



**It's a wonderful world.
We'll help you see it that way.**

LENS SURGERY

OpticalExpress

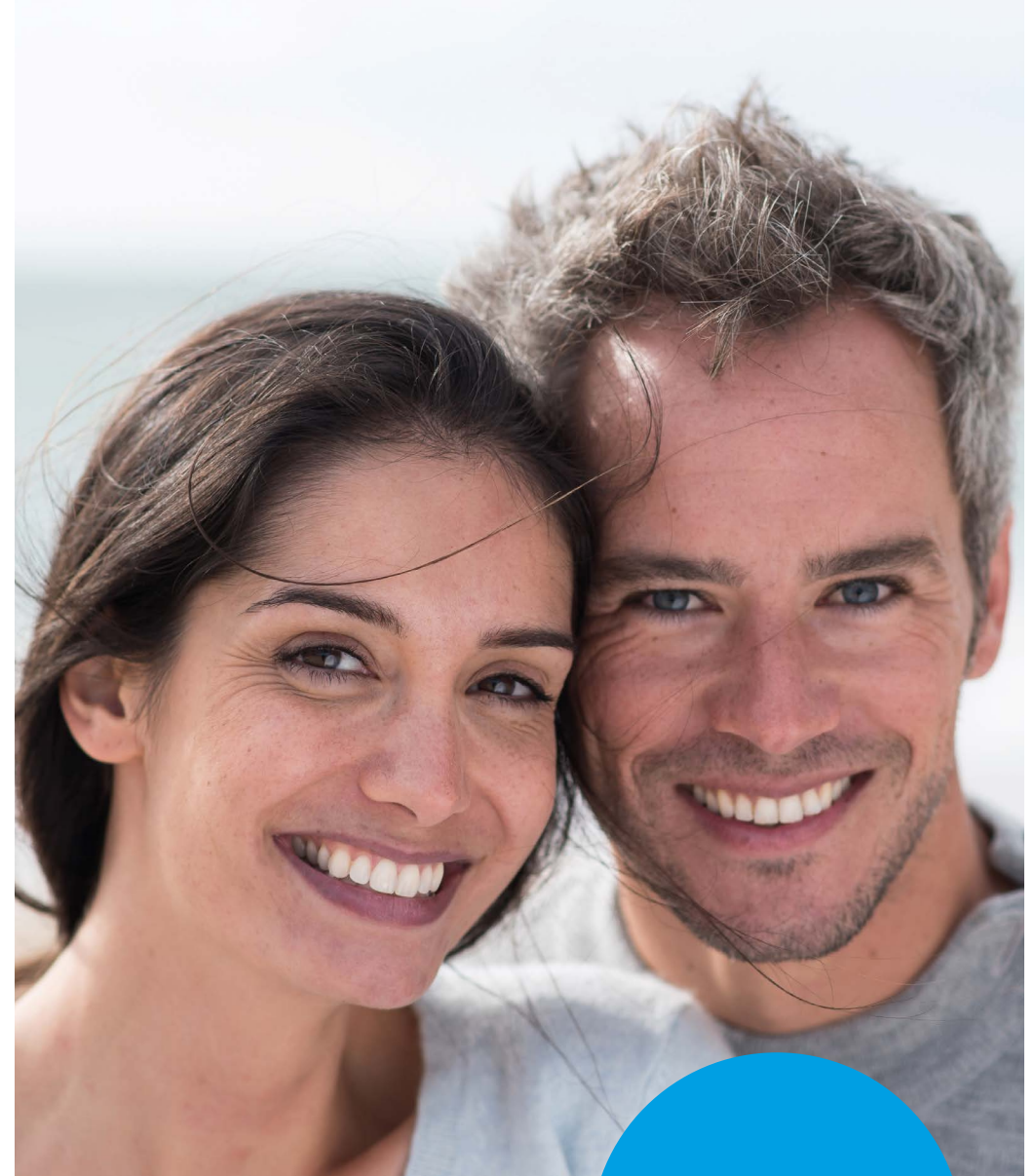


We have more 5 star Trustpilot reviews than all other national eye surgery providers combined.*

We firmly believe that independent reviews are the best way for you to understand who we are, what we do and why you can trust us.

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We've only just begun...



“

All the staff were very kind and reassuring and there was no pain. The results were amazing and my sight is restored. It's given me a new lease of life.

JANET

“

After my lens replacement surgery a week ago, my vision is now absolutely perfect. Thank you, Optical Express.

GARY

“

For me, lens replacement surgery has been brilliant! To be able to see without glasses is just fantastic.

