



NAVAL HOSPITAL BREMERTON

OPHTHALMOLOGY AND REFRACTIVE SURGERY



REFRACTIVE SURGERY

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Our mission is to provide state-of-the-art surgical vision correction to active duty Military and other uniformed service personnel, with emphasis on visual performance enhancement for the Warfighter. We improve operational readiness and safety by reducing the need for glasses and contact lenses.

[Navy.mil Refractive Surgery Video](#)

FREQUENTLY ASKED QUESTIONS

1. I want to be considered for Refractive Surgery, where do I start?

Any military optometry department can help you get started. Please contact them directly to schedule an appointment for a refractive surgery consult. Call Tricare Regional Appointment Center (TRAC) to make an appointment by calling (800) 404-4506. You can either print a form from this website or get one directly from them. Either way, it is your responsibility to have your chain of command complete it, fax the completed form to the number listed on the bottom of the consult or mail it in. Remember to fill it out clearly.. Consult can be found at the following links:

For aviation: [Aeromedical Reference and Waiver Guide](#)

For non aviation: [General Consult](#)

2. How can I contact your clinic?

Call us at (360)475-5105, Option #3.

3. Did you get my consult?

You will receive a call to schedule a preoperative visit once we review your consult, usually within one month. We cannot accept incomplete or illegible consults.

4. Can I wear contact lenses before my appointment?

Contact lenses can alter the shape of your cornea, and it takes weeks for your eye to go back to its natural shape. If you wear soft contact lenses you must not use them for two weeks prior to your appointment. If you wear rigid gas permeable lenses, you must not use them for four weeks prior to your appointment. This will ensure that we examine your eye in its natural shape and give you the best possible surgical treatment to correct your vision.

5. When can I have surgery?

We perform surgery primarily based upon the Priority Level assigned by your Commanding Officer. Priority Level 1 patients will ALWAYS have priority over Priority Level 2, 3 and 4 patients. Patients with less than 1 year of AD service remaining will not be considered for surgery. For further questions, please see the BUMED Refractive Surgery Policies:

[Policy 08-0081 Deploy After Refractive Surgery](#)

[Policy Guidance LASIK](#)

6. Can I make/schedule an appointment for surgery?

When you are selected for an evaluation for surgery, we will make every effort to contact you. It is your responsibility to ensure that your contact number is current so that we can reach you when your turn comes up. If you are deployed or if any of your information changes (including your duty station), please update your information by phone, fax or U.S. mail.

7. Why did my shipmate get in before me and I submitted my consult first?

Most often it is due to their Priority Level. Remember, we do not assign your Priority Level; this is done by your Commanding Officer. Keep in mind, if a Priority Level 1 submits a consult today, they will have priority over any Priority Level 2, 3 or 4 who has previously submitted their consult --even if it was several months to several years ago.

8. Do you treat dependants and retirees?

No, our refractive surgery program is for active duty only. Retirees and dependents may be seen in optometry for spectacle prescriptions when space is available and general ophthalmology clinic for exams and medically necessary surgical treatments.

9. I was deployed/changed duty stations did I lose my number in line for surgery?

Remember, there is no "waiting list" for surgery. It is a database and we only input your information from your consult. We use this database to select our patients for refractive surgery, and those patients are selected by using the Priority Level which is assigned by your CO and listed on your consult.

10. Can I get treated by a civilian and if I do can I do my follow ups with any military refractive surgery center?

If you are on flight status, you CANNOT have surgery by a civilian provider. Please see Section 12.15, "Corneal Refractive Surgery" in the Ophthalmology section of the Navy Medicine Aeromedical Waiver Reference Guide:

<http://www.med.navy.mil/sites/navmedmpte/nomi/nami/arwg/documents/waiver%20guide%20-%20ophthalmology%20100505.pdf>

<http://www.med.navy.mil/sites/navmedmpte/nomi/nami/clinical/pages/ophthalmology.aspx>

If you are not on flight status and would like to have surgery by a civilian provider, it is recommended you review your situation with a military eye care provider by making an eye exam appointment prior to making any commitments. Remember, it is your responsibility to get written permission from your Commanding Officer to have this procedure performed by a civilian provider.

