out daily on a near global scale. The results are nothing less than remarkable; to be able to work, participate in sports and move freely without the need for cumbersome focal-aids of any kind, is now a reality for many who once felt burdened by glasses or lenses.

Treatment in our clinic assures:

- Comprehensive and accurate information
- Professional and personal treatment



- Experience
- Short waiting list
- Comfortable service-centred environment
- Excellent after-care.

Refraction abnormalities

Around half of the world's population has visual impairment. Observed light flows via the cornea and lens and is then projected onto the retina. In the naked un-aided eye, light rays are sharp at the focal point and projected clearly onto the retina (see diagram 1).

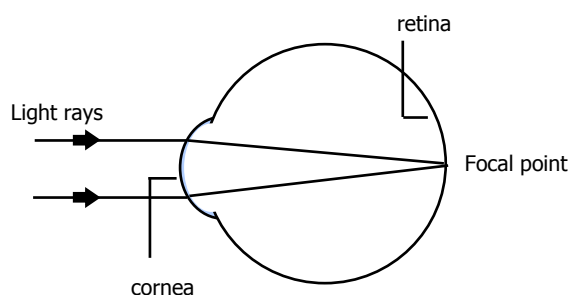


Diagram 1

When the cornea is not the correct shape or the lens is not at optimum strength, we then speak of a *refraction impairment*, resulting in 'blurred' vision.

This visual impairment is to be found in various forms.

- With *short-sightedness* seeing close-by is clear but distance vision misty or vague. The light rays come together at the focal-point in front of the retina. (diagram 2). Correction is done with 'minus-lenses'. After laser treatment, the rays of light are focussed further back resulting in clear/sharp distance vision. This treatment creates the same effect as a pair of glasses or contact lenses.

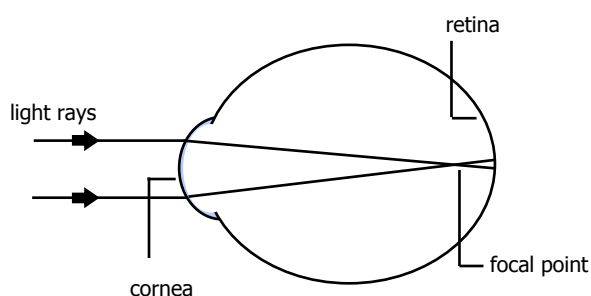


Diagram 2

- In *long-sightedness* seeing close-by is blurred yet clear and sharper in the distance. The light rays collect in a focal point behind the retina (Diagram 3). A glass-lens or a contact lens is then 'plus'. After laser treatment the focal-point of the light-rays is further forward, the result being sharp/clear vision at close proximity to an object.

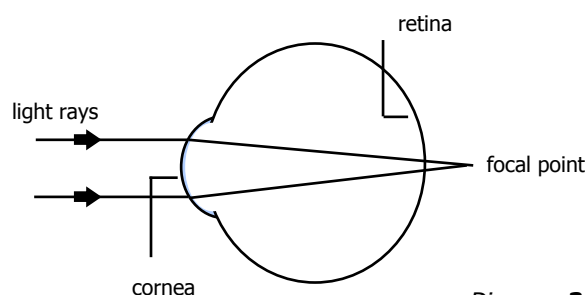


Diagram 3

- Some people have (as well) an impairment known as *astigmatism*. The cornea fails to distribute light in a similar manner. This results in constantly blurred vision. Even in this case laser treatment can be very effective; the optimum rounded shape of the cornea can be reconstructed.

Our eye corrections

1 Laser Treatment

Treatment carried out at *Nico Trap Oogcorrecties (Nico Trap's Eye Correction clinic)* makes use of the very latest generation of micro-surgical instruments known as the 'excimer laser', **de Allegretto of Wavelight®**, a precision-instrument of the highest quality. This apparatus has recently been assessed by the FDA in the USA as the best instrument available. By sending micro-pulses of cold laser light onto the cornea, a micro-layer is finely dissolved. This is accurately measured to 1 thousandth of a millimetre. The optimum shape of the cornea is achieved by following a predictable procedural pattern allowing the cornea to be finely and precisely re-shaped to follow the correct form. Focal clarity is achieved by finely correcting the shape of the cornea. Using the *excimer* laser, this corrective procedure is able to achieve improvements in visual impairment from minus 10 to plus 6.