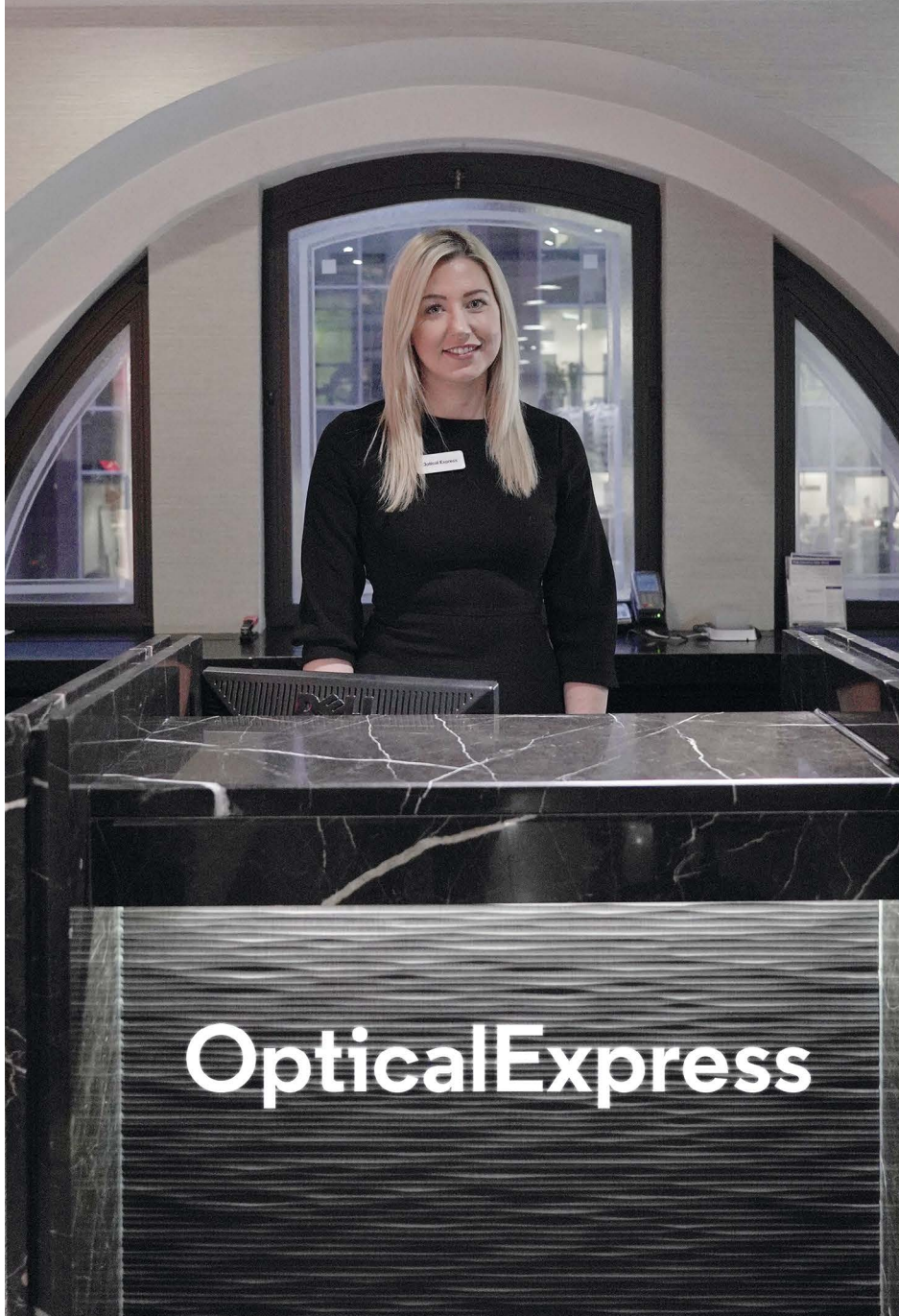
KAY

“

I had lens replacement. Words cannot describe how amazing it is and how it's changed my life.

JULIE

Every week at **OpticalExpress** we perform more private lens surgery procedures than all other UK providers combined.



Welcome

Optical Express is focused on delivering exceptional patient care, outstanding clinical outcomes and continued investment in our people and technology.

For over 30 years, millions of patients have trusted Optical Express with their eye care. As Europe's leading private provider of laser eye, premium intraocular lens and cataract surgery, our Surgeons undertake more laser procedures collectively than any other provider.

With over 100 clinics across the UK, Ireland, and mainland Europe, we look after thousands of patients in our clinics every week and it's a privilege to transform the lives of so many.

At Optical Express we're committed to giving patients a world class level of service and clinical care. Every patient is treated as an individual, with personalised treatment which aims to achieve their best possible results and transform their lives.

Congratulations on making the decision to have the procedure that will change your life by giving you freedom from your glasses and contact lenses.

Thank you for choosing Optical Express. We look forward to welcoming you to our clinic on your treatment day.

You've Made The Right Choice

We know that the decision to have lens surgery can be a big step to take. Now that you've started your journey to great vision, you can be confident that by having your procedure at Optical Express you've made the right choice.

We're the number one provider of refractive surgery in the UK and every week we look after more patients in our clinics than any other private provider. Modern day cataract surgery is an identical procedure to Refractive Lens Exchange (RLE). Outside the NHS, Optical Express undertakes more procedures every year than anyone else.

Patient care is our highest priority, rest assured you'll have your treatment in a modern, bright clinic full of incredibly sophisticated technology. We implant the industry leading Intraocular Lens (IOL's) from global leaders like **Johnson & Johnson VISION** and **ZEISS**. The ophthalmic surgeon who treats you will be a specialist who has carried out thousands of successful treatments during their career. The care that you receive before, during and after your surgery will be exceptional. And of course, the aim of your surgery at Optical Express is to enable you to see life much more clearly in the future.

We know that these are things which are important to our patients on their journey to achieving the visual freedom that they've been dreaming of.





We receive a huge amount of positive feedback, but the most common comment from our patients is “I wish I’d done it sooner”

About Lens Surgery

What types of lens surgeries are there?

There are two types of lens surgery; Refractive Lens Exchange (RLE), otherwise known as Natural Lens Replacement (NLR), Intraocular Lens Surgery (IOL) or Clear Lens Extraction (CLE). RLE is an identical procedure to modern day cataract surgery.

The second type of lens surgery is known as Phakic Intraocular Lens (PIOL) Surgery, which is otherwise known as Implantable Collamer Lens (ICL) Surgery.

The procedure which is right for you will be determined during your optometrist and surgeon led consultations with the final decision always resting with your surgeon.



About Refractive Lens Exchange (RLE)

What is refractive lens exchange surgery?

RLE is one of the most commonly performed elective surgery procedures in the world today. Modern day cataract surgery is an identical procedure to Refractive Lens Exchange. This safe and effective surgery can be used to correct distance, intermediate and near vision. RLE is most often performed on patients over 40 years of age and can be an excellent choice for patients seeking visual freedom at distance, intermediate and near.

There are a number of different premium synthetic IOLs available. Your treating surgeon will recommend the one that's most suitable for you.

Multifocal or monofocal lenses can also be used to help people who do or do not have cataracts. A cataract is

where there are changes in the eye's natural lens that cause it to become cloudy, and in turn blur or affect the quality of vision. The only treatment for cataracts is lens surgery.

