

Vance Thompson Vision  
2600 Jefferson St.  
Alexandria, MN 56308



## CLINIC NEWSLETTER



### Doctor Resources

Scan here to see our Linktree that has all of our doctor resources, upcoming events, and opportunities.



Spring 2024

A dark teal banner with rounded corners, containing the text "Spring 2024" in white, bold, sans-serif font. The banner is set against a background of a field of colorful tulips in shades of pink, yellow, and purple.



## New & Noteworthy

### The Best Care in the Best Facilities

Our **West Fargo** team is thrilled to announce their relocation to a new facility in February 2024. The building is directly linked to the Center for Special Surgery, allowing patients the convenience of undergoing surgery on the same grounds they come to for their consultation and other specialty care.

**Please note the new address:  
354 23rd Ave E, West Fargo, ND**

Our **Omaha** team is staying put, but they are excited about renovations to make their facilities even more optimized for staff and comfortable for patients. Renovations will be complete by June 1st, 2024.

### iDose FDA Approval

At Vance Thompson Vision, we're dedicated to pioneering innovative and safe research trials to advance eye care. Exciting news: the FDA has recently approved the iDose® TR implant for the treatment of glaucoma. Dr. John Berdahl, the first surgeon in the United States to implant an iDose, shares his insights on this significant development.

***“With the next generation of procedural pharmaceutical solutions for glaucoma such as iDose TR, we now have a new tool that will confront the standard legacy practice of relying on topical drops, which are known to cause uncomfortable side effects and present a myriad of challenges such as treatment adherence, complex dosing regimens, and difficulty with self-administration,” Dr. Berdahl says. “The clinical data suggest that iDose TR is not only effective with a favorable safety profile, but it has the potential to relieve patients from the burdens of prescription eye drops for an extended period of time. I look forward to adding this novel therapy into my treatment toolbox for the benefit of my patients.”***

### AdVANCED Patient Care Podcast

Introducing AdVANCED Patient Care, the exclusive podcast series by Vance Thompson Vision. Our purpose is to keep you at the forefront of patient care through dynamic insights, practical clinic tips, and engaging expert discussions. Join us on a journey of continuous learning and professional growth as we delve into the latest advancements in ophthalmology and optometry. Our mission is clear: empower eyecare providers with the knowledge and tools needed to deliver exceptional patient care. The AdVANCED Patient Care Podcast is dedicated to elevating our craft, one episode at a time.

**Search for AdVANCED Patient Care on Apple, Spotify, YouTube, or the OD Portal.**

### Save the Date

Thursday, April 18th, 2024

#### Alexandria Evening of Education

Join Dr. Deborah Gess Ristvedt, Dr. Brent Kramer, Dr. Mathew Walker and Dr. Jason Schmit of Vance Thompson Vision as they discuss pre - intra-, and post operative “pearls” and share valuable insights on cataract, cornea and eyelid surgical care.

**Details and Registration Here:**  
[2024eveningofeducation.eventbrite.com](https://2024eveningofeducation.eventbrite.com)

## Clinic Corner

# Management of Postoperative Inflammation

By Tanner J. Ferguson, MD and John P. Berdahl, MD

Cataract surgery has gotten more convenient for patients and so has the approach to postoperative drops. But two key questions remain: What is the ideal approach to postoperative drops? How do we balance convenience and outcomes? The literature and our participation in clinical trials has shown that about 40% of patients who get zero medications (no steroid, no NSAID, no injection) are totally free of inflammation at 15 days, but this data comes from highly controlled settings.<sup>1</sup>

We have trialed a number of different approaches for managing postoperative inflammation and preventing infection, and our approach continues to evolve based on feedback from patients, providers, and firsthand observations of patients in the postoperative setting. Persistent or uncontrolled inflammation can negatively impact the surgical outcome and lead to undesirable consequences, so finding the right formula is important. Optimal management of inflammation after surgery comes down to finding a simplified approach that is convenient and easy for patients but also sufficiently controls inflammation.

There is no strong evidence to guide the care of postoperative inflammation which leads to the myriad of ways or approaches in which postoperative inflammation is managed. Historically, providers would use multiple drops with different tapering schedules, which can be effective but is particularly burdensome for patients and has its effectiveness limited by the complexity and likelihood of nonadherence. Some providers have recently adopted the “dropless” approach, in which a combination of antibiotic and steroid is delivered via a transzonular injection into the anterior vitreous and patients remain off of drops following surgery. Additional “dropless” methods include intraocular steroid implants, drug-eluting punctal plugs and sub-Tenon injection of steroid at the conclusion of surgery. The “dropless” approach has numerous theoretical benefits as it spares the corneal surface after surgery, avoids the issues with drop instillation and compliance, and also limits trips to the pharmacy. However, this approach does

not consistently manage inflammation, and a number of patients experience rebound inflammation, requiring intensive treatment to control the inflammation and undesirable consequences including cystoid macular edema. Further, there are potential technical issues or complications with an injection of medication into the anterior vitreous via the transzonular pathway. Moreover, some patients note an increase in floaters with this approach as this medication resides in the anterior vitreous for weeks, which can be unsettling for patients.<sup>2</sup>

