

# Post, O'Connor & Kadrmas Eye Centers and Plymouth Laser & Surgical Center

Taking eye care to the next level through advanced technology, expertise and commitment to patients closer to home

BY LAUREL MAYER HOMER

**P**lymouth Laser & Surgical Center has been the choice of thousands of patients having either elective or non-elective eye surgery on the South Shore and Cape Cod. Dedicated to creating and maintaining a center of excellence, the team works together providing patients with the best possible eye care and technology in a comfortable and safe environment.

"We pride ourselves in having a surgical center that is state-of-the-art and conveniently close for patients," explains Eddie F. Kadrmas, M.D., Ph.D., retinal surgeon. "By not traveling into Boston, patients can stay local and have their procedure in a warm and friendly environment."

Affiliated with Post, O'Connor & Kadrmas Eye Centers P.C., which has been caring for patients throughout the South Shore, Cape Cod and Southeastern regions of Massachusetts for over 30 years, Plymouth Laser & Surgical Center balances the highest level of professional eye care with personal patient care.

Unlike multi-specialty facilities, the center specializes in one area, treating eyes.

"When we built the surgery center we created a center of excellence that concentrated on our specialty – ophthalmology," notes Charles T. Post Jr., M.D., cataract and refractive surgeon, and founder of the Plymouth Laser & Surgical Center.

This singular focus allows the center to deliver the most advanced treatment options to patients in the surrounding communities.

"The center is truly remarkable. It was one of the reasons I left Boston to take care of retina patients locally," Kadrmas says. "One big advantage is having a staff that knows eyes. With that familiarity comes excellence and consistency. They're the best at their positions and are truly specialized in caring for our patients."

The surgical team supporting the doctors consists of certified registered nurse anesthetists, registered nurses and surgical technicians. The team's expertise creates an efficiency that emphasizes the patient experience from

the moment patients walk into the center. From arrival through recovery, the staff creates an environment that fosters a high level of comfort and confidence, reducing anxiety.

"Not only is the staff highly competent, they are very friendly," Daniel J. O'Connor, M.D., cataract, glaucoma and refractive surgeon, says. "They make sure patients are comfortable and relaxed throughout the entire surgical experience. They take pride in making sure patients' privacy is safeguarded, that the care patients receive exceeds expectations, and that all instructions are explained clearly and patiently to build comprehension and compliance. They know exactly what patients need before and after eye surgery. We couldn't ask for a better team."

This level of specialization allows the surgical team at the center to stay on the vanguard of advanced techniques.

"The equipment we use is all geared toward eye surgery," O'Connor says. "It's state-of-the-art, and it's updated on a continuous basis."

As pioneers in laser, surgical treatments and therapeutic injections, the center's surgical team continues to introduce the latest surgical eye techniques providing better, safer and faster results for patients.

Among these techniques is 25-gauge vitrectomy surgery, an advanced microincision retinal surgery that uses instruments half the size of traditional instruments. Involved since the surgery's inception over five years ago, Kadrmas took an innovative role in helping design and develop the 25-gauge surgical technique and instrumentation.

"We are cutting-edge in regard to 25-gauge surgery," Kadrmas explains. "The smaller instrumentation allows for quicker visual recovery, increased patient comfort, faster surgical time, which all translates into a better experience for the patient."

Kadrmas also performs 23-gauge surgery, which uses slightly larger but still microsurgical incisions. By introducing this latest technique, the surgical team can now treat more retinal cases, including retinal detachments.

"With 25-gauge we could do most retinal surgeries, but not all of them," Kadrmas says. "But with 23-gauge we can use small incisions in virtually any retina case. Both technologies are the next generation of retina surgery."

Kadrmas also offers patients the latest in therapeutic retinal injections. Using some of the most advanced medications, he has had remarkable results

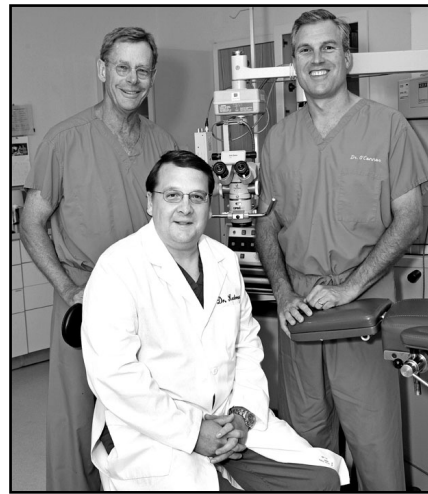


PHOTO BY DEBRA TROYANOS

(L to R) Dr. Post, Dr. Kadrmas and Dr. O'Connor

treating a variety of conditions and is excited to be part of Phase III clinical trials for a promising new medication for the treatment of wet macular degeneration.

"The retinal injections have really changed the face of how we practice retina today for diseases that were not treatable just a few years ago," Kadrmas notes. "As far as visual recovery, 95 percent of patients with wet macular degeneration can stabilize, and up to 40 percent of patients can actually see better. Of course results can be even better with early diagnosis."

The center's commitment to patient satisfaction and improved outcomes is enhanced by new methods and advanced technology now available for cataract and refractive surgery. Implant lenses, put in place following removal of cataracts, come in a variety of sizes, shapes, materials and optical powers. Calculations based on the length and curvature of the eye help doctors determine lens strength for the intraocular lens implant.

"With every patient we use two different techniques to determine the most ideal implant lens for each eye, and compare results for consistency and accuracy," O'Connor says. "By doing that, we are able to give patients the best uncorrected vision after cataract surgery."

While the national average shows about 95 percent of implant lenses are within one diopter (a unit of measurement of the refractive power of lenses) O'Connor says that about 90 percent of the center's implant lens results are within one-half diopter due to the center's advanced calculation techniques and methods.

Additionally, endoscopic cytophotocoagulation (ECP) is an advanced and

less invasive laser surgery utilized by O'Connor to help control glaucoma. ECP can be performed in conjunction with cataract surgery, adding only five minutes surgical time to the procedure.

"It's a very safe procedure that is successful in about 90 percent of patients," O'Connor says. "I'm performing it on patients that are on several glaucoma medications and/or who have poor glaucoma control and need cataract surgery at the same time."

The center consistently receives the highest level of accreditation by the American Association of Ambulatory Health Care. This accreditation recognizes the surgical center's commitment to excellence.

"We all work hand in hand," Kadrmas says. "The surgical center is right next door to our eye center in Plymouth, so in regard to patient convenience and flow, it's one location. Patients feel more comfortable when they are already familiar with the location and the people caring for them on the day of surgery, and that's just what we want, for our patients to feel comfortable."

The relationship not only makes it easier for patients, it promotes more streamlined and comprehensive care.

"We can change hats quickly if we need to," Kadrmas points out. "If there's an emergency, I can care for that patient at the time without making them travel. I can take care of the patient in the middle of the day and then come right back to clinic. Patients in this emergent situation really appreciate this during what could otherwise be a long and stressful ordeal, especially if, in other circumstances, they would need to travel to Boston."

The surgery center's team philosophy extends beyond the walls of the Plymouth Laser & Surgical Center and Post, O'Connor & Kadrmas Eye Centers. Community optometrists and physicians co-manage their medical and surgical patients with the center, creating a more cohesive and comprehensive approach to caring for patients. With offices in Plymouth, Mashpee, Dennis, Middleborough and Wareham, Post, O'Connor & Kadrmas Eye Centers' brings the expertise of the team directly to patients.

"If we can do surgery in a more efficient, safer or more accurate manner, we will always strive to achieve any and all of those goals," O'Connor says. "We're here for our patients and we always put what's in their best interest first."

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