Welcome to Sjonlag Eye Center, a total refractive surgery center. Established in 2001, the Center has grown into a fully staffed eye clinic, covering all of the major aspects of ophthalmological disease, including the treatment of the entire range of refractive errors, which includes myopia (nearsightedness), hyperopia (farsightedness), astigmatism and presbyopia.

With highly trained experts in laser vision correction and intraocular surgery as well as our helpful and friendly staff, we offer you a true quality service.

After all, we believe we are experts in your eyes.
Our ophthalmologists

Jóhannes Kári Kristinsson - johkari@sjonlag.is
Corneal diseases and laser refractive surgery

- MD degree from the University of Iceland in 1992.
- PhD from Department of Medicine, University of Iceland in 1006.
- Ophthalmologist at the University Hospital of Iceland 2001-2005.
- Dr. Kristinsson was the first Icelandic ophthalmologist working in Iceland to perform laser refractive surgery, in the spring of the year 2000. He finished his fellowship year in cornea and external diseases as well as laser refractive surgery at the distinguished Duke University Eye Center, which is currently ranked the 8th best ophthalmology hospital in the US, according to US News & World Report.

Ólafur Már Björnsson - omb@sjonlag.is
Medical retina and laser refractive surgery

- MD degree from the University of Iceland 1996.
- Member of the Educational Committee of the Norwegian Society of Ophthalmology for retinal diseases.
- Dr. Bjornsson has attended courses in laser refractive surgery in Rome, Athens and Chicago. He directs the surveillance of diabetic retinopathy and age-related macular degeneration.

Óskar Jónsson - oskar@sjonlag.is
Surgical retina and cataract surgery

- MD degree from the University of Iceland 1996.
- 2000 - Master’s Degree in Health Sciences – University of Iceland.
- Retina consultant at the Department of Ophthalmology, University Hospital of Iceland.
- Dr. Jónsson performs cataract surgery at our clinic as well as refractive surgery utilizing Staar ICL and multifocal lenses. He also directs the surveillance of diabetic retinopathy and age-related macular degeneration.
Sjonlag Eye Center

Excellence in Patient Care

We at Sjonlag Eye Center have been performing laser refractive surgery since the turn of the century. Thousands of patients have experienced new vision and new possibilities in life without the aids of glasses or contact lenses. We offer only the very best in technology and patient care. Our staff speaks English fluently and our doctors have an international background from the United States, Norway and Sweden. We personally guarantee you that our laser refractive treatment is second to none and will do everything to make your visit to our Eye Clinic a memorable experience.

Sjonlag Laser Vision Correction

LASIK and other forms of refractive laser treatments use pulses of invisible, ultraviolet light to remove a very thin layer from the front surface of the eye, changing the curvature of the cornea. To correct nearsightedness, the curvature of the cornea must be decreased, which means that the cornea must be made flatter. To correct farsightedness, the curvature of the central cornea must be increased, which is accomplished by removing a “donut” shaped ring of tissue. To correct astigmatism, the curvature must be altered in one specific direction.

Only a very small amount of material is removed, usually less than the thickness of a hair. Low amounts of nearsightedness, farsightedness, or astigmatism will require smaller amounts of tissue removal, and larger corrections will require greater amounts. The total treatment usually takes less than one minute of actual laser time. The total time of the operation is usually under 10 minutes, both eyes.

A computer running specialized software determines the exact pattern of pulses needed to remove the right amount of corneal tissue. The computer also directs the actual operation of the laser system.

There are several variations of laser vision correction, each of which has advantages and disadvantages. We will discuss your specific situation with you after we have taken your personal history and performed measurements and calculations.

LASIK (LASer In-situ Keratomileusis). This is our most common type of treatment. A protective flap is made using the keratome. The treatment is then applied under the protective flap. LASIK treatment allows for the most rapid visual recovery. Usually both eyes are treated at the same time.