During cataract/RLE surgery the eye's natural lens is replaced with a premium synthetic Intraocular Lens (IOL), allowing our patients to see the world clearly once more. Having RLE surgery before cataracts have developed removes the need for cataract surgery in the future.

Patients can choose to have simultaneous bilateral RLE, where both eyes are treated on the same day, or delayed sequential RLE, where each eye is treated on a separate day, typically one day apart.

If you're tired of reaching for reading glasses every time you need to read a menu, a newspaper or your mobile phone, dependent upon your suitability, lens surgery could change your life. This increasingly popular treatment helps to reduce your reliance on glasses and contact lenses for clearer, hassle-free vision.

In this safe and effective treatment, intraocular lenses replace the natural lens in the eye to improve vision. At Optical Express we exclusively use premium synthetic lenses to provide our patients with their best possible results.

Inevitably, at some point after the age of 40 the muscle in the eye which helps us to focus on objects or print close to us becomes less elastic. We struggle to read small print and start to hold a book or mobile phone further and further away to see it. This is known as presbyopia and few people escape it as they get older.

For anyone feeling frustrated by being unable to see close up and/or far away, multifocal intraocular lenses could be the answer. They provide good vision at a range of distances and reduce your reliance on glasses.

Why live life in a cloudy blur when you can see it in colour and clarity?

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Why live life in a cloudy blur when you can see it in colour and clarity?

See the difference...

before and after RLE surgery without the aid of glasses

Before

After

* Representative of average visual improvement achieved

What Types of Lenses Are There?

Surgeons at Optical Express have access to a number of different premium intraocular lenses (IOLs). Your treating ophthalmic surgeon makes the final decision on the appropriate lens for you based on your clinical needs and lifestyle.

Monofocal lenses

These lenses are mainly used to reduce dependence on glasses for distance vision, including driving. Most patients will still require glasses for near vision tasks such as reading a mobile phone/tablet or when using a computer after monofocal lens surgery.

Multifocal lenses

These lenses aim to reduce dependence on glasses for a wide range of activities, and are designed to allow good vision at all distances – near, intermediate and far. Many patients don't require any glasses after surgery, while those who do typically require them only for a minority of daily tasks. Lenses in this classification may be referred to as multifocal, trifocal or extended depth of focus lenses - these are lenses that correct vision at multiple different distances.

Toric lenses

A Toric lens is used to achieve the best visual outcome for patients who have moderate or significant astigmatism. These are available in monofocal or multifocal. Once they are positioned inside the eye, they neutralise astigmatism and improve the patient's vision.



The most commonly used intraocular lenses include the following lens designs:

Johnson & Johnson VISION **Tecnis Monofocal**

Manufactured for a higher standard of optical excellence, to offer high quality, sharp vision.

Johnson & Johnson VISION **Tecnis Low Add (2.75 and 3.25)**

This lens corrects presbyopia aiming to deliver a full range of sharp vision from far distance to intermediate and near.

Johnson & Johnson VISION **Tecnis Symfony**

This lens corrects presbyopia and aims to deliver a continuous full range of high quality vision, from far distance through intermediate and near, reducing dependency on glasses.

Wonderful Technology, Wonderful Outcomes

We're proud of the extremely sophisticated *Johnson & Johnson* VISION and **ZEISS** technology in our clinics, because the better the technology, the better the results are for our patients. Over €500 million has been invested in our clinics, so you can be sure that the equipment used during your treatment has been carefully chosen with the aim of achieving the best possible results for you.

We never compromise on your comfort, visual outcome or safety. *Johnson & Johnson* VISION are world leaders in ophthalmic technologies including intraocular lens design.



Over €500 million
has been invested
in our clinics and
advanced technology

Wonderful Technology, Wonderful Outcomes

Johnson & Johnson VISION



Catalys Femtosecond Laser

In recent years, femtosecond lasers have revolutionised the way in which we perform cataract/RLE surgery. The femtosecond laser optimises the critical steps of cataract surgery, providing surgeons with a new technological approach yielding even more predictable and refined results to what is already a remarkably safe and effective procedure.

Johnson & Johnson VISION



Johnson & Johnson VISION Whitestar Signature Phaco

This advanced micro-surgical technology is used in cataract surgery. It removes the natural lens from the eye and causes minimal discomfort during the procedure. It also helps to maintain the highest clinical sterilisation standards for our patients.

Z OCULUS



Oculus Pentacam HR

This is a device which evaluates the front half of the eye, including the cornea and lens. It assesses the shape and thickness of the cornea, gathering images and providing 3D pictures in less than 20 seconds. It produces precise, diagnostic data which assist in enabling you to achieve an excellent visual outcome.



ZEISS OPMI Lumera 700

ZEISS surgical microscopes are state of the art and allow our surgeons to visualise the natural lens and all important structures within the eye to an incredibly high level. The excellent detail, illumination recognition and versatility of the OPMI Lumera leads to unparalleled accuracy.



ZEISS IOL Master 700 TK

This piece of technology captures many biometric measurements of the eye and utilises sophisticated formulas to determine the best lens power. The ZEISS IOL Master 700 can capture 2,000 scans per second. Thanks to its outstanding performance, patients can expect improved visual outcomes after their cataract procedure.



ZEISS CIRRUS HD-OCT 500

Similar to ultrasound or MRI scan, an OCT exam is a fast and non-invasive way for the optometrist and/or surgeon to assess the health of the patient's eyes, by capturing a detailed image of each of the layers of the retina.



ZEISS HFA Humphrey Visual Field Analyser

This instrument is the gold standard in perimetry, testing visual fields, which can highlight conditions such as glaucoma that may affect the patient's vision.

Why Choose OpticalExpress for your Cataract Surgery?

