Laser Eye Surgery for Sports people

Whether you’re a professional sportsperson or keen amateur, you know how essential good vision is to success. It’s no surprise that increasing numbers of sports people are opting for Laser Eye Surgery to improve their performance and enjoyment of their sport.

Hand-eye coordination and keen powers of observation are a vital part of many sports and Laser Eye Surgery is playing an increasingly key role in sporting development. Contact lens and glasses manufacturers have invested heavily in lenses and frames more suitable to meet the rigorous demands of many sports, but the simple fact is that using lenses is no substitute for natural good vision.

Thanks to extensive development and many years of experience, our clinics can deliver exceptional results to help you achieve your visual goals. Sports people who have previously relied on glasses and lenses, and the compromises these made on their performance, are now free to improve their performance with no vision impairment.

Here are just some of the sports people whose lives and sporting careers have been enhanced by Laser Eye Surgery with AccuVision:

**Jamie Peacock MBE, retired rugby league player and Former England Captain**

One of the best players of his generation and twice named as the best forward in the world, Jamie underwent Laser Eye Surgery with AccuVision in 2010 following an 8 month injury lay off during his time playing for Leeds Rhinos, meaning he no longer needed to wear contact lenses during a game.

Jamie’s Trans-epi treatment at the AccuVision Wetherby clinic was a great success.
Triathlete Jodie had an ongoing struggle with contact lenses.

“Wearing my lenses while racing and training was becoming a really big hassle. A couple of the problems I encountered were difficulty in getting the lenses into my eyes for a 6am training session, and I developed very dry eyes late in the afternoon. I also had worries over losing my lenses in the swim stage of a race and getting sweat/sun cream in them which left me with blurred vision for a few hours! Not to mention the inconvenience of wearing glasses in general day-to-day life.”

Jodie had laser eye surgery with AccuVision back in 2007 and was delighted with the results, explaining:

“I no longer have to plan things around wearing glasses or contacts, and I have no worry with my vision during my sporting exploits”
Russell Simmonds, Marksman

Russel became F class British marksman champion and European champion in November 2008. His natural accuracy meant he could place all his rounds in a bullseye the size of a saucer from up to 1,000 yards. More recently he has served as captain of the US F-Class rifle team.

Accuwave™ Wavefront Laser Eye Surgery gave Russell better than 20:20 vision. Through Laser Eye Surgery, Russell has been able to develop his shooting skills and become one of the best target shooters in the world.

Contact sports and laser eye surgery – what you need to know

The most common method of Laser Eye Surgery is called LASIK, (laser-assisted in situ keratomileusis). The procedure involves the creation of a very thin ‘flap’ on the front of the cornea. This acts like a bandage after surgery, protecting the area that has been treated by the laser and healing up in due course.
For some patients whose occupation or chosen sport or pastime places the area around the eyes at risk of direct trauma, a conservative surface treatment may be more appropriate. Those playing contact sports like rugby, football, boxing, wrestling, judo and other martial arts need to be carefully advised about the most appropriate laser eye surgery procedure to minimise risk.

For most patients this is of little concern, but if the likelihood of an impact around the eye area is high, it's of vital importance that the right vision correction treatment is used.

A very successful treatment has now been introduced called **Trans-epi Surface Treatment**. Instead of creating a flap using the cornea, the front of the cornea is ‘smoothed’ using the laser to remove the epithelium (the transparent skin covering the eye) and any other minor aberrations that may be present in the treatment area. The laser eye surgery treatment does not require the eye to be cut in any way. Instead a laser is used to prepare the surface of the eye before the correction treatment takes place. The results and recovery are superior to other forms of treatment like LASEK.

The actual treatment plan to correct the specific eye prescription is then applied to the front surface of the eye. There is no flap to dislodge and no weakening of the cornea structure following this surgery procedure. A bandage contact lens is applied to protect the treated area immediately after surgery and the eyes are monitored over the following days and weeks to ensure that they recover correctly.

Trans-epi Laser Eye Surgery has proved very effective with rugby players, the armed forces and the many people who play contact sports, becoming the preferred treatment plan for them.

Contact AccuVision for your free consultation and see the world through fresh eyes.

www.accuvision.co.uk