REFRACTIVE SURGERY

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.

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 Travis Regional Appointment Center (TRAC) to make an appointment by calling (800) 404-4506. You cannot 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, fix the completed form to the number listed on the bottom of the consult or mail it in. Remember to fill it out clearly.

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 corneas, and it takes several 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 Active Service remaining will not be considered for surgery. For further questions, please see theBUMED Refractive Surgery Policies.

Policy 06-0814 Criteria After Refractive Surgery

Policy Guidance LASKR

6. Can I make/schedule an appointment for surgery?
   When you are selected, and your surgery is scheduled, we will make every effort to contact you. It is your responsibility to ensure that your contact number is correct 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 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 it is a Priority Level 1 consult they will submit a consult today, they will either go by 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 dependents and retirees?
   On a case-by-case basis, the refractive surgery program is for active duty only. Retirees and dependents may be seen in preoperative 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 based on your DD 270 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 active duty, you are the sponsor (use your social security number). If you are a dependent, this is your sponsor’s social security number.

11. On my consult form, what is meant by “sponsor social security #”?
    You’ll need to return to your civilian provider for your “follow up” or “touch up.”

12. I got treated by a civilian and need a “follow up” or a “touch up”. Can you do this for me?
    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 Active Service remaining will not be considered for surgery. For further questions, please see theBUMED Refractive Surgery Policies.

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13. 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 authority was not exercised by the PNCC.

14. On my consult form, what is meant by “onboard 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.

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

16. Can I get treated by a civilian and need a “follow up” or a “touch up”. Can you do this for me?
    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.

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

18. Will you perform surgery on active duty?
    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 Active Service remaining will not be considered for surgery. For further questions, please see theBUMED Refractive Surgery Policies.

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From the FDA Website Regarding Refractive Surgery

http://www.fda.gov/MedicalDevices/ProductsMedicalProcedures/SurgeryimplantSupport/LASIK/ucm061214.htm

http://www.fda.gov/MedicalDevices/ProductsMedicalProcedures/SurgeryimplantSupport/LASIK/ucm061215.htm

Other Important Links for Reference (requires CAC Login)

Navy Knowledge Online: Under “Navy Medicine-Medical Service Corps-Optometry/Refractive Surgery”

https://www.rss.navy.mil/potentialnavymed/servlets/nccお話/ophthalmology/home/refractivesurgery
Photorefractive Keratectomy (PRK) and LASIK

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 photorefractive keratectomy. 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 photorefractive keratectomy. 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.
HOW DO I SIGN UP FOR REFRACTIVE SURGERY?

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.

TO CONTACT US:
Naval Hospital Bremerton
Ophthalmology & Refractive Surgery
One Boone Road
Bremerton, WA 98312

Refractive Surgery
Phone: (360) 475-5105
Fax: (360) 475-4411

Ophthalmology
Phone: (360) 475-4295
Fax: (360) 475-4411
SERVICES RENDERED

PHOTOREFRACTIVE KERATECTOMY

Evaluation and advanced surface ablation treatments using the Excimer Laser.

LASIK

Evaluation and surgery using the Femtosecond Laser and Excimer Laser.

WAVESCAN & POST OP CARE

Wavescans are 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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Ophthalmology
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Fax: (360) 475-4411
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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RELATED LINKS

- NAVY AND MARINE CORPS AVIATION 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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