



# KING LASIK

## PATIENT GUIDE



## JOSEPH W. KING, MD

### **ASSOCIATIONS AND PROFESSIONAL MEMBERSHIP**

- Diplomate of American Board of Ophthalmology
- Member of the American Academy of Ophthalmology
- Member of the American Society of Cataract and Refractive Surgeons
- Fellow of the Royal College of Surgeons of Canada

“Having Laser Vision Correction is one of the best things I have ever done. Contact lenses were bothersome, time consuming and uncomfortable for me due to dryness of my eyes. Now, running, swimming, skiing, traveling, and performing LASIK are all much easier without eyeglasses. I love my perfect vision after LASIK and I love helping people experience clear vision for the first time!

## JOSEPH KING MD - LASIK SURGEON AND FORMER LASIK PATIENT

Dedicating his career to helping people to see clearly, and a strong believer in the results and safety of laser vision correction, Dr. King has undergone LASIK, resulting in clear 20/20 vision without glasses or contacts. Dr. King and his wife Holly have four children - William, Lucie, Charles, and Leo. In his free time, he enjoys spending time with his family, riding his Peloton bike, paddle boarding, swimming, water skiing, and snow skiing.

## EDUCATION

Dr. King is a graduate of the University of British Columbia School of Medicine in Vancouver, Canada. He completed his postgraduate medical and surgical internship in Victoria, British Columbia. A dual U.S. and Canadian citizen, Dr. King's Ophthalmology specialty training was

performed at Case Western Reserve University, St. Luke's Medical Center, in Cleveland, Ohio, where he served as Chief Resident. Following completion of his Ophthalmology residency, Dr. King completed an additional year of training at the University of South Florida Eye Institute where he performed his first laser vision correction procedure in 1997.



## REFRACTIVE EXPERIENCE

With the experience of more than 150,000 successful vision correction procedures since 1997, Dr. King is one of the most highly experienced LASIK surgeons in North America. Prior to founding King LASIK, Dr. King served as Medical Director at several of the busiest laser eye surgery centers in Canada and the USA. Dr. King has served as a clinical investigator in US FDA and Health Canada clinical trials evaluating new laser vision correction technology. A leader in the field of laser vision correction and one of the most highly experienced laser eye surgeons in both the USA and Canada, Dr. King was the first surgeon in North America to use iDesign technology to perform LASIK, the first surgeon in Western North America to use the B&L Z-100 laser, and the first US Northwest surgeon to implant the Evo ICL at his practice in Canada. Dr. King is certified and has performed surgeries on leading laser systems including VISX iDesign, Alcon Wavelight, Zeiss, and Nidek. Dr. King is a member of the Clinical Faculty in the Department of Ophthalmology at the University of British Columbia and is a clinical instructor affiliated with the Island Medical Program at the University of Victoria, Canada. In addition to serving as the Medical Director of King LASIK, Dr. King performs cataract surgery, lens exchange surgery, ICL implantation, and corneal crosslinking at





## GARY FILLMORE, MD

### **ASSOCIATIONS AND PROFESSIONAL MEMBERSHIP**

- Diplomate of the American Board of Ophthalmology
- Fellow of the American Academy of Ophthalmology
- American Society of Cataract and Refractive Surgery
- International Society of Refractive Surgery
- Society of Military Ophthalmologists
- Washington State Medical Association
- Alpha Omega Alpha Honor Medical Society

Gary Fillmore, MD, received his Bachelor's degree from Brigham Young University, graduating cum laude. He earned his Doctor of Medicine degree from the Medical College of Wisconsin, where he was elected to the Alpha Omega Alpha Honor Medical Society. Upon graduating from medical school, Dr. Fillmore entered active military service as an officer in the United States Army. After completing an internship at Fort Lewis' Madigan Army Medical Center, Dr. Fillmore completed his ophthalmology training at the Army's flagship hospital, Walter Reed Army Medical Center in Washington, D.C. Here he received multiple military honors and served his final year as the Chief Resident.

Dr. Fillmore served as a refractive surgeon for the military's highly regarded Warfighter Refractive Eye Surgery Program, providing these life-changing procedures to Airborne and Infantry Soldiers at Walter Reed, Fort Campbell, Fort Bragg, and Fort Gordon.

Dr. Fillmore is a board-certified ophthalmologist specializing in refractive surgeries such as iLASIK and CustomVue PRK, as well as custom cataract surgery. He is certified in the use of many laser vision correction technologies including the VISX Star S4 Excimer Laser System and the Intralase Femtosecond Laser.

Dr. Fillmore is excited about the vision correction technologies available today. He performed LASIK on his wife, Jennifer, in 2008. She now enjoys excellent vision without the need for glasses or contact lenses, and reports that it is the best thing she has ever had done herself. The Fillmore family is completed by four beautiful daughters - Brittany, Mackenzie, Madeleine, and Abigail.