11. I got treated by a civilian and need a "follow up" or a "touch up". Can you do this for me?

You'll need to return to your civilian provider for your "follow up" or "touch up." It is recommended you review your situation with a military eye care provider by making an eye exam appointment prior to making any commitments.

12. On my consult form, what is meant by "sponsor social security #"?

If you are active duty, you are the sponsor (use your social security number). If you are a dependent, this is your sponsor's social security number.

13. Can you forward my consult to another military branch (Air Force/Army) RS center?

Other branches of the military require different consult forms. Please see the following links for further guidance:

US Air Force Medical Service Information: [AF Refractive Surgery](#)

US Army Medical Department Information: [Army Refractive Surgery](#)

14. Do you treat members of other services?

Yes, if they have submitted a Navy Refractive Surgery Consult and are within our geographical treatment area, or whose command will authorize them to travel to Naval Hospital Bremerton for surgery. If you are from outside our region, please download and review the out of state forms package.

Other Navy Refractive Surgery Centers:

For information about Refractive Surgery at other Navy Centers, please browse the following links:

WEST COAST	EAST COAST
CALIFORNIA Naval Hospital Camp Pendleton Main Ophthalmology	MARYLAND National Naval Medical Center / Walter Reed Army Medical Center, Bethesda Main Ophthalmology
Naval Medical Center San Diego Main Ophthalmology	VIRGINIA Naval Medical Center Portsmouth Main Ophthalmology
	NORTH CAROLINA Naval Hospital Camp Lejeune Main
	FLORIDA Naval Hospital Jacksonville Main Ophthalmology

From the FDA Website Regarding Refractive Surgery

<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/SurgeryandLifeSupport/LASIK/ucm061254.htm>

<http://www.fda.gov/MedicalDevices/ProductsandMedicalProcedures/SurgeryandLifeSupport/LASIK/ucm061325.htm>

Other Important Links for Reference (requires CAC Login)

Navy Knowledge Online: Under "Navy Medicine-Medical Service Corps-Optometry-Refractive Surgery"

<https://wwwa.nko.navy.mil/portal/navymedicine/medicalservicecorps/optometry/home/refractiv surgery>

TO CONTACT US:

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 One Boone Road
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Photorefractive Keratectomy (PRK) and LASIK

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Introduction to LASIK and PRK

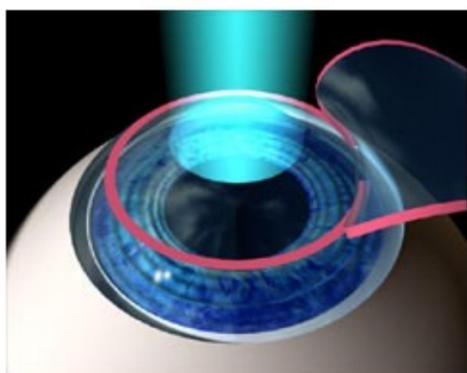
The most popular eye surgery to correct vision problems in the United States is Laser Assisted In Situ Keratomileusis (LASIK). In this procedure, the doctor uses a micro cutting instrument to create a flap in the outermost layer of the cornea. The flap is folded back, allowing a computer-guided laser to re-shape the surface of the cornea. This re-shaping is called photoablation. The flap is then replaced on the cornea. Most patients recover quickly from this procedure, often seeing much better without glasses within a few days.

PRK stands for Photorefractive Keratectomy. The procedure re-shapes the surface of the cornea in the same way as LASIK - with photoablation. However, a flap is not created. Instead, the surgeon removes the outer skin of the cornea. The laser re-shapes the corneal surface, and the skin cells are then allowed to grow back to cover the cornea once again. PRK patients take longer to recover and are usually functional after the fourth postoperative day. Vision gradually improves further over several weeks.