- Patients with cataracts commonly experience poor quality vision. Cataracts develop at different rates through the passing of time. Early cataracts, while not fully matured, can cause significant symptoms which have a profound effect on visual comfort and quality of life. These symptoms can affect the level and perceived quality of a patient's vision.
- With the agreement of our experienced eye care professionals, Optical Express can treat cataracts when patients feel they need it and before they start to impact heavily on their day to day personal and working life. Early intervention can reduce a patient's risk of complications. In fact studies have shown that prolonged vision impairment can lead to age-related cognitive declines such as dementia.¹



Patients who have waited **more than 6 months** to undergo cataract surgery have been shown to experience:

- **Further vision loss**
- **Increased rate of falls**
- **Reduced quality of life²**

- Lengthy waiting lists can often mean that the time between referral and the first eye being operated on, then the time between the first and subsequent second eye being operated on, can often be months and in some areas, years. Should only one eye be treated, the difference in prescription between a patient's eyes can result in a condition which causes visual discomfort, double or blurred vision and headaches. At Optical Express, both eyes can be treated on the same day because visual comfort is best when vision in both eyes is balanced.
- What you see with two eyes open together, known as your binocular vision, is likely to be better after both eyes have been treated, especially if the untreated eye has a cataract or eye prescription that is corrected by glasses or contact lens.
- We offer a choice of premium *Johnson & Johnson* VISION premium synthetic intraocular lenses because they provide excellent visual results for our patients. The range of lenses includes multifocal lenses which aid near, intermediate and distance vision.
- The more experienced the surgeon, the more likely it is that your best outcomes will be achieved after surgery. We use surgeons who are of consultant ophthalmologist level-specialists in their field.
- 100% of Optical Express patients achieve driving standard vision or better.³



30 years
of excellence
in eye care

Benefits of Lens Surgery

RLE can often be a better option than laser eye surgery for people typically over the age of 40 who are seeking visual freedom. Regardless of whether you have a strong or mild prescription for distance, should you have a near vision correction requirement, RLE in the form of multifocal IOLs may be for you.


Patients who are not suitable for laser eye surgery, such as people with a prescription too strong to treat with a laser, can be candidates for RLE surgery.

By having RLE surgery, you won't develop cataracts later in life. It's often the preferred option for older patients who may already be in the first stages of cataract formation.

What's more, glasses especially bifocal or multifocal glasses are, as independent studies have shown, a major cause of falls. Wearers can misjudge distances and perspectives, for example due to reduced depth perception. Sadly, many falls are nasty enough to require hospital treatment and can negatively impact long term health and wellbeing.^{1,2,3,4}

For the avoidance of doubt, the same phenomenon of falls is not observed with multifocal IOL's following implementation within the eye.

1. Multifocal Glasses Impair Edge-Contrast Sensitivity and Depth Perception and Increase the Risk of Falls in Older People; Lord SR; J Am Geriatr Soc 2002; 50:1760-6
2. Epidemiology of falls; Masud T. et al; Age Ageing 2001; 30:3-7;
3. <https://beta.isdscotland.org/media/2121/2019-03-05-ui-2019-report.pdf>
4. https://beta.isdscotland.org/media/3786/ui_table2_mar20.xlsx



Lens surgery
only takes around
15 minutes
per eye



At *Johnson & Johnson* VISION we are on a mission to change the trajectory of eye health, by helping people see better, connect better, and live better. That mission can only be achieved through partnerships with organisations like **OpticalExpress**, that share our passion for sight, world-class innovation and customer experience.

As a leading eye care provider, **OpticalExpress** is dedicated to providing excellent visual outcomes for patients both in laser eye surgery and premium lens surgery through superior optics and technology. We value our relationship with the **OpticalExpress** team and look forward to a long and continued partnership.

WARREN FOUST, WORLDWIDE PRESIDENT, SURGICAL VISION,
JOHNSON & JOHNSON VISION



Johnson & Johnson VISION

Preparing For Your Clinician Discussion

If you choose to go ahead with corrective eye surgery after attending your initial consultation you will have a further consultation with a clinician before your day of surgery known as a 'clinician discussion'. For many patients this clinician discussion will be a telemedicine appointment. During this consultation your clinician will reconfirm your suitability for the treatment which has been recommended for you.

Your clinician will discuss your recommended surgery in more detail and make sure that you are happy with your decision to have corrective eye surgery. You and your clinician will discuss the health and wellbeing benefits, potential risks, range of outcomes and alternative vision correction options available to you.

Your clinician will make sure you receive all the information you need to prepare for your surgery and answer any questions you may have.

- Please read your informed consent and terms and conditions document in full before the date of your clinician discussion. This will help you to better understand your recommended treatment and help you prepare any questions to ask your clinician. To confirm you understand your consent and terms and conditions documents, please initial each section. It is helpful to have your informed consent document available at the time of your clinician discussion.

The below points only apply to those who require an in-person discussion

- We may put drops in your eyes that can blur your vision for several hours. You should not drive during this time, and we would advise you to arrange alternative transport to and from the clinic.
- Please make sure that you leave your contact lenses out for the required length of time:
 - soft lenses : one week
 - soft GP/hard lenses : one month
- You must bring a list of any medications that you currently take, including eye drops.
- If you were given a letter at your initial consultation to be completed by your GP, please bring the completed letter with you.

Health insurance patients

- Please bring your policy details with you.

Surgery Support Team

T: 1800 818 543

Should you have any questions or require further information before the date of surgery you can call our Surgery Support Team who will be pleased to help you.

DASI RAJU
CLINICAL DIRECTOR



Preparing For Your Procedure Day

Informed consent document

You must bring your unsigned document with you. You must read the informed consent document in full and initial each section to confirm that you have read it prior to your day of surgery. Do not sign the last page as this must be completed in front of your surgeon.

Payment

You must make sure that you have paid for your surgery in full or processed a valid finance agreement before the date of surgery. We will be unable to treat you if there is an outstanding balance.

