No-Stitch Cataract Removal is now one of the most modern surgical procedures performed by Highland Ophthalmology’s Surgeons. It is quick (10 - 15 minutes), efficient, painless, and usually does not require sutures. This speeds the recovery process and eliminates the nuisances associated with suture erosion and removal.

With this method, ultrasound technology is used to remove the cataract and a special lens is implanted through a smaller incision than is required in traditional cataract surgery. A soft, foldable intraocular lens is then placed, allowing a clear focused light to reach the retina.

Most patients experience a rapid return to good vision following no-stitch/small-incision cataract surgery. In many cases, patients are able to see relatively well without glasses the day following cataract surgery. Fast healing and a quick return to an active lifestyle are what make no-stitch/small-incision cataract surgery so appealing.

The benefits of No-Stitch Cataract Surgery include:
- No stitches since the tiny incision seals by itself
- Topical anesthesia provides a rapid recovery
- Clear vision returns almost immediately
- Less chance of surgically induced astigmatism
- Little, if any, discomfort.

**Directions:**
From Points South: Take New York State Thruway (I-87) North to exit 17 (I-84). Take the Rt. 17K ramp after the toll booth. Turn right on Rt. 17K – go 0.2 miles. Turn left on Rt. 300 – go 2 miles. Turn left on Rt. 207 and make an immediate right on Executive Drive. We are located at the end of Executive Drive.

From Points North: Take New York State Thruway (I-87) South to exit 17 (I-84). Take the Rt. 300 exit after the toll booth. Turn right on Rt. 300 heading South – go 2 miles. Turn left on left on Rt. 207 and make an immediate right on Executive Drive. We are located at the end of Executive Drive.

From the Newburgh Beacon Bridge: Cross the Newburgh Beacon Bridge West towards Newburgh. Take exit 78 South – Rt. 300. Go south on Rt. 300 for 2 miles. Turn left on Rt. 207 and make an immediate right on Executive Drive. We are located at the end of Executive Drive.

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At Highland Ophthalmology, our goal is to provide the highest quality of ophthalmic care for our patients in a personalized and compassionate setting. We are dedicated to providing the latest medical technology in serving your health needs and strive to be your partner in eye health.

Dr. Mary Davidian and Dr. Thien (Tim) Huynh are ophthalmologists, medical doctors who specialize in eye and vision care. Ophthalmologists are specially trained to provide a full spectrum of eye care, from prescribing glasses and contact lenses to performing complex and delicate eye surgery.

Dr. Mary E. Davidian is the founder and Medical Director of Highland Ophthalmology Associates, LLC. She is one of the leading corneal transplant surgeons in the Hudson Valley, providing patients the convenience of having surgery and follow-up done close to home. Prior to starting Highland Ophthalmology, Dr. Davidian was a cornea consultant and associate at the world renowned Mackool Eye Institute in New York, where she worked closely with Dr. Richard Mackool, one of the inventors of modern day ultrasound cataract surgical technology. She completed her ophthalmology residency at the prestigious New York Eye and Ear Infirmary and attended the University of California at Irvine to become a Fellowship Trained Cornea Specialist and Refractive Surgeon.

Dr. Davidian is a member of the American Academy of Ophthalmology (AAO), The American Society of Cataract and Refractive Surgery (ASCRS), the New York Keratorefractive Surgery Society, the New York Intraocular Lens Implant (NYIOL) Society, and the New York State Ophthalmological Society (NYSOS) in which she has served on the Board of Directors.

Dr. Davidian is board certified by the American Board of Ophthalmology and serves as an Associate Adjunct Professor at the New York Eye and Ear Infirmary and the New York Medical College.

Dr. Thien (Tim) Huynh is a Fellowship Trained Glaucoma Specialist, bringing a unique expertise to Highland Ophthalmology.

Dr. Huynh earned his medical degree from the NYU School of Medicine. He performed his medical internship at St. Luke's Roosevelt Hospital in New York City before completing a residency in Ophthalmology at Drexel University’s College of Medicine in Philadelphia. He received his fellowship training in Glaucoma at the Mount Sinai School of Medicine in New York City.

Dr. Huynh specializes in the early detection as well as medical and surgical treatment of glaucoma. He is a member of the American Academy of Ophthalmology (AAO), the American Medical Association (AMA), and the New York State Ophthalmological Society (NYSOS).

Glaucoma is a disorder associated with pressure in the eye and is characterized by damage to the optic nerve. Glaucoma affects three million Americans and half of those people are unaware they have the disease.

Approximately 5 to 10 million Americans have elevated eye pressure, which places them at risk for the development of glaucoma. Eighty thousand Americans are already blind from the disease. Overall, glaucoma occurs in two out of every 100 people. The risk factors for glaucoma increase for people over the age of 60, African Americans over the age of 40, people with a family history of glaucoma and anyone that has had a previous serious eye injury. If you are at risk, you should have your eyes examined. Glaucoma usually does not cause symptoms, so most people with glaucoma are unaware that the have it.

For those patients diagnosed with glaucoma, the treatment and follow-up plan will be to preserve the patients present level of vision, i.e., to prevent further peripheral, and sometimes central vision loss. The treatment plan will vary depending on the type of glaucoma diagnosed. Medicine (both topical eye-drops and oral medications), laser procedures, and operative procedures are all utilized in order to preserve vision.

Of all transplant surgery done today - including heart, lung and kidney - corneal transplants are the most common and successful. The cornea is the clear front window of the eye that covers the colored iris and the round pupil. Light is focused while passing through the cornea so we can see. If the cornea is injured, it may become swollen or scarred, and its smoothness and clarity may be lost. Scars, swelling or an irregular shape can cause the cornea to scatter or distort light, resulting in glare or blurred vision.

A corneal transplant is needed if:
- Vision cannot be corrected satisfactorily with eye glasses or contact lenses.
- Painful swelling cannot be relieved by medications or special contact lenses.

Highland Ophthalmology has been providing Specialty Eye Care services in Orange County, NY and the Greater Hudson Valley area since 1997. Many of our patients are referred to us by other ophthalmologist and optometrist colleagues who regard us as experts in our specialties. Our patients appreciate the Specialty Eye Care they receive in the areas of Cataract, Cornea and Glaucoma surgery. Dr. Davidian and Dr. Huynh are affiliated with the leading medical and academic centers in the Hudson Valley and greater NY Metropolitan area including: The New York Eye and Ear Infirmary, The Westchester Medical Center, Central New York Eye Center and Vassar Brothers Medical Center.

With this, Highland Ophthalmology has become the Hudson Valley’s leading specialty eye care center. Call (845) 562-0138 today for your first consultation.

www.highlandophthalmology.com