

Optical Surgery

LASIK & Refractive Lens Exchange — Your Friendly Guide to Clear Vision

Your friendly, plain-English guide to what to expect — from start to finish.

What is Optical Surgery?

India is one of the world's leading destinations for vision correction surgery — and it's easy to see why. World-class eye surgeons, internationally accredited hospitals, the latest laser and lens technology, and costs that are a fraction of what you would pay privately in New Zealand. For many people, the chance to see clearly without glasses or contact lenses for the first time in their lives — at an accessible price — is genuinely life-changing.

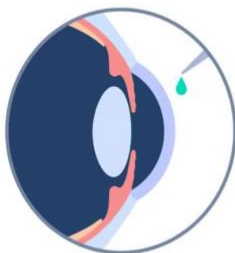
We offer two procedures: LASIK laser eye surgery for those who are suitable candidates, and Refractive Lens Exchange (RLE) for those who are not — typically older patients, or those with higher prescriptions or early-stage cataracts. Between them, these two procedures cover the vast majority of people looking for a permanent vision correction solution.

LASIK — Laser Eye Surgery

LASIK (Laser-Assisted In Situ Keratomileusis) is one of the most commonly performed surgical procedures in the world, with an outstanding safety record and a remarkably quick recovery. It uses a precisely controlled laser to gently reshape the cornea — the clear front surface of the eye — correcting the way light focuses on the retina and eliminating or significantly reducing the need for glasses or contact lenses.

LASIK is performed in minutes per eye and most patients notice a dramatic improvement in vision within 24 hours. It corrects short-sightedness (myopia), long-sightedness (hyperopia), and astigmatism.

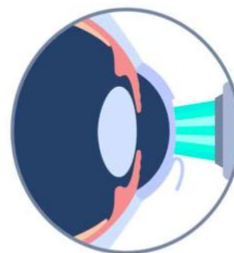
LASIK SURGERY



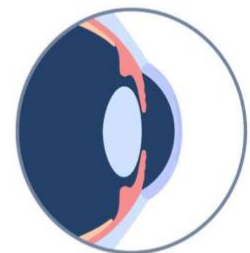
Anaesthesia



Cornea flap creation



Laser reshapes cornea



The corneal flap is repositioned

What Can LASIK Improve?

✓	Short-sightedness (myopia) — difficulty seeing things clearly at a distance
✓	Long-sightedness (hyperopia) — difficulty seeing things clearly up close
✓	Astigmatism — blurred or distorted vision caused by an irregularly shaped cornea
✓	Dependence on glasses or contact lenses for daily activities
✓	Inconvenience of prescription eyewear for sport, travel, or professional reasons

Are You a Good Candidate for LASIK?

✓	You are aged 18 or over with a stable prescription for at least two years
✓	Your corneas are of sufficient thickness to safely support laser reshaping
✓	You have no significant dry eye condition, keratoconus, or other corneal disorders
✓	You are in good general health with no autoimmune conditions affecting healing
✓	You are a non-smoker or willing to follow all pre and post-operative instructions
✓	You have realistic expectations — LASIK delivers excellent results for most patients, but perfection cannot be guaranteed and some people may still benefit from thin corrective lenses for certain tasks



Not sure if you are a LASIK candidate? A thorough pre-operative assessment will confirm your eligibility before any commitment is made. Our surgical team will assess your corneal thickness, prescription, eye health, and lifestyle to determine whether LASIK or RLE is the better option for you.

How LASIK Works — Step by Step

1	Anaesthetic eye drops applied Your eyes are numbed with anaesthetic drops — no injections. You will be awake throughout and comfortable.
2	A thin flap is created Using either a microkeratome blade or a femtosecond laser (bladeless LASIK), a thin protective flap is created on the surface of the cornea and gently folded back.
3	The laser reshapes the cornea An excimer laser precisely removes microscopic amounts of corneal tissue to correct your specific prescription. You will be asked to focus on a light — the laser takes only seconds per eye.
4	The flap is repositioned The protective flap is carefully laid back into place. It adheres naturally without stitches and begins healing immediately.
5	Both eyes treated Both eyes are typically treated in the same session. The entire procedure takes around 15–20 minutes for both eyes.
6	Rest and recovery You will rest briefly after the procedure. Your vision may be blurry for a few hours but most patients notice significant improvement by the following morning.

Refractive Lens Exchange (RLE)

Refractive Lens Exchange — also called clear lens extraction or lens replacement surgery — is an excellent option for people who are not suitable candidates for LASIK. This includes people over 40 with presbyopia (age-related reading difficulty), those with higher prescriptions beyond the safe range for laser treatment, or anyone with early-stage cataracts whose natural lens is beginning to cloud.