Contact lens wearers

Your optometrist will have advised you not to wear your contact lenses for a certain amount of time before the date of surgery. It is important that you have followed their instructions. For those that have had a telemedicine clinician discussion please ensure that **soft lenses are removed 7 days prior to surgery and hard lenses 4 weeks prior to the day of surgery.**

Prescribed eye drops

• If you were prescribed eye drops, gels or ointments by your optometrist or surgeon at a previous appointment please make sure that you follow their instructions.

General

- You can expect to be with us for about three hours.
- You will be unable to drive after your eye surgery and should make alternative travel arrangements. We would advise that you bring a friend or family member with you.
- Please allow yourself enough travel time to arrive at the clinic on time.
- Do not wear any make-up or nail varnish and make sure that any old eye make-up has been completely removed. We would advise that you do not wear eye make-up for at least 24 hours before your surgery date.
- Do not wear perfume or aftershave.
- Wear comfortable, loose cotton clothing and avoid sweaters or any materials that are made from loose fibres.
- We would recommend that you eat a light meal up to 2 hours before arriving at the clinic.
- You should continue to take any medication unrelated to your corrective eye surgery as normal. Please feel free to contact the surgery support team should you have any questions regarding your medication.
- If you are taking Warfarin, please bring your booklet that records your INR levels.
- If you are diabetic, you must bring a letter from your GP to confirm your regular blood sugar level and that it is currently stable.
- Your first post-operative appointment is the day after your surgery. It is important for you to attend to make sure your eyes are healing correctly.
- You will be unable to drive to your next day follow up appointment.
- If you are travelling a long distance, you may wish to plan an overnight stay in local accommodation.
- You can call the Surgery Support Team for travel and accommodation advice on **1800 818 543.**

General health

We would ask you to contact the surgery support team if you experience any of the following:

- Cold or flu symptoms
- Cold sores
- Eye infection (e.g. conjunctivitis)
- A change in medication or overall general health since your last consultation.
- You have come into contact with anyone with MRSA or COVID-19 since your last consultation.

The Day of Your Procedure

Pre-treatment

- On the day of your procedure, you will meet with an experienced optometrist who will answer any questions you may have, insert some eye drops and may re-check some clinical measurements. You will then meet your ophthalmic surgeon.
- It is not uncommon for your surgeon to request some repeat tests upon review to confirm your suitability and treatment recommendation. However in the vast majority of cases, the recommendations are identical to those made by the optometrist that undertook your primary consent.

Surgeon decision on candidacy

- The surgery may be cancelled or postponed at short notice or on the day of surgery due to unforeseen circumstances. Your surgeon may decide not to proceed if he/she becomes aware of any contraindication to surgery. These short notice decisions, while inconvenient and perhaps stressful, are made to reduce unnecessary risk and are made with your best interests in mind.

Proceeding with treatment

- You will be taken to the pre-operative area or ward where a nurse will complete your pre-treatment preparation phase and will administer any additional eye drops that are required before your procedure.

The anaesthetic procedure

- You will be introduced to your anaesthetic nurse / operating department practitioner (ODP). Their role is to make you comfortable throughout the short procedure.

The treatment procedure

- You will be taken into the theatre, by your anaesthetic nurse.
- The surgeon will clean the skin around the eyes, apply a protective drape to protect the eyes from infection before placing an eyelid holder along the lid to prevent blinking. The eyes will be anaesthetised and comfortable throughout the procedure, which typically takes about 15 minutes (in terms of how long the treatment takes) to complete.

Post treatment

- After your treatment, you will return to the ward area. Your eyes will be covered with a protective dressing and shield and will remain anaesthetised for several hours.
- Following a light refreshment, your nurse will talk you through important information about how to care for your eyes when you go home and provide you with the necessary drops for you to use.
- The dressing stays in place for four hours and then you will remove it and instil the drops as described by your nurse. You can discard the dressing but must replace the eye shield until the next morning.
- The eye shield must be worn when sleeping for the next seven days.
- When your ophthalmic surgeon, anaesthetist and nurse are happy for you to leave the clinic, we strongly recommend that you go directly home and sleep for a few hours. It is very important that you are accompanied home and do not travel alone.
- We would advise you to wear non prescription sunglasses following your second procedure as much as possible whilst outdoors for at least the first three weeks as you may experience glare during recovery from the procedure.

The International Medical Advisory Board (IMAB)

The Optical Express IMAB is made up of some of the greatest pioneers, innovators and world leaders in ophthalmology. Together, they help to make sure that Optical Express remains at the forefront of clinical excellence and that we continue to provide our patients with excellent visual results after treatment.

Dr Steve Schallhorn is the Chairman of the IMAB. He is recognised as an expert in refractive surgery, and his career includes time spent as a consultant to NASA and NATO. He is a former Head of Ophthalmology for the United States Navy and a world leader in refractive surgery.

Here Dr Schallhorn explains the role of the IMAB.

“The IMAB is made up of many of the world’s refractive surgery experts. It takes an extensive look at everything Optical Express does clinically, from assessing patient outcomes and the company’s approach to patient care to deciding upon which advances in technology should be considered for use in our clinics. It’s a way of ensuring sound clinical governance across the business. No other organisation in the world does this, and IMAB really sets Optical Express apart.”



Professor Steve Schallhorn
Chairman



Dr Jan Venter



Dr Stephen Coleman



Dr John Vukich



Dr Stephen Slade



Dr Steven Dell



Dr David Teenan



Dr Colman Kraff



Dr Marguerite McDonald



Mr Stephen Hannan



Professor H Burkhard Dick



Professor David Spalton



Dr Julie Schallhorn

What to Expect After Your Refractive Lens Exchange Procedure

The First 24 Hours

- Once the anaesthetic wears off, your eye may water, feel gritty or irritated.
- Your vision, while typically improved, may still be a bit blurry.
- You may be light sensitive and may see glare, halos, shadows or ghosting around lights at night.
- You may experience occasional symptoms of flickering lights.
- Your eye may appear slightly red or 'bloodshot'.
- These symptoms are all completely normal and will gradually improve.
- By the next day, your eyes should feel more comfortable and your vision should be clearer, but not yet perfect.
- Alternative forms of eye drops may be prescribed by your Surgeon as applicable to your clinical care.
- Do not use tap water near your eyes.

