



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

LASER EYE 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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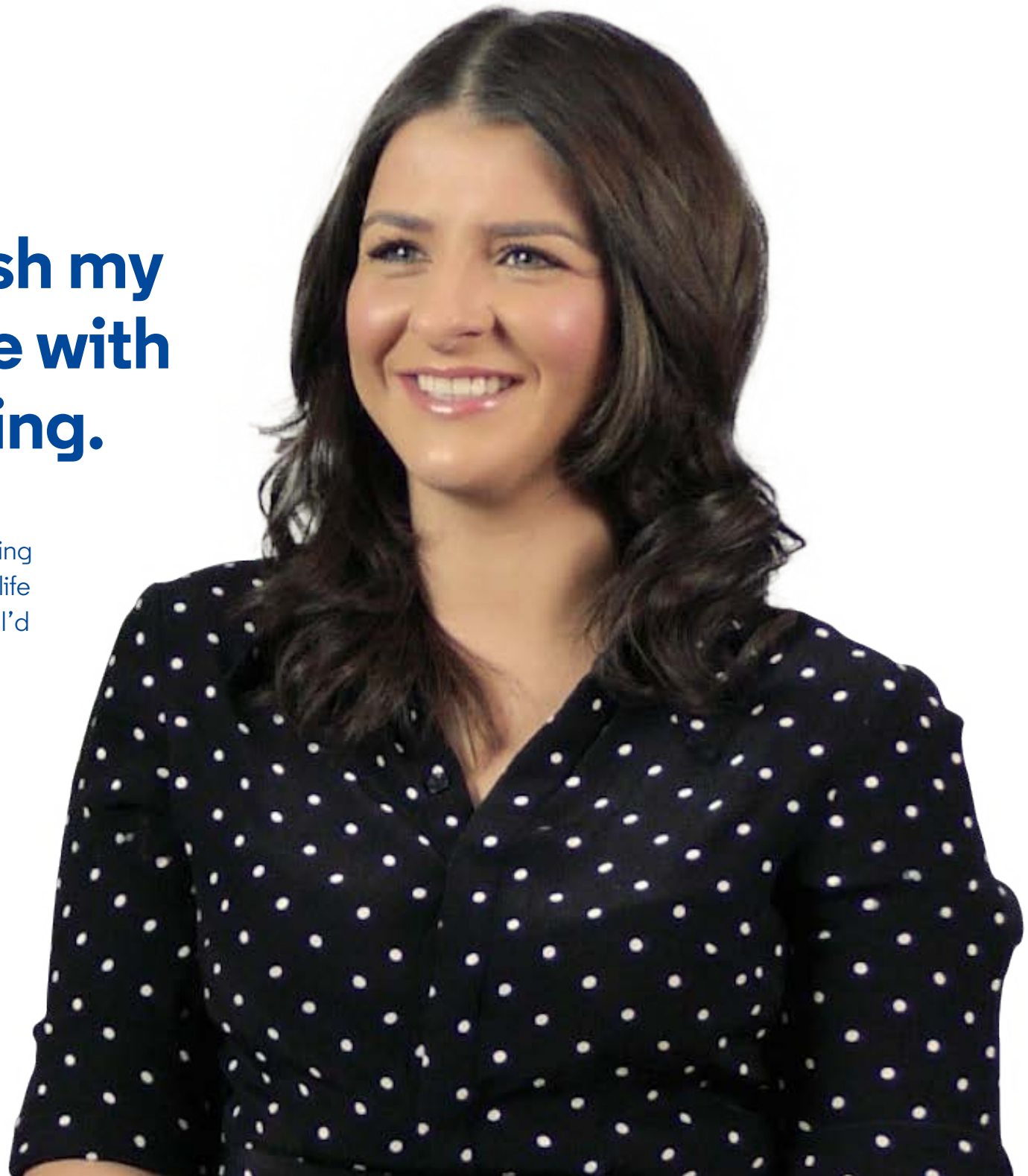
We've only
just begun...