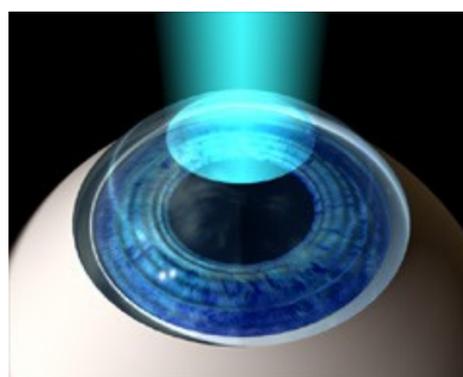
The surgery is performed by an ophthalmologist, a medical doctor with special training in diseases and surgery of the eye. Optometrists are specialists in the treatment of eye and vision disorders. Optometrists actively manage the care of Soldiers before and after laser surgery, but do not perform the surgery.

After refractive surgery, a strict regimen of medications is prescribed, as well as a physical activity profile to minimize the chance of injury to the healing eye. Convalescent leave is given for two days following LASIK, and four days following PRK. The powerful pain control regimen provided to PRK patients allows most Soldiers to experience only minimal post-operative pain; however this varies, and occasionally patients experience significant discomfort for several days following surgery. LASIK usually causes mild ocular irritation postoperatively for a day or two. Driving vision is often achieved by day 6 after either type of surgery.

LASIK



PRK



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HOW DO I SIGN UP FOR REFRACTIVE SURGERY?

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See your military optometry clinic first

Get an eye exam at your military optometry clinic to see if you are a candidate for surgery. Bring any old records of eye exams or old eyeglass prescriptions. Call Tricare Regional Appointment Center (TRAC) to make an appointment by calling (800) 404-4506. Have them fill out a [consult form](#).

Have your command complete the consult form after the optometrist has completed the first portion.

Fax the one page consult form to Naval Hospital Refractive Surgery Clinic at (360) 475-4411.

We will call you to set up preoperative exams. You must stop wearing soft contact lenses 2 weeks prior to your exam and rigid gas permeable contact lenses 4 weeks prior to your appointment. You will get a surgery date once you have been evaluated in our clinic and deemed to be a good candidate. Refractive surgery is typically scheduled on Thursdays.

Plan to be off work a minimum of two days for LASIK and five days for PRK.

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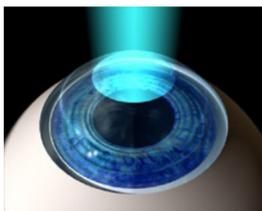
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SERVICES RENDERED

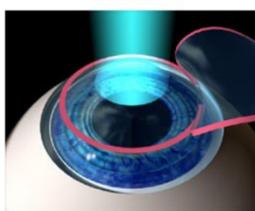
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PHOTOREFRACTIVE KERATECTOMY



Evaluation and advanced surface ablation treatments using the Eximer Laser.

LASIK



Evaluation and surgery using the Femtosecond Laser and Eximer Laser.

WAVESCAN & POST OP CARE



Wavescans as required for aviation waivers & routine post operative visits for refractive surgery may be scheduled by calling (800) 404-4506.

REFERRALS



Referrals will be provided to Madigan Army Medical Center or other specialists as appropriate.

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REFRACTIVE SURGERY CONSULT FORM

Please have optometrist and chain of command fill out this form and fax back to (360)475-4411.

COMMAND AUTHORIZATION

Please have your chain of command complete this form prior to your surgery. It outlines the time you will be unavailable for work due to recovery and follow up appointments.

REFRACTIVE SURGERY FORMS FOR OUT OF STATE PATIENTS

If you are from outside the state of Washington, please print and read this information before submitting your referral for surgery.

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[NAVY AND MARINE CORPS AVIATION LASIK WAIVER GUIDE](#)

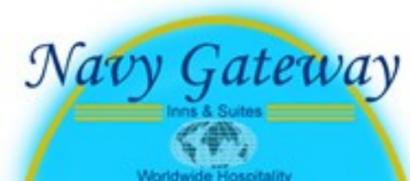
This contains updated information for aviation waivers and physical requirements.

[LASIK](#)

This site has information from Abbott about LASIK for consumers. This technology is used at Naval Hospital Bremerton and other Navy Refractive Surgery Centers.

[NAVY BACHELOR QUARTERS RESERVATIONS FOR OUT OF TOWN PATIENTS](#)

[NAVY LODGE RESERVATIONS FOR OUT OF TOWN PATIENTS](#)



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