Athletes & Lasik: Professional Athletes Who Underwent Laser Eye Surgery

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Any athlete who suffers from blurry vision knows what an impediment glasses and/or contacts can be to their performance. Glasses easily fall off with movement, fog up when sweating, can't be worn under helmets, and distort peripheral vision. Contacts can also fall out during competition, vision can fluctuate when the lenses move around, and contacts absorb sweat and sunscreen, obscuring an athlete's vision. Because of this, some athletes rather deal with less than perfect vision than hassle with glasses or contacts when they compete. Other players choose Lasik to obtain perfect vision, both on the court and off. Laser eye surgery is a great option for individuals who play sports. Moreover, many professional athletes have improved their game after correcting their vision with Lasik. Read on to find out which sport's superstars have super sight after Lasik and what type of sports are especially compatible with laser eye surgery.

Related Article: Should Athletes do Lasik?

What is Lasik?

Lasik is a type of laser vision correction that reshapes the cornea to correct refractive issues, such as near sightedness and far sightedness. Using the most advanced technologies, Dr. Dello Russo, uses his unparalleled experience to provide the best Lasik surgery in NYC. The procedure can be completed in mere minutes, recovery is quick and painless, and improvements to vision can be seen almost immediately.

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Athletes Who Have Gotten Lasik

Lasik may improve eye/hand coordination. That is why many famous basketball players, such as **LeBron James** and **Dwayne Wade** have improved their performance after getting Lasik.

In addition, athletes who play outdoor sports who must contend with the elements prefer Lasik. *The New York Times* featured two professional baseball players in the article "How Lasik Steadied Two Mets Behind the Plate." Catcher, **Tomas Nido** use to wear contacts. He complained that during games his vision blurred during cold weather. When a gust of wind caused his contact to actually pop out while he was catching, Nido decided to get Lasik. Tomas Nido is not the only Met who has gotten Lasik. Two-time All-Star, **Wilson Ramos**, also got Lasik when he found that issues with his contacts compromised his performance. *The New York Times* explains, "To combat the wind drying out his lenses and irritating him, Ramos applied drops between innings, especially on days when the wind was blowing hard." Ramos' "operation took 40 seconds — 20 seconds on each eye. That season, Ramos batted .307, 78 points better than the previous year, and made his first All-Star Game. 'Not hard surgery, [it] was quick and easy. Afterward, a couple of drops, go to hotel, take a few pills, sleep for three hours, see difference when you wake up and turn on television,' said Ramos."

Other athletes include Tiger Woods and gold medalist swimmer Amy Van Dyken. Lasik is especially helpful for swimmers who cannot where glasses and should not wear contacts due to the danger of eye infections by mixing contact lenses with chlorinated water.

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A Few Considerations

While Lasik usually requires a day or two to recover, swimmers need to stay out of the pool for at least two weeks after laser eye surgery. In addition, Lasik may not be the ideal solution for athletes of high contact competitions, like football, boxing, or any sport where a player may be jabbed in the eye. PRK, which reshapes the cornea without creating a flap, may be a better option in those cases.

Athletes and Lasik

If you are an athlete and want to improve your game with perfect vision without contacts or glasses, schedule a consultation with Dr. Dello Russo. Schedule online or call **1 (866) 776 6891 today.**

Microscopy assisted Lasik

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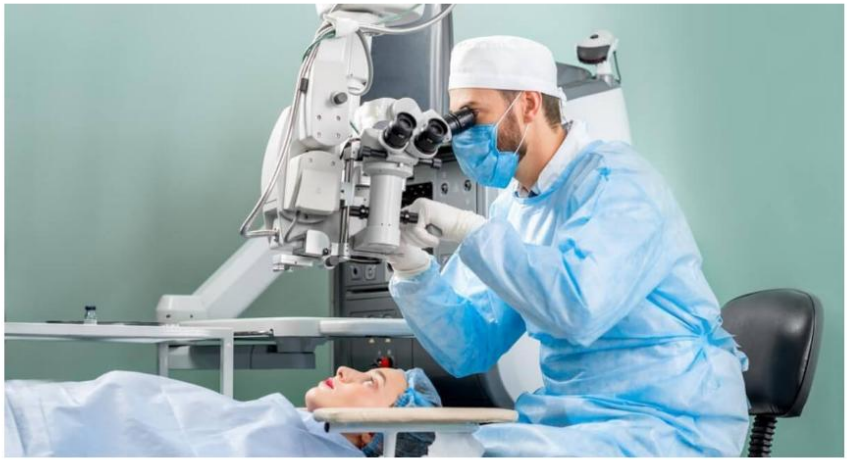

Microscopy assisted Lasik

Microscopy is more popular than ever. In the 20 years that LASIK eye surgery has been FDA approved, more than 10 million people have invested in better vision. A bioengineering research team at the University of Maryland is developing a new form of microscopy that could be a game changer. Their research was published in *Physical Review Letters.*

Even with the use of microscopy during LASIK, eye surgeons still estimate the refractive properties of the eye, using the patient's acuity – that is how close a person comes to having 20/20 vision without glasses.

How to Choose the Best Lasik Surgeon >>

As research teams work to create new microscopy techniques, the University of Maryland's Department of Bioengineering, is finding a resolution to make this technology even more precise. They have developed a technique that would allow doctors to perform LASIK using precise measurements of how the eye focuses light.

Assistant professor at the University of Maryland, Guiliano Scarcelli, says this could be a big first for LASIK. "Light is focused by the eye's cornea because of its shape and what is known as refractive index. But until now, we could only measure its shape."

Microscopy procedures can fix common eye problems like near and farsightedness. What needs to be repaired? The cornea. A doctor reshapes it to improve the sharpness of a person's vision. Right now, doctors are altering the shape without the ability to exactly measure how much the path of light is bent when it hits the cornea.

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In order to measure the path light takes to hit the eye, the refractive index needs to be measured. Refractive index is a number that defines how fast light spreads through a material. By mapping the distribution and variations of the local refractive index within the eye, doctors would know the exact degree of corneal refraction.

With this information, doctors would be better equipped to customize a LASIK procedure to each individual patient. An eye surgeon could then be confident in telling a person they could walk away with perfect vision.

Related Article: Am I a Good Candidate for Lasik >>

Scarcelli says a doctor might not even have to cut into the cornea anymore. "Non-ablative technologies are already being developed to change the refractive index of the cornea, locally, using a laser." His team at the University of Maryland developed a microscopy technique using Brillouin spectroscopy. This is a light-scattering technology that was formerly used to sense the mechanical property of tissue and cells without disrupting or destroying either. Theoretically, by using this technology, they are able to directly determine the refractive index.

Microscopy assisted Lasik is still just a theory, but it is a great example of how Lasik technology is constantly expanding and developing. It is important to choose an eye surgeon that is up-to-date on the latest Lasik procedures, such as Drs Dello Russo who provide patients with no-blade Lasik. Book a consultation with the team by calling 1(866) 776-6891.