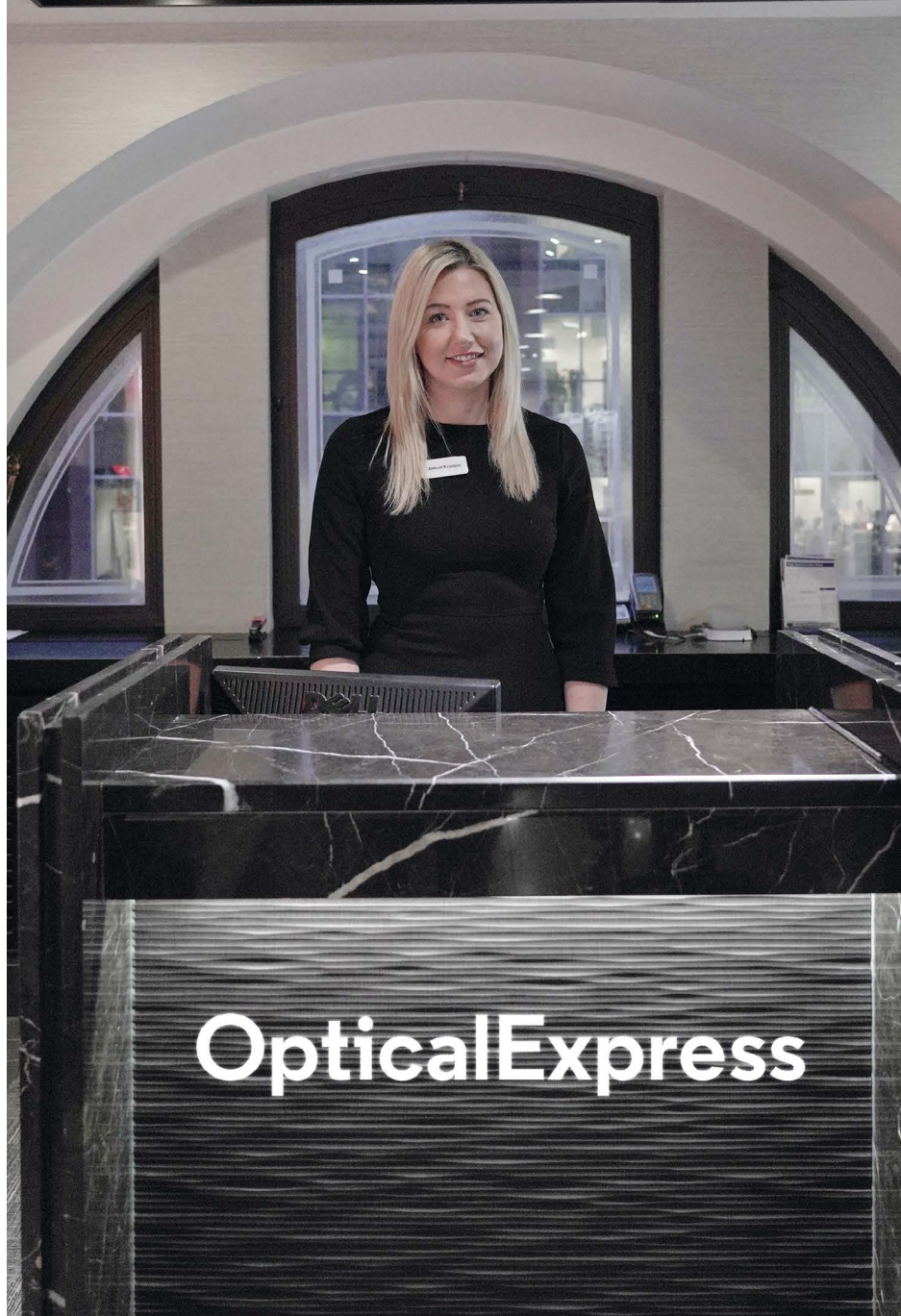
“

From start to finish my whole experience with it has been amazing.

It's just great to walk around glasses free and being able to see. It's just the little things in day to day life that make it so much easier and if you can do it, I'd definitely recommend it to anyone. Absolutely.”