# LASIK & PRK

## CORRECTION OF NEARSIGHTEDNESS, FARSIGHTEDNESS, AND ASTIGMATISM

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### LASIK

Thin flap created in cornea. Laser reshaping of the cornea under the flap.

Rapid 1 day recovery for most patients. Healing times may vary.

Rarely takes up to 1-3 months for consistently clear vision.

Very low risk of dry eye.

### PRK

Same laser vision correction as LASIK but no corneal flap. Laser vision correction (reshaping of cornea) takes place after removal of surface layer of skin.

Contact lens in place for 4-5 days after procedure as surface cells regenerate.

Most patients are legally OK to drive within 5-7 days.

Complete visual recovery and healing may take several weeks. Enhancements if needed at 6 months.

Lower risk of dry eye.

- EXPECTATIONS**
- Results depend on individual healing.
  - Extremely high patient satisfaction.
  - Eliminates or greatly reduces dependence on eye wear.
  - Highly predictable all laser procedure.
  - Mild fluctuations of vision, halos, and dry eyes are normal while healing.

## LASIK & PRK CONTINUED

### ENHANCEMENTS

Second procedure if needed after LASIK or PRK to enhance the post procedure visual result.

- People and eyes can heal differently, so results can vary.
- Approximately 1-2% of patients may need an enhancement depending on healing.
- Increased probability of enhancement with larger or more complex prescriptions.
- Performed once healing is complete, usually at least 3 months post LASIK.
- Most eyes are very stable following LASIK, but prescriptions may change with aging.
- Can be done more than once, months or years after initial procedure.

### READING GLASSES AFTER AGE 40-50

Expect to need reading glasses after age 40-50 if both eyes are corrected for distance. Presbyopia is normal loss of focusing power that causes the need for readers after age 40-50.

To reduce the need for reading glasses, monovision is an option (one eye for far, one for near).

Refractive lens exchange surgery may be a preferred option for patients older than 55 or 60 years of age. We will discuss your best vision correction options for you.

### DRY EYES

Fluctuations of vision and dry eye symptoms might be experienced following vision correction for a short period of time for some patients.

### PUNCTAL PLUGS

Helpful to prevent or treat dry eyes.

- Prevent natural tears from draining. Plugs can be temporary or permanent.
- Well lubricated eyes will heal more quickly.



# KING LASIK

## SURGERY PREPARATIONS AND POST-SURGICAL CARE

### 1 WEEK BEFORE SURGERY

- Remove contacts 3-7 days before surgery.
- Fill your prescriptions.
- Prepare for how you will pay.
- Arrange for a driver.
- Expect to be at the office up to 2-3 hours.

### ON THE DAY OF SURGERY

- Eat and take medications normally.
- Avoid wearing perfumes, colognes.
- Remove any makeup.

### WHAT TO EXPECT AT THE OFFICE

- Read and initial your consent form before your appointment. Signing consent form must take place in the office.
- Payment is on the day of the procedure (credit, debit, financing, cash, or cashier's check).
- Additional testing may take place. Oral sedative may be provided.

### AFTER SURGERY

- Sleep 4-6 hours if possible.
- Use eye drops while awake as instructed on the day of surgery.
- Limit digital media, TV, and reading for the first 6-12 hours.

## POST SURGICAL RESTRICTIONS

### 1 week

No eye makeup, no eye rubbing.  
Wear the goggles while sleeping.

### 2 weeks

No swimming, saunas, or hot tubs.

### 4 weeks

No eye rubbing or high contact sports where eyes may be hit.

## WHAT IS NORMAL?

### Stinging, burning, watery eyes?

- Normal for up to 6 hours with LASIK.
- Normal for up to 4 days with PRK.

### Red blood-like spots on my eyes?

- Normal bruising that lasts up to 3 weeks (due to suction holding the eye still).

### A weird taste in my throat?

- Normal if the drops drain into your nose through your tear duct.

### White stuff in the corner of my eyes?

- Normal buildup from the drops; you can carefully remove this or rinse with tears.

### Hazy or foggy vision?

- Normal for the first few days. Final healing takes up to 3 months.
- OK to wash face and shower the next day.

## OUR LOCATIONS

### Seattle Central

6700 Fort Dent Way  
Tukwila, WA 98188  
(425) 525-1000

### Seattle North

19031 33rd Avenue West, Suite #310  
Lynnwood, WA 98036  
(425) 525-1000

### Seattle South

4733 Tacoma Mall Blvd, Suite #200  
Tacoma, WA 98409  
(253) 342-2993

### Redmond

16150 NE 85th Street, Suite #219  
Redmond, WA 98052  
(425) 448-4888

### Portland North

17600 NE Delfel Road  
Vancouver, WA 98642  
(360) 635-5000

### Portland South

9735 SW Shady Lane, Suite #201  
Tigard, OR 97223  
(503) 206-0060

### Tri Cities

8011 West Quinault Avenue  
Kennewick, WA 99336  
(509) 374-3880

### Arizona

21803 N Scottsdale Road, Suite #100  
Scottsdale, AZ 85255  
(623) 323-2015