Post-Operative Patient Medications - RLE

The use of these drops should commence 4 hours after you leave the clinic. When instilling drops within the first 24 hours, and up to the next morning, remember to reposition your eye shield immediately afterwards.

Please wash your hands prior to putting in drops and do not touch the tip of the bottle or the inside of the bottle lid against your finger or eye. It doesn't matter which drops you put in first. The second drop should be put into the eye around five minutes after the first. The easiest way to put in drops is to pull down the lower lid with a clean finger, and put the drops into the space between the lid and the eyeball. This will avoid pressure on the upper eyelid.

A burning sensation is normal when instilling drops in the first several days. You may wish to take some painkillers during the early stages. You may take your preferred brand of tablet for this purpose.

Name, purpose and notes, usage:

Antibiotic drops

Oftaquix or Exocin eye drops
(you will be given one or the other, but not both) 1 drop every 2 hours during awakened hours for the first 24 hours, followed by 1 drop 4 times per day for 13 days.

These antibiotic drops should be kept in a cool place. They will help prevent infection. Start using them on the same day as treatment. Your Surgeon will have applied some of these drops during your surgery.



Non steroid anti-inflammatory drops

Acular eye drops

- 1 drop 4 times per day for 28 days
- Like the antibiotic drops, start using these drops on the same day as treatment.
- These drops will help reduce inflammation and discomfort.
- These are only required in some cases - you will be advised in clinic.



Anti-inflammatory eye drops

Maxidex eye drops
1 drop every 2 hours during awakened hours for the first 24 hours, followed by 1 drop 4 times per day for 13 days. Then 1 drop 3 times per day for a further 14 days. Like the antibiotic drops, start using these drops on the same day as treatment. These drops will help reduce inflammation. Please note that these drops are milky white in appearance, and must be shaken well before each use.



Pain relief

Paracetamol, Ibuprofen or Co-codamol

Follow packet instructions

To reduce mild to moderate discomfort. This medication is not supplied by Optical Express but can be taken if you feel they are necessary.



Eye pressure tablets

Acetazolamide Diamox

Take 1 tablet by mouth 4 hours after procedure

Diamox is a form of medication which helps to control eye pressure following the procedure. 1 x 250mg tablet will be provided and should be taken 4 hours after your surgery.



After 24 Hours

Your eyes should feel relatively comfortable and vision should be improving.

Post Treatment Advice

- Vision, redness and any discomfort should be improving gradually.
- If your vision becomes significantly more blurred, you begin to experience increased pain, redness or notice an opaque discharge from the eye or have any questions you wish to ask one of our experienced clinical team;
 - Between the hours of 9am-5pm, please call **0800 023 2020** (UK) or **1800 818 543** (ROI).
 - Outside normal opening hours, please call **0870 850 8291** (UK) or **1800 818 693** (ROI).
- You may experience some tenderness around the eye, you may take mild pain relievers if you need them.
- You may experience symptoms of dry eye such as irritation or mild redness during the early stages. Dryness can cause your vision to fluctuate.
- You may experience quality of vision symptoms, which are more common after a multifocal IOL procedure. Through the natural adaptation process these symptoms reduce through time in the vast majority of patients.
- You may note that colours appear slightly different (brighter, more bold) than you remembered before you procedure. This is perfectly normal.
- It is normal to experience some redness in the white part of your eye. This is harmless and will not interfere with vision. This should gradually disappear within 2 – 3 weeks.
- You should wear your eye shield on your treated eye for 1 week during sleeping hours. This will protect your eye from accidental rubbing or bumping.
- You may shower, bath and wash your hair after the first post operative day.
- Do not face the shower spray, and try to wash your hair with your head tilted backwards to avoid shampoo/soap getting in your eyes.
- Avoid exercise for one week, swimming under water for 2 weeks and contact sports for 4 weeks or until advised by your Surgeon or Refractive Optometrist.
- When putting on shoes and socks or picking up light objects, bend with knees rather than hips to keep your head elevated where possible. Avoid heavy lifting and strenuous exercise for at least the first 2 weeks.
- Normal activities can be resumed gradually after the first 2 weeks, providing there are no complications.
- Please avoid dusty or dirty environments for the first week following each treatment.
- To reduce the risk of complications, please keep your hands clean and use the medications as prescribed by your Surgeon.
- There are no restrictions on air travel, however we do recommend no long haul flights before you attend your 1 week post operative appointment.
- Your Surgeon or Refractive Optometrist will advise you when you have reached the standard of vision for driving.
- Most patients will benefit from taking a couple of days off work after each procedure.
- If a laser vision correction procedure is required to refine your outcome this is typically scheduled between 3 and 9 months after the primary procedure. The final decision to proceed with this lies with a treating Surgeon.

Aftercare appointments following Natural Lens Replacement

Your aftercare is as important as your surgery, so please ensure you complete your recommended appointments. These are typically scheduled as follows:



Your one week and three month appointment will most likely be performed by telemedicine. After discharge, annual eye examinations are recommended.

What to Expect After Your Phakic IOL or ICL Procedure

The First 24 Hours

- Once the anaesthetic wears off, your eye may water, feel gritty or irritated.
- Your vision, while typically improved, may still be a bit blurry.
- You may be light sensitive and may see glare, halos, shadows or ghosting around lights at night.
- Your eye may appear slightly red or 'bloodshot'.
- These symptoms are all completely normal and will gradually improve.
- By the next day, your eyes should feel more comfortable and your vision should be clearer, but not yet perfect.
- Alternative forms of eye drops may be prescribed by your Surgeon as applicable to your clinical care.
- Do not use tap water near your eyes.

