



See life more clearly with LASIK

A guide to understanding
Laser-Assisted In-Situ Keratomileusis
(LASIK)

See things differently.

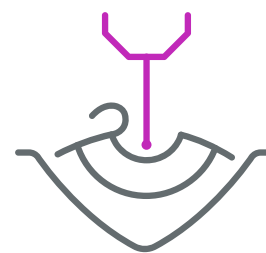
Hello

Thank you for your visit and entrusting us with your vision corrective procedure. We hope that your consultation today left you feeling confident that Lumea is the right choice for you.

Our commitment is YOU. While our processes, techniques and cutting-edge technology provide exceptional results, it's our dedication to delivering first-class patient care that makes us different.

We know you have choices. Our hope is that you're one step closer to choosing us.

[Learn more](#) about what makes us unique.



Understanding LASIK

Over the last 20 years, lasik or “laser-assisted in-situ keratomileusis”, has become the most common refractive surgery in the world for treating most types of refractive errors (near-sightedness, far-sightedness, and astigmatism).



A femtosecond laser creates a thin corneal flap which is then gently moved, like a page of a book. The resulting exposed cornea is then reshaped with a second laser (called an excimer) resulting in perfectly corrected vision within seconds. The flap is then gently replaced back to its original location and acts as a natural bandage. This is the major advantage of lasik over older types of refractive surgery (such as PRK) because the “bandage effect” of the flap allows for rapid healing (reduced pain and rapid visual recovery).

Side effects of lasik are mild and include temporary dry eyes, and foreign body sensation. Patients may experience night time glare or halo for a few days, which quickly resolves with normal healing.

Complications of lasik are extremely rare and are ALL treatable. These include infection, swelling or inflammation under the flap (diffuse lamellar keratitis). Very infrequently, the corneal flap may slightly shift immediately after surgery or later, from eye trauma.

Flap repositioning is a quick, and painless way to restore excellent visual acuity in these uncommon situations.

Ideal candidates for LASIK:

- Are under 45
 - Have myopia (near-sightedness) up to -9.0D
 - Have hyperopia (far-sightedness) up to +3.0D
 - Have astigmatism up to 5.0D
 - Have suitable corneal thickness
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SURGERY LENGTH

- 15 minutes

ANAESTHESIA

- Local with oral sedation

SIDE EFFECTS

- Dry eyes
- Irritation
- Temporary night glare

RISKS

- Infection
- Temporary swelling or flap inflammation
- Flap misalignment

RECOVERY

- Discomfort 6-12 hours
- Vision 1-2 days
- Exercise 5-7 days
- Make up 7-14 days

FINAL VISUAL OUTCOME

- 1 to 2 weeks
- Dry eyes typically resolve in 4-8 weeks

DOWNLOAD INSTRUCTIONS

- [Before your procedure \(pre-op\)](#)
- [After your procedure \(post-op\)](#)



Get to know your surgeon

Dr. Baseer Khan

MD, FRCSC

Glaucoma, cataract, anterior segment and refractive surgeon

Dr. Baseer Khan is an internationally respected ophthalmologist, serving as a global and national consultant and thought leader for many top industry-related partners and organizations. Prior to founding Lumea, he opened Clarity Eye Institute – the largest ophthalmic group in Ontario – and remains active in the business today. His vision to ensure the best patient care and experience is the foundation in which Lumea has been created.

After graduating top surgical resident in the ophthalmology program at University of Toronto, Dr. Khan went on to sub-specialize in complex anterior segment reconstruction and glaucoma surgery. Upon completion, he spent three years working as an associate in multiple practices before deciding to open his own practice. In 2009, he founded Clarity Eye Institute, a private surgery clinic (and sister-company to Lumea) and has been growing the business to multiple locations across the GTA. He also holds an active medical license to practice in Jamaica and works alongside three other ophthalmologists in Montego Bay.

In addition to his surgical and consulting work, Dr. Khan has also served as principal investigator on many medical and surgical trials in both the cataract and glaucoma space and continues to educate and share knowledge through the several advisory boards on which he sits.

Dr. Khan is currently the Chief of Ophthalmology at Southlake Regional Health Centre in Newmarket, and is on staff at Mount Sinai Hospital, Kensington Eye Institute and North York General Hospital.

[Learn more about Dr. Khan](#)



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Through our desire to always have the latest and greatest technology, along with the top surgeons on staff, we are committed to providing the best care for eyes and for the world through our Lumea-led sustainability efforts and extensive humanitarian work.