We mostly employ 3 different techniques in our treatment, all leading to a similar result. The treatment takes approximately 20 minutes for both eyes and can usually be treated in one session.

- If the cross-section (or density) of the cornea is sufficient for treatment, a local anaesthetic is applied. The film-like outer layer of the cornea is then folded open. Consequently, the naked cornea is treated with laser pulses where a micro-layer of material is dissolved to the desired shape to achieve optimum results. Lastly, the layer is folded back into place and adheres almost immediately. The day after treatment, recovery is complete. You are then ready to take on your normal everyday activities. This method is called *LASIK*, and is painless.
- Sometimes during the pre-treatment analysis the cornea cross-section is found to be too thin to apply the technique described above. In which case, an alternative method can be used. The eye is treated directly on the surface of the cornea without the need to open the top layer. After treatment, a special contact lens is placed to protect the cornea for a few days. This method of treatment causes some discomfort and over-sensitivity to light (which varies from person to person.) This discomfort disappears completely after a few days. This method is called *PRK* and variants of this method are called *LASEK* and *Epi-LASIK*.

2 Contact lens implantation

If during the pre-treatment procedures your eyes are found to be unsuitable for either of the laser-techniques described above, implantation of a special contact lens can offer excellent results. The implant (so-called. *Artisanlens®*) is in fact an extra lens residing permanently in the eye. In comparison to laser-treatment, this procedure can correct a much broader range of visual impairment (ranging from *minus 24* to *plus 12*). In contrast to laser-treatment, this procedure is carried out one eye at a time with about a week needed between each procedure. This treatment would be carried

out in the Diaconessenhuis hospital in Zeist, Holland, under general anaesthetic (taking around \pm 15 minutes). If a contact lens implant is considered to be most suitable in your case, you will be fully consulted about the procedures after the preliminary consultation has taken place.

Preliminary examination, treatment and after-care

- A personal consultation or participation in one of our information workshops is the first step towards possible treatment. Important information surrounding the various procedures is presented and your questions concerning the various aspects are answered in detail.
- The following step is an eye examination which takes approximately 1 hour. This is undertaken to determine which procedure would be best suited to your personal condition. To be able to measure your eyes in their most natural state, hard-lenses may not be worn for a period of 1 month prior to examination. For those who wear soft-lenses, a period of one week (without lenses) prior to examination is necessary. This is often seen as a hindrance but is absolutely necessary to determine accurate and reliable measurements increasing the level of success. During this examination, an eye-drop is applied which causes temporary blurred vision. Therefore it is advisable to bring someone along with you to the examination who can guide you home safely. This is also true for the day when treatment is to be carried out.
- Should you be considered suitable for treatment after the examination, we can make an appointment for the treatment itself. Either the next day (or a few days later depending on method of treatment), your everyday activities can be resumed. More about this can be found under the heading *Eye Corrections*.
- For 6 months after treatment we make several checks to see whether the treatment has been successful and whether any problems arise. If in any doubt whatsoever, you are advised to contact us directly. We remain at your service.

Your present state of health

Prior to treatment it is important to be in good health and the strength of your glasses not recently altered. Treatment is not possible if there is evidence of glaucoma, cataract, eye-inflammation, cornea disorder or retina abnormalities. In accordance with international guide-lines you must be 18 years or over, unless otherwise medically prescribed.

Immediate noticeable results

The laser treatment itself provides little inconvenience or impediment. The noticeable improvement in clarity of vision begins almost immediately with *LASIK treatment*. After *Epi-LASIK/LASEK/PRK* the improvements take a little longer to emerge. However, even though the correction is so finely and precisely determined, a slight impairment of vision may remain between 0 and 1. Use of a light-

strength pair of glasses (e.g. for driving) may be necessary post-treatment. Often this remaining small impairment can be corrected at a later date. After about 8 weeks the remaining slight visual impairment can be determined. A post-treatment procedure can be carried out free-of-charge if found necessary.