Post-Operative Patient Medications - Phakic IOL / ICL

The use of these drops should commence 4 hours after you leave the clinic. When instilling drops within the first 24 hours, and up to the next morning, remember to reposition your eye shield immediately afterwards.

Please wash your hands prior to putting in drops and do not touch the tip of the bottle or the inside of the bottle lid against your finger or eye. It doesn't matter which drops you put in first. The second drop should be put into the eye around five minutes after the first. The easiest way to put in drops is to pull down the lower lid with a clean finger, and put the drops into the space between the lid and the eyeball. This will avoid pressure on the upper eyelid.

A burning sensation is normal when instilling drops in the first several days. You may wish to take some painkillers during the early stages. You may take your preferred brand of tablet for this purpose.

Name, purpose and notes, usage:

Antibiotic drops

Oftaquix or Exocin eye drops
(you will be given one or the other, but not both) 1 drop every 2 hours during awakened hours for the first 24 hours, followed by 1 drop 4 times per day for 13 days.

These antibiotic drops should be kept in a cool place. They will help prevent infection. Start using them on the same day as treatment. Your Surgeon will have applied some of these drops during your surgery.



Eye pressure tablets

Acetazolamide Diamox
Take 1 tablet by mouth 4 hours after procedure

Diamox is a form of medication which helps to control eye pressure following the procedure. 1 x 250mg tablets will be provided and should be taken 4 hours after your surgery.



Anti-inflammatory eye drops

Maxidex eye drops
1 drop every 2 hours during awakened hours for the first 24 hours, followed by 1 drop 4 times per day for 13 days. Then 1 drop 3 times per day for a further 14 days.

Like the antibiotic drops, start using these drops on the same day as treatment. These drops will help reduce inflammation. Please note that these drops are milky white in appearance, and must be shaken well before each use.



Pain relief

Paracetamol, Ibuprofen or Co-codamol
Follow packet instructions

To reduce mild to moderate discomfort. This medication is not supplied by Optical Express but can be taken if you feel they are necessary.



Putting in eye drops

1. Start by tilting your head backward while sitting, standing, or lying down. With your index finger placed on the soft spot just below the lower lid, gently pull down to form a pocket.
2. Look up. Squeeze one drop into the pocket in your lower lid. Don't blink, wipe your eye, or touch the tip of the bottle on your eye or face.
3. Close your eye. Keep closed for 20 seconds without blinking.
4. Wait around 5 minutes before applying the next eye drop



After 24 Hours

Your eyes should feel relatively comfortable and vision should be improving.

Post Treatment Advice

- Vision, redness and any discomfort should be improving gradually.
- If your vision becomes significantly more blurred, you begin to experience increased pain, redness or notice an opaque discharge from the eye or have any questions you wish to ask one of our experienced clinical team;
 - Between the hours of 9am-5pm, please call **0800 023 2020** (UK) or **1800 818 543** (ROI).
 - Outside normal opening hours, please call **0870 850 8291** (UK) or **1800 818 693** (ROI).
- You may experience some tenderness around the eye, you may take mild pain relievers if you need them.
- You may experience symptoms of dry eye such as irritation or mild redness during the early stages. Dryness can cause your vision to fluctuate.
- It is normal to experience some redness in the white part of your eye. This is harmless and will not interfere with vision. This should gradually disappear within 7 – 10 days.
- You should wear your eye shields for 1 week during sleeping hours. This will protect your eye from accidental rubbing or bumping.
- You may shower, bath and wash your hair after the first post operative day.
- Do not face the shower spray, and try to wash your hair with your head tilted backwards to avoid shampoo/soap getting in your eyes.
- Avoid exercise for one week, swimming under water for 2 weeks and contact sports for 4 weeks or until advised by your Surgeon or Refractive Optometrist.
- You may bend over to put on shoes and socks or to pick up light objects but avoid heavy lifting and strenuous exercise for at least the first 2 weeks.
- Normal activities can be resumed gradually after the first 2 weeks, providing there are no complications.
- Please avoid dusty or dirty environments for the first week following each treatment.
- To reduce the risk of complications, please keep your hands clean and use the medications as prescribed by your Surgeon.
- There are no restrictions on air travel, however we do recommend no long haul flights before you attend your 1 week post operative appointment.
- Your Surgeon or Refractive Optometrist will advise you when you have reached the standard of vision for driving.
- Most patients will benefit from taking a couple of days off work after each procedure.
- If a laser vision correction procedure is required to refine your outcome this is typically scheduled between 3 and 9 months after the primary procedure. The final decision to proceed with this lies with a treating Surgeon.

Aftercare appointments following Phakic IOL or ICL

Your aftercare is as important as your surgery, so please ensure you complete your recommended appointments. These are typically scheduled as follows:



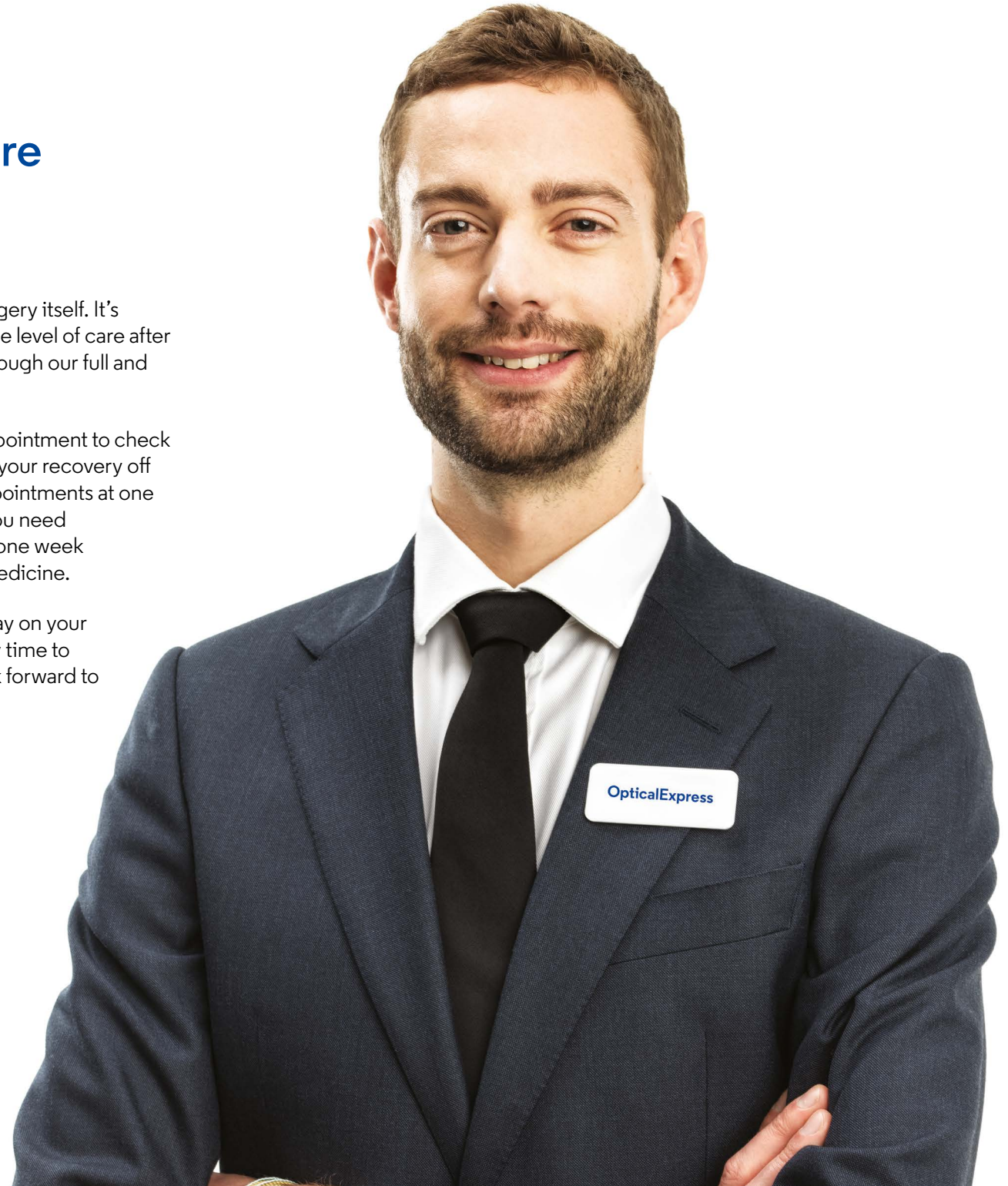
Your one week and three month appointment will most likely be performed by telemedicine. After discharge, annual eye examinations are recommended.

Comprehensive Aftercare For All Our Patients

The care you receive from us doesn't end with the surgery itself. It's important to us that you're completely satisfied with the level of care after your procedure, and we provide first class support through our full and very effective aftercare programme.

You'll see us the day following surgery for a review appointment to check on your progress. It's important that you attend to get your recovery off to the best start. You'll have further post-operative appointments at one week, one month and three months or otherwise as you need them, where we'll check that you're healing well. The one week and three month post ops will be performed by telemedicine.

You'll discover that we're with you every step of the way on your journey towards excellent vision. We're on hand at any time to answer your questions, leaving you to confidently look forward to enjoying life without your glasses and contact lenses.





99%
of patients would
recommend
OpticalExpress*

* In a survey of 320,659 Optical Express patients, 99% told us they would recommend us to their family and friends



100%

of Optical Express patients
achieve driving standard
vision or better.*

*Based on a study of 54,343 Optical Express patients treated, 100% achieved DVLA Class 1 driving standard vision after surgery.

Optical Express Gives Back

At Optical Express, care is at the heart of everything we do – we care for our patients, our colleagues, our communities and our environment. We have fostered a generous culture as we aim to become the world’s most socially and environmentally conscious eye care provider.

Since it was founded in 1991, Optical Express has donated millions of pounds to great causes. We have supported hundreds of charitable organisations, both at home and abroad and we are committed to improving the lives of others by dedicating time, capital and services to those most in need. This extends to youth and sporting groups, third sector organisations, fundraising support for research, cancer charities, support for environmental causes, children’s charities and more.

With locations throughout the UK, Ireland and across Europe, plus support offices, our colleagues are passionate about caring for the communities we serve. We have fostered a culture of care and we encourage every member of staff to contribute in some form, whether that be by suggesting ideas for new charities, taking part in charitable events, or making contributions no matter how small.

Read more on our work on our website at:





I heavily relied on glasses, and didn't really like contact lenses.



I remember I was going on a ski holiday and I dropped my glasses at the train station. And I couldn't find them. I just broke down in tears. Having that feeling where you literally can't see it just knocks your confidence and it's quite worrying.

I would recommend lens replacement to everybody that can possibly have it done. It's just been life changing.

**DAWN AND ASHLEY WARD
- TV PERSONALITIES,
LENS REPLACEMENT SURGERY PATIENTS**



Clinician Discussion

You must have a discussion with your clinician before your treatment day. Many of our patients have the choice to meet their clinician in-person or have a telemedicine supported clinician discussion, such as by telephone. The latter option for some patients is more convenient. Your clinician will have confirmed if you have this choice. They'll talk you through your surgery and ensure that you fully understand the process.

You'll have plenty of opportunity to ask questions. Your clinician may also request further tests at this point.

Clinician Discussion

Clinician:

Date:

Time:

Clinic:

OpticalExpress

If you want to join the conversation about all things eyes,
come and make friends with us on our social media channels.

Optical Express also offers a full range of glasses, contact lenses, sunglasses and accessories.

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Paper from
responsible sources.

LENS SURGERY