**REBECCA RYAN, ACTOR
LASER EYE SURGERY PATIENT**





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 deciding to have laser eye surgery is a big step. Now that you have 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 No. 1 provider in the UK.
- The collective experience of our ophthalmic surgeons and specialist refractive optometrists ensures you will be in safe hands.
- We use state of the art technologies manufactured by *Johnson & Johnson* VISION and **ZEISS**.
- The care you receive during and after your treatment will be of the highest standard.
- We have more 5 star Trustpilot reviews than all other national providers combined.[^]

[^]Correct as of 22/02/22. For verification visit www.trustpilot.com





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 Laser Eye Surgery

What is laser eye surgery?

No one wants to struggle to see the alarm clock, drive with poor vision, use different glasses for reading and distance or have to take their contact lenses out to go swimming.

Laser eye surgery is a very popular procedure which corrects poor vision. The first laser eye surgery procedure was carried out by Dr Marguerite McDonald in 1988. Dr McDonald is a member of the Optical Express International Medical Advisory Board (IMAB), which comprises several of the world’s leading ophthalmic surgeons and key opinion leaders. Members of the IMAB provide our surgeons, optometrists and clinical support teams with continuous assessment and education, allowing them to stay at the forefront of corrective eye surgery.

A cool beam advanced laser makes subtle adjustments to the shape of the surface of the eye (the cornea), correcting tiny imperfections to make vision clearer and sharper. It’s a simple treatment and depending on the level of correction required, takes anything from a matter of seconds to just a few minutes.


The vast majority of our patients are amazed at how quickly they recover and the speed at which they can enjoy a life free from glasses and contact lenses.

The improvement in vision that patients notice after laser eye surgery is truly remarkable.



99%
of patients would
recommend
Optical Express*

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



Over 50 million
people across the
globe have had
laser eye surgery*

Laser Eye Surgery Procedures

What types of laser eye surgery are there?

The two best known and most popular types of laser eye surgery are LASIK and LASEK. Both procedures can be enhanced by **Johnson & Johnson VISION iDesign**, a highly advanced innovation which captures up to 1,257 micro readings of your eye prescription.

It allows treatment for each patient to be tailored 25 times more accurately than a standard prescription for glasses and contact lenses, so that we can aim to achieve the best possible results for you.

How is laser eye surgery performed?

We use a technologically advanced cool beam laser to subtly reshape the outer window of your eye, known as the cornea, transforming your vision and giving you the joy of clearer and sharper sight.

LASIK

LASIK is the most commonly performed laser eye surgery procedure. It involves the use of two technologically advanced lasers. To ensure you are comfortable throughout the procedure, anaesthetic eye drops are applied to numb the eye. A lid holder is used to correctly position your eyelids and avoid you blinking during the procedure. The first laser creates an

ultra-thin flap on the outer layers of the cornea. It's gently lifted by the surgeon to reveal the inner layers of the cornea, and takes a matter of seconds.

The eye prescription is then corrected by the second laser, a process which has been specially developed for this most delicate surgery. It's relatively quick, taking between a number of seconds to 2 minutes, and the flap is then replaced and acts as a protective layer to allow the eye to heal naturally.

LASIK patients typically experience improved vision the next day, however this can be dependent on a range of factors such as the speed at which you naturally heal.

LASEK

Not everyone is suitable for LASIK. The alternative procedure is known as LASEK. No flap is created on the outer layers of the cornea, instead, the surface layer of the cornea is loosened. A cool beam laser reshapes the surface, correcting your eye prescription and improving vision.

LASEK's initial recovery period can take three to four days longer than LASIK.

Laser eye surgery helps transform the vision of millions of people every year.

* Over 50 million laser eye surgery procedures have been performed worldwide according to Marketscope 2017 Refractive Report



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

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 and safety. **Johnson & Johnson VISION** and **ZEISS** are world leaders in optical technology and thanks to our relationship with them our patients benefit from shorter recovery times and better visual outcomes.

iDesign by **Johnson & Johnson VISION**

Your eyes are as unique as your fingerprint. Each eye has its own special characteristics, including tiny imperfections. Because of that, the best laser eye surgery results come from personalised treatment using iDesign technology.