Side Effects

Even though there are no noticeable differences for you in your surroundings post-treatment, incidental slight side-effects can occur. Examples include possible dry eyes and perhaps glare when looking in dark places. Because the Allegretto Wave-light® laser is 'wave-front optimised', it is a rare phenomenon after treatment. However, it is possible to experience slightly blurred vision or slightly less contrast. In the course of time these side-effects either disappear entirely or no longer hinder your vision.

Guarantees and risks

Despite our extreme care and technical accuracy surrounding the laser treatment and/or the contact-lens implant, there remains always a small risk-factor where treatment is not effective. It is possible to correct/adjust too much or too little, the eye could be damaged or in extreme cases, an infection can occur post-treatment. In almost all cases where problems have been determined, small corrections have solved these rare occurrences. Sometimes vision post-treatment is further weakened or the remaining slight impairment of vision cannot be corrected. The wearing of glasses or contact-lenses remains necessary. Even though the chance of considerable damage cannot be totally eliminated post-treatment, the chances of this occurring are extremely small. Our level of success is extremely high. Serious damage is very rare indeed.

Sometimes reading glasses are necessary

Even after treatment reading glasses may still be necessary. This occurs due to the distance correction, or lack of it, which occurs naturally in people over 40 years old. Laser treatment does not improve this situation because the cause of this reading impediment is to be found in the lens and not the cornea. If you only wear reading glasses and do not use glasses or contact-lenses for other situations, then our treatment would not make significant improvements unless you choose for *monovision*, a situation where one eye remains slightly short-sighted (or becomes so) for reading close-by and the other eye is sharp for distance vision. To determine whether *monovision* might be an option for you, we can allow you to experience this effect for yourself by applying a soft contact lens to one eye for perhaps a day or two.

Authorisation/Consent

You must realise that laser treatment is applied to a 'healthy' eye. We therefore require you to fill in and sign an *authorisation form of consent* wherein the client declares to have been informed of the possible complications, risks and side-effects which could possibly occur after treatment. Be sure to give yourself enough time to think about these issues. Similarly to medical treatment of any nature a satisfactory outcome cannot be absolutely guaranteed. Should you wish to discuss any aspect of the treatment or inherent risks, please do not hesitate to contact us before you sign any such declaration of consent to treatment.

Treatment Costs

The preparatory investigation procedure costs € 110,- and the laser treatment (incl. after-care and possible post-treatment corrections) € 1950,- per eye. Contact lens implants (Artisan®) € 2300,- per eye. These costs are occasionally reimbursed by insurance companies. We advise you to contact your medical insurer at an early stage in your decision-making process to be adequately informed.

Registration and memberships

Ophthalmologist Dr Nico Trap is nationally registered and affiliated with:

- *Nederlandse Gezelschap voor Refractie Chirurgie van het Nederlands Oogheekundig Gezelschap*
- *Nederlandse Intra Oculaire Implant Club NIOIC*
- *European Society of Cataract- and Refractive Surgery*
- *American Society of Cataract- and Refractive Surgery*
- *International Society of Refractive Surgery*

The Nico Trap clinic works together with MediNova clinics (www.medinova.com).

Frequently asked questions

Who can be treated?

Almost everyone who currently wears glasses or contact lenses to see in the distance (myopia, long-sightedness and astigmatism), can be treated. It is important to determine the lens-strength has remained stable 12 months prior to treatment. You must also be in good health and have no other ophthalmic problems. Minimum age is 18 years.

Is the treatment painful?

Our treatment procedures are mostly pain-free. However, during the *LASIK*-treatment a light pressure can be felt on the eye itself. After treatment eyes may be sensitive to light for a few hours and feel irritated. Following the *Epi-LASIK/LASEK/PRK* –procedures, discomfort and light-sensitivity will occur for a few days.

Are there any long-term negative effects?

Much experience has been gained both nationally and internationally surrounding laser treatment procedures. In America alone in 2002 more than 2 million laser procedures were carried out. Experience has taught us that the cornea recovers extremely well and after ten years there is no question or doubts left surrounding the effect. Some negative effects have been recorded in medical literature, however these were mostly caused by incorrect diagnosis prior to treatment. Correct diagnosis during pre-treatment procedures is imperative. Lens implant procedures have been carried out for the past 40 years. In practice, the implant is comfortable and trouble-free, however there is a small risk of early cataract-forming as well a weaker cornea.