RLE involves removing the eye's natural lens and replacing it with a high-quality artificial intraocular lens (IOL) that is precisely calculated to correct your vision. The procedure is essentially the same technique used in cataract surgery — one of the most commonly performed and well-studied operations in the world — but performed before cataracts have developed, purely for vision correction purposes.

The results are permanent and, because the replacement lens cannot develop a cataract, you will never need cataract surgery in the future. For the right patient, RLE is genuinely one of the best investments in lifelong vision quality available.



What Can RLE Improve?

✓	Presbyopia — age-related difficulty reading or focusing up close (the reason many people over 45 need reading glasses)
✓	Moderate to high myopia or hyperopia beyond the safe range for LASIK
✓	Astigmatism — with the right lens choice (toric IOL)
✓	Early-stage cataracts — preventing future cataract surgery
✓	Dependence on multiple pairs of glasses for distance, reading, and intermediate vision

Choosing the Right Lens — Your IOL Options

One of the most important decisions in RLE is selecting the right intraocular lens for your vision goals and lifestyle. Your surgeon will guide you through the options during your consultation:

Monofocal IOL	Corrects vision at one distance — typically distance. Most patients choose this and use reading glasses for close work. The most commonly used lens and the most affordable option.
Multifocal IOL	Provides good vision at multiple distances — distance, intermediate, and near — reducing or eliminating the need for reading glasses. Some patients experience haloes around lights at night, particularly in the first few months.
Toric IOL	Specifically designed to correct astigmatism. Can be combined with monofocal or multifocal designs. Provides significantly sharper overall vision for those with corneal astigmatism.
EDOF IOL	Extended Depth of Focus lenses provide a continuous range of clear vision from distance through to intermediate, with fewer haloes than traditional multifocals. An excellent choice for patients who use screens frequently.

How RLE Works — Step by Step

1	Anaesthetic eye drops applied Your eye is fully numbed with anaesthetic drops. The procedure is painless — you may feel slight pressure but nothing sharp.
2	A tiny incision is made A very small self-sealing incision (less than 3mm) is made at the edge of the cornea. No stitches are required — it heals naturally.
3	The natural lens is removed Using a technique called phacoemulsification, the natural lens is gently broken up with ultrasound energy and removed through the tiny incision.
4	The IOL is inserted The chosen intraocular lens, folded within a small injector, is inserted through the same tiny incision and unfolds into position within the eye.
5	Each eye treated separately For safety, each eye is treated on a separate day — typically with 1–2 weeks between procedures. This ensures your first eye has begun healing before the second is treated.
6	Recovery begins immediately Vision begins improving within 24–48 hours. Most patients are comfortably driving within a week of each procedure.

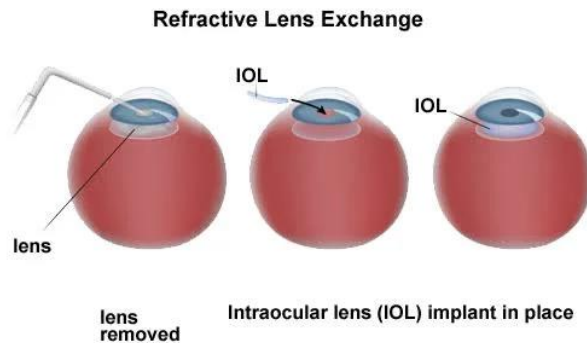
Important Medical Conditions to Disclose

Please make sure you tell your surgeon if you have any of the following, as they affect both suitability and surgical approach:

!	Dry eye syndrome — significant dry eye may affect LASIK suitability and post-operative comfort
!	Keratoconus or other corneal conditions — these affect LASIK suitability and corneal measurements
!	Glaucoma or raised intraocular pressure
!	History of retinal detachment or other retinal conditions
!	Autoimmune conditions such as rheumatoid arthritis or lupus

!	Diabetes — this can affect wound healing
!	Current pregnancy or breastfeeding — optical surgery is postponed until after

Please ensure all personal medications are fully disclosed to your surgeon on your medical assessment form. Blood-thinning medications — including certain vitamins and supplements such as fish oil, vitamin E, garlic, and aspirin — must be ceased at least two weeks prior to surgery, as directed by your surgical team.