This advanced form of laser eye surgery is only available nationwide at Optical Express clinics. It captures up to 1,257 micro readings of your eye's prescription – that's 5 times more than with previous technology, to give a very accurate 3-D image of your eye.

iDesign also corrects your prescription up to 25 times more accurately than spectacles or contact lenses. An iDesign scan measures your prescription in 0.01 dioptre steps while glasses and contact lenses are prescribed in 0.25 dioptre steps.

The information iDesign collects is used to customise your treatment. It's transferred to a computer-guided cool beam laser which smooths out your eyes' imperfections and corrects your eyesight.

Thanks to iDesign our surgeons can now treat more complex and higher prescriptions than ever before.



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

Wonderful Technology, Wonderful Outcomes

Johnson & Johnson VISION



Johnson & Johnson VISION Intralase iFS 150 Femtosecond Laser

So that we don't have to use manual instruments like other providers, the LASIK procedures at Optical Express are carried out using the Intralase laser method, which creates a protective flap at the beginning of treatment. This all-laser technique uses the advanced technology of the IntraLase iFS 150 femtosecond laser to offer increased precision, enhanced safety and faster results.

Johnson & Johnson VISION



Johnson & Johnson VISION VISX Star S4 IR Excimer

The UK's most widely used excimer laser, this technology assists in the iDesign procedure, helping it to be performed quickly and effectively. Its eye-tracking technology improves accuracy, and this revolutionary product means that our surgeons can deliver the widest range of laser vision correction treatments to patients.

Johnson & Johnson VISION



Johnson & Johnson VISION iDesign 2.0

This instrument measures the prescription of the eye 25 times more accurately than in a typical prescription. It provides a wealth of measurements which help achieve better outcomes after surgery. An iDesign capture measures your prescription in 0.01 dioptre steps, while a typical prescription (used for glasses or contact lenses) measures a prescription in 0.25 dioptre steps.

OCULUS




Oculus Pentacam HR

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

Every week at **OpticalExpress**
we perform more laser eye
surgery procedures than all other
national UK providers combined.



DR DAVID TEENAN
UK MEDICAL DIRECTOR

A close-up, high-resolution photograph of a person's face, focusing on the eyes and nose. The person has light skin and blue eyes. The image is cropped to show the bridge of the nose, the tip of the nose, and the eyes. The eyes are looking slightly to the right. The lighting is soft and even, highlighting the texture of the skin and the details of the eyes.

Over 99%
of patients achieve
20|20 vision or better*

*In a study of 190,231 Optical Express patients with the most common prescriptions we treat (excluding those with presbyopia and emmetropia) 99.2% achieved 20|20 vision or better following treatment.