How long does the treatment remain effective?

The result of laser treatment as a rule is permanent. Research has shown that the cornea post-treatment remains stable. Occasionally, the effect of treatment decreases in the course of time. A supplementary treatment may be necessary in this case.

As well by the contact lens implants, the result is permanent. Should cataracts occur with age, implants are removed. After treatment of the actual eye-lens in question, a new implant is placed and optimal vision restored.

When can I resume my everyday activities?

Mostly the day after you can resume your everyday activities. However, water-sports are not recommend for a period of 3 weeks after treatment. Use good common sense and listen well to your

own body. You probably know best when everyday activities can be resumed, including driving a car. If you work in a dust-filled environment, we strongly advise you to consult us prior to exposing yourself to an environment where considerable dust-particles are prevalent. Outside temperatures have no influence on the anticipated success of the treatment. *Epi-LASIK/LASEK*- and *PRK*-procedures can result in temporary over-sensitivity to ultra-violet light; after such treatment we strongly advise wearing sun-glasses at the beach as well in snow and on water etc.

What are the risks from treatment?

Serious complications are seldom (less than 0,1%). Most problems arising post-treatment are easy to resolve. In extremely rare cases, strength of vision can be further impaired resulting in a cornea implant being necessary.

Can you guarantee clear vision without the aid of glasses or lenses after treatment?

I'm afraid we cannot offer absolute guarantees. In 95% of cases, people see the desired improvement directly. In 5% of cases, further fine-tuning is necessary to correct the lens-strength satisfactorily.

In the future, will I need glasses or contact lenses?

There remains the possibility you may need either glasses or contact lenses. The strength of vision reduces by nature as we grow older. People start to wear reading glasses, mainly due to the fact that the cause of visual impairment is not in the cornea; our treatment will not influence this product of nature. Occasionally there are signs of a remaining (light) impairment and, despite extra treatment, cannot be completely eliminated. In this case driving will require glasses.

How quickly can I see well after this intervention?

Recovery from treatment varies from person to person and is dependent on procedure used.

(see below)

LASIK

Short-sightedness/astigmatism: up to 80% recover the same day
up to 100% recover in less than a week
Long-sightedness/astigmatism: optimal distance-vision after a few weeks

Epi-LASIK/LASEK/PRK

Myopia/astigmatism: vision is hazy in the first few days
80% recover within 1 week
100% recover within a few weeks
Long-sightedness/astigmatism: in the first few days, vision is hazy and temporarily myopic



optimal distance vision is evident after a few weeks

Contact lens implant

Myopia/far-sightedness: Recovery within days. Complete within weeks of the operation.

After treatment, could I choose a profession where glasses may not be worn?

If you are considering a job or a training programme whereby the wearing of glasses is not allowed, our treatment can offer help. However, we expressly request seeking professional advice concerning such work/profession/training programme, before making your final decision.

What after-care is necessary at home?

Prior to treatment you will receive a prescription for eye-drops. These eye-drops will need to be applied daily for approximately 6 weeks after treatment (less so as the weeks go by). Vision will not be impaired by the use of these eye-drops. On several occasions during the first 6 months we make appointments for treatment-checks. In the meantime, should there be any doubts concerning the healing process, we welcome your phone-call to our clinic.

When may I fly again?

You can travel by plane immediately. It is advisable to inform your ophthalmologist (Dr Nico Trap in this case) of travel with a view to the necessary treatment-check appointments that need to be made in the 6 month period post-treatment.

Other items/issues of importance?

Access to medical information

You may expect the ophthalmologist and optician/optometrist clearly inform you about every aspect of the treatment. How much and what sort of information is a question of team-work between you and the specialists. You must ask precisely what information you require. This however in no way excludes your right of information concerning:

- Working methods of *Nico Trap Oogcorrecties (Nico Trap Eye-Corrections)*
- preliminary analysis, the medicines used and duration of their effects
- results of the preliminary analysis and considered conclusions of the ophthalmologist
- planned treatment and treatment itself
- manner in which you must prepare at home for the treatment
- what you must (and must not) do post-treatment
- risks and costs.

