



FOR YOUR EYES *and more*



Sankara Nethralaya is a not-for-profit institution which provides expert ophthalmic care. Their excellent management system, good pool of human resources and state of the art technology, have facilitated their growth nationally and internationally.

Dr. Shubhra Goel, Associate Consultant, Oculoplasty Department and Oculofacial Plastic surgeon, handles both surgical and non-surgical cosmetic procedures around the eye and face. The surgical procedures they perform include forehead lifting, eyebrow lifting, cheek lifting, scar revision, scar rehabilitation and scar rejuvenation, fat transfer (transfer of patient's own fat to his face), blepharoplasty (where excess fat/skin around the eye is removed), ptosis surgery, (where drooping eyelids are lifted) and dermal fillers. Non surgical procedures include botox, chemical peels, skin tightening with radio frequency machines, pigment removal, and removal of under-eye dark circles.

In India since awareness about cosmetic surgery is escalating, it is important to consult a skilled and trained team of doctors before venturing into it. Dr. Shubhra Goel further adds that the doctors in Sankara Nethralaya are trained and skilled, and therefore, there is hardly any possibility of side-effects.



Dr. N. Radhika, Senior Consultant, Cornea Department and also a refractive surgeon handles laser treatment or LASIK, which removes eye-power. For LASIK to be performed, it is important that the person should have completed 18 years of age, have stable power and no serious body or eye problems. Nine out of ten people get their power corrected completely.

Until recently, the flap on the cornea through which laser is delivered, was created using a mechanized blade. Today, Femtosecond LASIK is an improvement, where the initial flap can be created using laser. This is recommended for people whose cornea does not permit exposure to mechanized blades. People who have done LASIK should not be exposed to any injury in their eyes.

■ Namrata Amarnath