Recovery Timeline

Timeline	What to Expect
Day 1–2	Vision improvement begins — often dramatically so within the first 24 hours. Some blurring, light sensitivity, and mild watering are normal and settle quickly. Prescription eye drops are used as directed.
Days 3–7	Most patients are able to resume normal daily activities including computer use, reading, and light work. Avoid rubbing the eyes. Protective eyewear may be provided for sleeping.
Weeks 2–4	Continue using prescribed drops. Avoid swimming and contact sports. Vision stabilises progressively. For RLE patients, the second eye may be treated during this window.
Months 1–3	Final visual clarity established. Most halos or glare — if present — significantly reduce. Follow-up appointments confirm your outcome.
Months 3–12+	Long-term results stable and clear. For LASIK, an enhancement procedure is available if needed in the small number of cases where fine-tuning is required.



Sunglasses are essential — wear high-quality UV-protective sunglasses outdoors throughout your recovery and beyond. UV protection is important for long-term eye health and helps protect your results.

Risks — The Honest Bit

!	Dry eye — common after LASIK, usually temporary and managed with lubricating drops
!	Halos or glare around lights at night — particularly with multifocal IOLs; usually reduces over months
!	Under or over-correction — may require an enhancement procedure (LASIK) or glasses for specific tasks
!	Flap complications (LASIK) — rare with modern laser techniques
!	Infection — very rare with proper antibiotic cover
!	Posterior capsule opacification (RLE) — a secondary cloudiness that can develop months or years later, easily treated with a simple laser procedure in clinic
!	Anaesthesia-related risks — drops rather than general anaesthetic, so systemic risk is minimal

Cost Comparison — India vs New Zealand

Cost Item	India (NZD approx.)	NZ (approx.)
LASIK (both eyes)	~ \$1,400 – \$2,200	~ \$5,400 – \$7,800
Bladeless / Femto LASIK (both eyes)	~ \$2,000 – \$3,200	~ \$6,500 – \$9,000
Refractive Lens Exchange — Monofocal IOL (both eyes)	~ \$5,500 – \$7,200	~ \$12,000 – \$16,000
RLE — Multifocal or EDOF IOL (both eyes)	~ \$8,000 – \$10,000	~ \$18,000 – \$24,000
RLE — Toric IOL add-on (both eyes)	~ \$600 – \$1,200 additional	~ \$1,500 – \$3,000 additional
Pre-op assessment & consultation	\$90.00	~ \$300 – \$600

Please note: All surgical costs are paid directly to the hospital. JBTG logistics fees, airfares, and accommodation are quoted separately. NZ pricing sourced from current NZ private providers — ranges reflect variation between clinic, technology, and lens choice.



About JBTG Limited's Role. JBTG Limited (Bums, Tums & Gums) is your logistics organiser and tour escort — not a medical professional. Your surgical contract, all clinical decisions, and your medical records are between you and the hospital directly. Our job is to get you there safely, support you throughout, and bring you home.

Ready to Find Out More?

Getting started is simpler than you might think:

1	Get in touch Call or email us for a no-obligation chat. Tell us a bit about what you are hoping to have done.
2	We connect you with our India brokers Our trusted on-the-ground medical brokers identify the right surgeon and hospital for your specific needs.
3	You receive a personalised quote The surgical team provides a detailed quote once your information has been reviewed — including confirmation of which procedure you are suitable for.
4	We arrange everything Flights, hotel, all transfers, and your full logistics package — all taken care of.
5	We travel with you You're not going alone. Your JBTG escort accompanies you throughout the entire trip.

Insurance — What You Need to Know

Travel insurance is highly recommended for anyone travelling to India for surgery. Standard New Zealand travel insurance policies will not cover elective procedures — so it's important to arrange specialist medical travel cover before you go. We work with Global Protective Solutions, who offer insurance specifically designed for medical tourists. Their policy covers the procedure itself and any complications for up to six months after your procedure date, including care back home in New Zealand. Please note that this is not a standard travel insurance policy — it does not cover the other elements of your trip such as flights, luggage, or cancellations.

You can enrol directly through our dedicated link at www.globalprotectivesolutions.com/enroll/bumstumsgums. A visa is also required to enter India, and while we cannot apply on your behalf, we will guide you through the process and make sure you have everything you need well in advance of travel.

Jackie Brown | Bums, Tums & Gums | J B T G Limited
0275481004 | info@JBTG.co.nz

Optical Surgery patient guide | All surgical costs paid directly to the hospital | JBTG Limited provides logistics only

Prices are indicative only and subject to change. NZ pricing sourced from current NZ private providers. All medical information is for general guidance — please consult our surgical team for personalised advice.