This brochure summarises the treatment methods (see 'the laser-treatment').

Information Obligation

It is important you inform both the optician and ophthalmologist clearly and comprehensively in the interests of accurate (and informed) diagnosis and subsequently, correct course of treatment. It is in your best interest.

Prior Consent

Before undergoing treatment, written authorisation must be given. You will receive an *authorisation form of consent* with request to read through and sign. Your signature is your written consent to be treated.

Paying in time

The cost of treatment must be paid in full prior to treatment. We would like to draw your attention once more to the fact that the costs of treatment at *Nico Trap Oogcorrecties* are generally not reimbursed by insurance companies (here in the Netherlands), but check with your personal medical policy/insurer.

Following advice given

We expect you to follow the advice given by the optician and ophthalmologist to your best ability. It helps in our quest for optimum results and is in your best interest.

Your privacy

The laws on privacy surrounding any procedures and our clinic are closely observed. This means:

- the content of your medical records is your property
- you may read your medical records
- you may request a duplicate of the records
- access to your records is the exclusive right of yourself, your treatment specialist and optician
- your medical details are not offered to third-parties without your consent.

Complaints

Complaints surrounding medical treatment are not always easy to resolve. However, it is important that dissatisfaction is discussed and acted upon for both client and staff concerned. It is always advisable to speak first with the individual(s) involved as it may lie in a misunderstanding? Together with those concerned, a solution can be sought. Should the complaint remain unresolved, an official complaint can be lodged with the *complaint's commission*, the *Klachtencommissie van het Diaconessenhuis* in Zeist where Dr Trap is involved as ophthalmologist. This commission can operate as an independent third party concerning issues surrounding *Nico Trap Oogcorrecties/The Nico Trap Eye-Correction Clinic*.

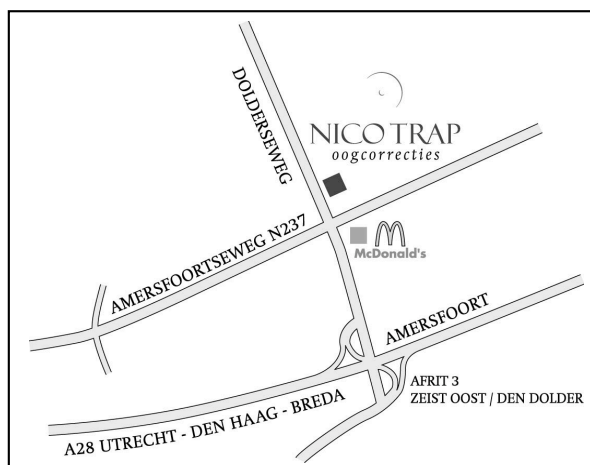
Finally

The words contained within this brochure should help build a foundation for equal partnership between yourself, the doctor and his clinic. Success will stem from our partnership, team-work and trust as well our medical expertise. We do everything within our powers to make sure you leave us with good healthy eyes and are satisfied with every procedure at our clinic. Naturally, do not hesitate to call our clinic on: 030-274 09 92. Our friendly staff are at your service.

How to find us?

By car:

See route-map



By Public Transport

- from *Centraal Station Amersfoort* take bus *56 Connexion* direction *Doorn*, step-out at bus-stop 'Dolderseweg'.
- from *Centraal Station Utrecht* take bus *52 Connexion* direction *Amersfoort*, step-out at bus-stop 'Dolderseweg'.
- from station *Driebergen-Zeist* take bus *56 Connexion* direction *Amersfoort*, step-out at bus-stop 'Dolderseweg'.

Nico Trap Oogcorrecties clinic is a 2 minute walk from the bus-top 'Doldersweg'

Contact

Further information and illustrations are also on the web-site at: www.NicoTrap.nl

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This brochure (v. 02-06) follows guidelines set out by the Nederlandse Gezelschap voor Refractie Chirurgie .

All services are subject to our standard terms of delivery and conditions.