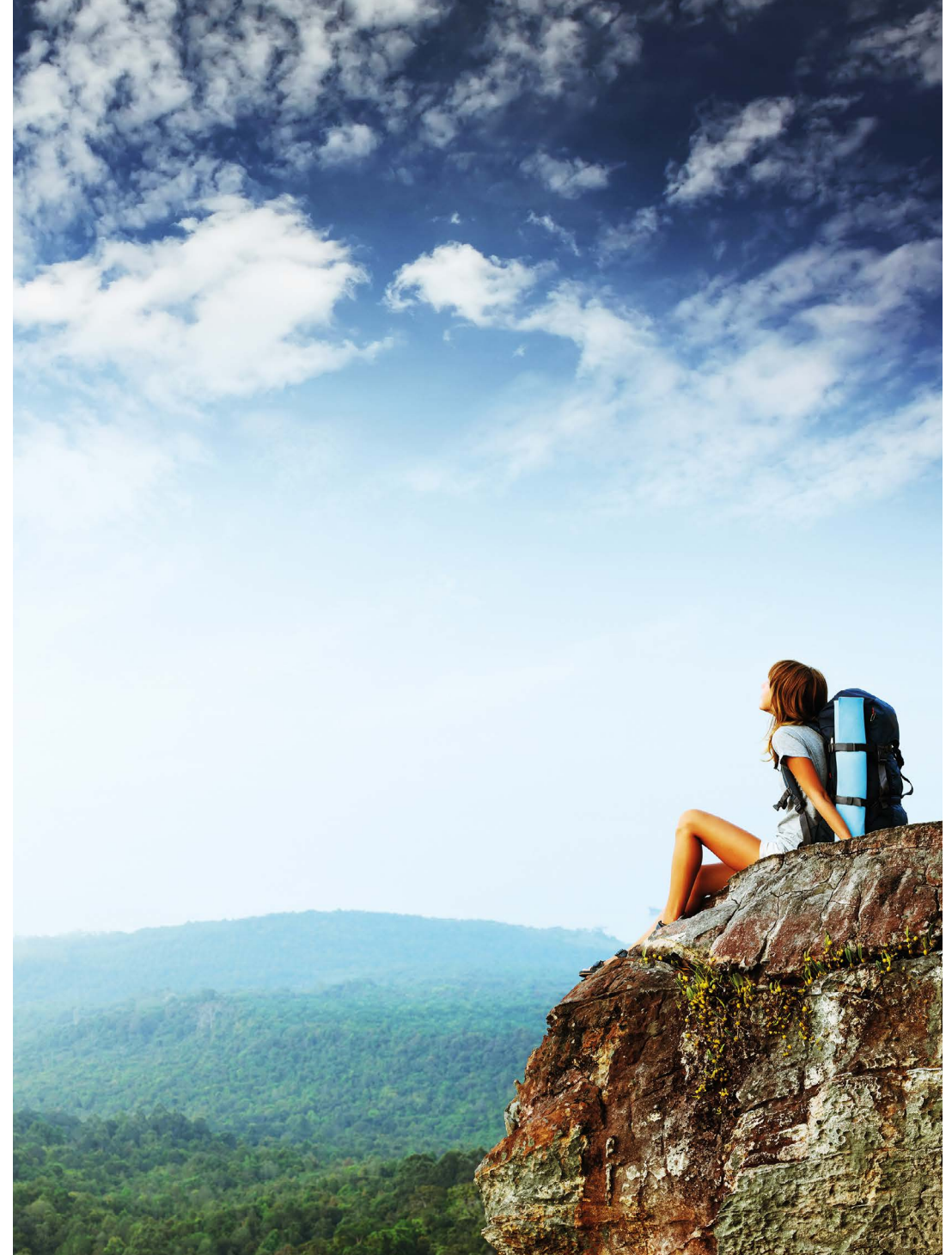
Benefits of Laser Eye Surgery

Nothing quite compares to the freedom you'll enjoy following laser eye surgery. What do you look forward to most? Driving without glasses? Swimming without goggles? Complete freedom from the stresses and inconveniences of your glasses and contact lenses? A whole new world is there for you to enjoy after your procedure.

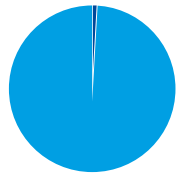
Now more than ever, there is a greater need to maintain good hand hygiene and avoid touching your eyes, nose and mouth. Those who wear glasses for certain tasks, such as for aiding their close vision, may regularly touch their face as they apply and remove their glasses to aid their visual function. Inserting and removing contact lenses also requires the wearer to touch their face more often than they might otherwise. What's more, contact lens wear is much more likely to lead to an eye infection than laser eye surgery - 20 times more likely per year of wear with extended wear contact lenses than LASIK and 4 times more likely per year of wear with daily wear contact lenses than LASIK, in fact.[†]

Laser eye surgery is one of the safest elective surgery procedures. It's quick too, and within 24 hours the vast majority of people electing for LASIK are generally delighted to find that they're already enjoying the benefits of good vision.

[†] Based on incidences of microbial keratitis after LASIK surgery being 1 in 21,679 procedures (J Cataract Refract Surg. 2017 Apr;43(4):473-479. doi: 10.1016/j.jcrs.2017.01.017.) versus the risk of a microbial keratitis being 1 in 1,075 each year of wear with extended or overnight wear contact lenses and versus the risk of a microbial keratitis being 1 in 5,263 each year of wear with daily wear soft contact lenses. (Eye (Lond). 2012 Feb; 26(2): 185-193. Stapleton F et al. Eye (2012) 26, 185-193)



Laser eye and lens surgery is safer, more cost effective and more environmentally friendly than contact lens wear.