LASIK without a flap (PRK, LASEK). For patients with extremely dry eyes, thin corneas, large pupils, very high corrections or a combination of these, laser refractive surgery without a flap may be the best treatment. Rather than making a protective flap, the laser treatment is applied directly under the ultra-thin tissue layer (known as the epithelium) that covers the front surface of the eye. There are many minor variations in how the tissue layer is handled: if the layer is completely removed, then the procedure is called PRK (photorefractive keratectomy); if it is laid back over the treatment area, the technique is called LASEK. In either one of these methods, the tissue layer grows back in 5-7 days, during which time the vision is blurry and a protective contact lens must be worn. Usually, this treatment can be used on both eyes the same day.

In addition, we offer both so-called conventional and customized treatment (wavefront or third-generation laser) on our patients. The decision on which treatment to use is based on our thorough examination on patients.
Results

The vast majority of patients no longer need glasses or contact lenses for distance vision after laser vision correction treatment. Almost all patients who have laser vision correction see better without glasses after the procedure. Following treatment, 95% of patients will have 20/25 (6/7.5) or better vision without glasses, and 99% will have 20/40 (6/12) or better vision without glasses. To put things into perspective, a 20/40 (6/12) vision is good enough to pass the driver's vision test without glasses.

If needed, the results can be further improved through a repeat laser treatment. There is no additional fee to have a "touch-up" procedure. We perform "touch-up" in approximately 5% of our patients.

Of course, these results are very impressive. It is important to realize, however, that it is impossible to accurately tell you beforehand what your results will be. As with everything in life, no guarantees can be made about the outcome of laser vision correction in any individual case, because each person responds in a slightly different way. If you will only be satisfied with "perfect" 20/20 (6/6) vision without glasses after laser treatment, we would kindly advise you not to have the surgery performed.

The quality of vision following laser vision correction is usually superior to vision with contact lenses or glasses. Patients generally have less glare than they had with contact lenses, and of course the inconvenience and discomfort of contact lenses is eliminated. Side vision isn't compromised, as it is with glasses, and there is no longer the problem of dirty, misty, wet or scratched glasses.

Following the procedure

After the LASIK procedure, your eye may feel irritation or a foreign body sensation, or your eye may tear or water for a few hours. If you experience discomfort, your doctor may suggest you take a mild pain reliever. Most patients are quite comfortable after taking a short nap while wearing the protective eye shields. Some LASIK patients may wear the eye shields while sleeping during the first few days. Do not rub your eyes during the early healing stage. It is not unusual for dryness in your eyes to last for several days. In some patients this can be longer.

LASIK patients have to sleep with the protective goggles we provide following the surgery for four nights after the procedure.
Returning to normal activities
Many patients return to work within a day or two of the procedure. You will need to follow the restrictions mentioned below. Otherwise, as long as you follow your doctor’s instructions, you should be free to resume all your normal activities.

- Wait one full day before taking a shower.
  Be careful not to get shampoo or soap into your eyes.
- Wait one day to one week, as your doctor advises, before resuming driving.
- Wear sunglasses in strong sunlight for the first few days.
- Read and watch TV in moderation the first few days.
- Do not wear eye makeup for four days.
- Do not rub your eyes for one week.
- Do not exercise for one week.
- Avoid swimming, hot tubs and whirlpools for two weeks.
- Avoid gardening and dusty environments for one week.
- Avoid contact sports that could result in an eye injury for two weeks.

Safety issues
One of the questions we get is: “Is LASIK a safe procedure?” The answer for this is quite simple: Yes. Nothing in life is 100% safe, but compared to many surgical procedures, and indeed activities we perform in our daily life, this is a safe procedure by any standard. Most problems after surgery, such as dry eyes, night vision problems, haloes and starbursts disappear within few weeks or months after surgery. If re-treatment is necessary for slight under- or overcorrection, this can usually be easily treated by lifting the existing flap followed by a short course of laser treatment.

Price/Cost
The price of re-treatment is included in the initial price. Note however, air travel, hotel costs and other cost of living during the stay in Iceland for the re-treatment is not included.

Price list - note that the price is always the same, regardless of amount of hyperopia/myopia/astigmatism and whether conventional LASIK is performed or customized/wavefront treatment.

Both eyes: ISK 275.000
One eye: ISK 155.000