**Thus, our preferred approach to management of postoperative inflammation remains the “drop a day” program**, in which patients use a combined steroid-antibiotic-NSAID drop, also known as a combo drop, and use the drop once per day for one month after surgery. Nearly all patients receive an intracameral injection of steroid-antibiotic-NSAID at the conclusion of their surgery, and postoperatively patients are instructed to instill the combo drop once daily for one month. This approach appears to offer the best combination of inflammatory control and reduced burden for patients. Further, when this approach is coupled with a back-to-back surgery approach in which surgery is performed on consecutive days, the postoperative care and drop regimen becomes even more simple as eyes heal in synchrony and patients employ a uniform drop schedule for each eye for the same duration.

**Listen to more on our new AdVANCED Patient Care Podcast on cataract surgery, where we debate the best approach to postoperative medications.**

## References

1. Donnenfeld ED, Holland EJ, Stewart RH, Gow JA, Grillone LR, others. Bromfenac ophthalmic solution 0.09%(Xibrom) for postoperative ocular pain and inflammation. *Ophthalmology*. 2007;114(9):1653-1662.
2. Stringham JD, Flynn HW, Schimel AM, Banta JT. Dropless Cataract Surgery: What Are the Potential Downsides? *American Journal of Ophthalmology*. 2016;164:viii-x. doi:10.1016/j.ajo.2016.02.001

## Come spend some time with us!

Consider participating in our mini-fellowship opportunities for keen insight into the range of our surgical and medical treatments.

**Learn more at [vancethompsonvision.com/od/continuing-education/mini-fellowships](http://vancethompsonvision.com/od/continuing-education/mini-fellowships)**



## Doctor Spotlight



**Vance Thompson, MD**  
Sioux Falls, SD

Out of many accomplishments in patient care, surgery, and research as the respected leader of Vance Thompson Vision, the achievement Vance Thompson, MD is most proud of is still having become a physician able to care for and educate patients. The internationally-recognized specialist in LASIK and advanced cataract surgery is fascinated by continuing advancements in ophthalmology that help patients see their best at distance, intermediate, and near. Dr. Thompson loves spending quality time with his family traveling, cooking, and getting outdoors. This April, Dr. Thompson will take another step forward in his commitment to unparalleled patient care as president of the American Society of Cataract and Refractive Surgery (ASCRS). Join us in congratulating Dr. Thompson on his appointment!



**Larae Zimprich, OD, FAAO**  
Sioux Falls, SD

Dr. Larae Zimprich, an optometrist specializing in ocular care, blends a strong work ethic from her rural South Dakota upbringing with expertise gained as an optometry technician. Active in the South Dakota Optometric Society, she provides free eye exams locally and abroad. Her education includes degrees from the University of Sioux Falls and the Massachusetts College of Pharmacy and Health Sciences. Outside work, she enjoys spending time with her husband and dog, watching sports, reading, and boating.



## From the Business Office

### Collaborative Care and Co-management

- Patients can elect to have their post-op care with your office.
- The first 90 days of postoperative care are known as the global period and will bill directly to insurance. Day one starts the first day after surgery.
- Extended aftercare, days 91-180, involves monitoring the results and management of the refractive outcomes is not covered by insurance.
  - On June 1st, 2023, we began using CoFi to enhance the patient experience related to payments to Vance Thompson Vision and to the doctor they choose to perform their aftercare.
- While CoFi facilitates direct payment to you when patients choose your office for aftercare—and we recommend the platform—you are not required to use CoFi to continue co-managing patients with Vance Thompson Vision. However, now that we have transitioned to CoFi, all aftercare payments are set by the doctor providing the care and collected via CoFi or by the office where care is provided.

### Release of Care: What to Look For

- Days 1-90 are billed to insurance.
- If applicable, days 91-180 may have an aftercare fee.
- Code + modifier

## Research

Vance Thompson Vision has a long-standing commitment to research. And not just any research. We only take part in studies that we feel comfortable performing on ourselves, our team, and our family members. We have ongoing studies at each of our sites. *Please visit the portal for a complete list of studies with the inclusion and exclusion criteria..*

### **Bausch and Lomb Hyperopia (LASIK)** *Sioux Falls*

This study is evaluating the safety and efficacy of an update to a currently approved excimer laser.

### **AbbVie XEN Stent (Glaucoma)** *Sioux Falls | Alexandria*

This study is evaluating a stent for glaucoma treatment.

### **GLK-401 iStent Infinite** *Montana*

This study is evaluating a stent for glaucoma treatment.