97%

of Contact Lens wearers are damaging the environment
- Landfill or flushing down toilet / plug hole

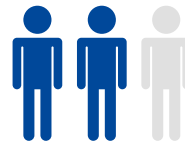
(Based on 3,104 patients surveyed)



4.2 million

contact lens wearers in the UK

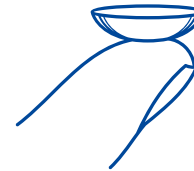
(2016 ABDO statistic)



2 out of every 3

patients feel they are **not aware** about the environmental impact of using contact lenses

(Optical Express HLQ)



780 million plastic contact lenses are used by UK wearers

(2016 ABDO statistic)



Laser eye surgery is a more cost effective option when compared with the lifelong spend on glasses and contact lenses

(On average Laser eye surgery is the equivalent of 3 years contact lens wear*)



It takes up to

500 years

for plastic waste to decompose

(WWF - The lifecycle of plastics 2018)



The risk of a sight threatening infection is

4 x greater

with daily wear contact lenses per year of contact lens wear compared with LASIK eye surgery

(Optical Express Peer Review v CL meta-analysis Peer Review)

The risk of a sight threatening infection is

20 x greater

with extended or overnight contact lenses per year of contact lens wear compared with LASIK eye surgery

(Optical Express Peer Review v CL meta-analysis Peer Review)



Over 750 million plastic lenses are being flushed down the drain or end up in landfill every year

(Optical Express HLQ, 2016 ABDO statistic)

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 Marguerite McDonald



Dr John Vukich



Dr Zaina Al Mohtase



Dr Stephen Slade



Dr David Teenan



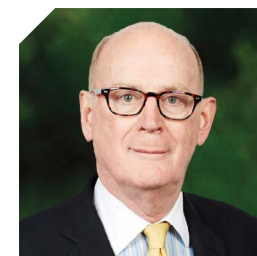
Dr Colman Kraff



Dr Stephen Coleman



Mr Stephen Hannan



Professor David Spalton



Dr Julie Schallhorn



Dr Stephen Klyce



Dr Steven Dell



Dr Eric Donnenfeld

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 eye 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 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.

Non-prescription sunglasses

- Please bring a pair of non-prescription sunglasses as your eyes will be sensitive to light after surgery.

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.
- 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.
- 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.**

Prior to the day of surgery

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.



See the difference...
Before and after laser eye surgery

Before

After

* Representative of average visual improvement achieved. The average visual gain with LASIK is twelve lines on the Snellen vision chart.

The Day of Your Procedure

Pre-treatment

- On the day of your procedure, you will meet with your ophthalmic surgeon who will undertake a further review of your case notes and answer any additional questions you may have.
- It is not uncommon for your surgeon to request some repeat tests upon review to confirm your suitability and treatment recommendation. In the vast majority of cases, the recommendations are identical to those made by the optometrist your primary consultation.

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 into the laser suite where a nurse or healthcare assistant will explain the procedure to you and instil anaesthetic drops to numb your eyes to ensure you are comfortable.
- One of our experienced healthcare team will review your post-operative care and eye drops, ensure you have appropriate information and that all of your questions have been answered.

The treatment procedure

- You will be taken into the treatment room, where you will rest comfortably on a surgical bed.
- The surgeon will place an eyelid holder over the eye to be treated to prevent blinking. The sensation to blink is eliminated by the anaesthetic drops. The fellow eye is covered.

LASIK - The first step is to create the LASIK flap. A ring is placed on the eye that helps keep the eye in position using gentle pressure. You will be placed under the Intralase laser and as the pressure is gradually increased, your vision will appear grey or black for around 12 seconds. Your vision will then return. The surgeon has now created the corneal flap using the Femtosecond laser. You will now be

moved under the Excimer laser. A red flashing target light will be visible. The flap is lifted and the eye tracking system is then activated, allowing the laser to follow even the slightest eye movement during the laser treatment. Your surgeon will talk you through the whole procedure. Once the laser pulses are completed, the corneal flap is replaced back into the natural position.