DR. BASEER KHAN

Get to know your surgeon

Dr. Paul Sanghera

MD, FRCSC

Cataract and refractive surgeon

Dr. Paul Sanghera is a nationally renowned cataract and refractive surgeon. Having performed more than 25,000 intraocular and 30,000 laser surgeries across Canada, he is recognized as a leader in his field and a pioneer in the use of new technologies. His experience has afforded him the skill and knowledge to cater today's cutting-edge surgeries to match every patient's unique visual needs and improve their visual outcomes.

Having completed his bachelor's degree and medical school at the University of Alberta, where he was on the dean's list, Dr. Sanghera was also the recipient of numerous awards and scholarships, including the Opal Hess Memorial Scholarship and the Dr. AJ Pauly Bursary in Medicine. Additionally, he was cited as the highest ranked applicant to enter the MD Program in 1997. He then specialized in ophthalmology at the University of Toronto and went on to receive further post-graduate training in refractive laser surgery.

Dr. Sanghera has been actively involved in research since his residency, including a \$10,000 research grant from the Glaucoma Research Society of Canada and numerous ongoing projects using state-of-the-art technologies in cataract surgery and intraocular lenses. He has also lectured both nationally and internationally at major ophthalmology conferences. He is currently a lecturer at the University of Toronto, on staff at Mount Sinai Hospital and Kensington Eye Institute, both in Toronto, as well as Stevenson Memorial Hospital in Alliston, ON. Dr. Sanghera is also actively involved in both resident and medical student education across the Greater Toronto Area.

[Learn more about Dr. Sanghera](#)



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Whether it's surgical innovations or advancements in processes, technologies, services or products – innovation is at the very heart and soul of our culture. Our belief in continuous improvement means we're never satisfied with anything being less than it can be.

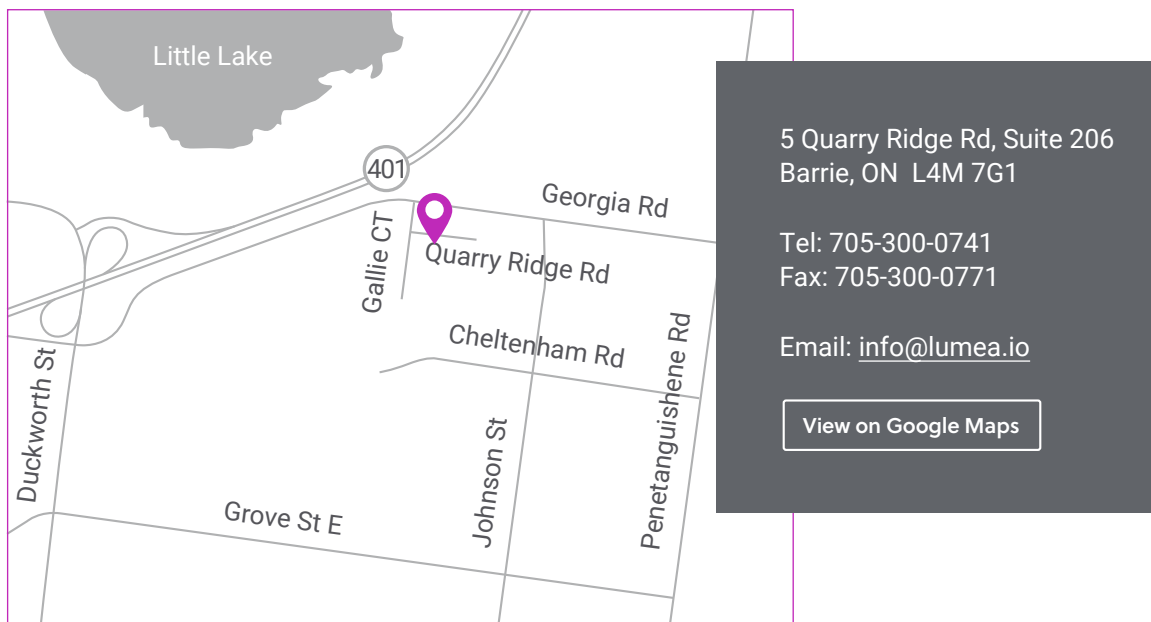
DR. PAUL SANGHERA

Our locations



Barrie office

Lumea acknowledges that our Barrie, ON location resides in the traditional territory of the Anishinaabeg people, which includes the Odawa, Ojibwe, and Pottawatomi Nations, collectively known as the Three Fires Confederacy.



Vaughan office

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