LASEK – most commonly an alcohol solution is used to remove the surface cells of the cornea called epithelium. The eye-tracking system is then activated, allowing the laser to follow even the slightest eye movement during the laser treatment. Your surgeon will talk you through the whole procedure. Once the laser pulses are completed, a bandage contact lens is then placed in the eye to provide comfort during healing of the protective layer.

- Once the first eye is completed, the same procedure is performed on the fellow eye if applicable. Treatment for both eyes typically takes about 15 minutes to complete.

Post treatment

- After your treatment is completed, you will be taken into the rest area where you can relax with your eyes closed. As the anaesthetic wears off you will feel uncomfortable and a foreign body sensation in your eyes. Your eyes may be light sensitive and watery. Your vision will be blurry or hazy, like looking through a 'cloud or mist'. All of these symptoms are normal.
- If you have had LASIK the Surgeon will check your eyes at the microscope to ensure that the flap (LASIK) is in place prior to you leaving the clinic.
- Once discharged, it is strongly recommended that you go directly home to sleep for a few hours. Patients are instructed to wear their eye shields while sleeping.

What to Expect After Your LASIK Procedure

The first 24 hours:

- Once the anaesthetic wears off, your eyes may water, feel gritty or irritated.
- Your vision during the first day, while improved, is likely to be a bit blurry.
- You may be light sensitive and may see glare and halos around lights at night.
- You may see red patches on the white part of your eye.
- These symptoms are all completely normal and will gradually improve.
- By the next day, your eyes comfort and vision is likely to have improved.
- 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 - LASIK:

- Please wash and dry your hands thoroughly prior to putting in your drops. Use a clean towel that is not used by anyone else.
- Do not touch the tip of the bottle or the inside of the bottle lid.
- It doesn't matter which drops you put in first. The lubricating drops do not need to be put in at the same time as the other drops. The second drop should be put into the eye at least 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.

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 4 times per day for 7 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.



Anti-inflammatory eye drops

Pred Forte eye drops
1 drop 4 times per day for 1 week

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.



Lubricating eye drops

Blink eye drops

- 1 drop 4 times per day for the first month and then as needed for dry eye symptoms thereafter.
- In the early stages post-surgery your eyes can be dry, particularly towards the end of the day.
- You should continue to take these drops for a month or so after treatment or whenever your eyes feel dry or blurred.



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



24 Hours after LASIK

Typically between 80 – 90% of the healing as a follow-on to your procedure takes place within the first day. The remaining visual recovery takes several days or sometimes weeks depending on your prescription. Your eyes should feel relatively comfortable and vision should be improving. You may shower, but avoid getting water or soap into your eyes for one week after treatment.

LASIK Post Treatment Advice

- 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).
- The following signs and symptoms are a normal part of the healing process and typically resolve over a period of weeks following treatment:
 - It is not unusual for the eyes to recover at different rates, particularly during the first week or two. The vision and/or comfort in one eye may be different to the other.
 - Eyes may feel gritty or dry. Lubricating drops can be used as needed. The drops will not only provide comfort but will promote healing. Dryness can cause your vision to fluctuate.
 - Red patches on the white of the eye may appear following surgery. These are harmless and do not cause discomfort or interfere with vision.
 - Night vision symptoms such as glare, halos or starbursts around lights may appear in the early post operative phase.
- Occasionally a bandage contact lens may be inserted immediately following your procedure. In the rare occasion that this lens falls out, do not attempt to reinsert it yourself. The contact lens is inserted for comfort only, so while you may experience discomfort if the lens falls out, your eye is not at increased risk of infection. If you have discomfort, make an appointment to see your Specialist Refractive Optometrist as soon as possible for the lenses to be replaced. Otherwise, you may wait until your next scheduled aftercare appointment.
- To reduce the risk of infection, wash and dry your hands prior to using eye drops.
- Wear your eye shields / goggles when going to bed for the first week. These will help protect your eyes from knocks and rubs during the night.
- You may shower and wash your hair from the first post-operative day. Avoid getting water or soap directly in your eyes.
- Avoid wearing eye make-up for 1 week.
- Avoid vigorous exercise for 1 week, swimming for 2 weeks, and contact sports for 4 weeks or until advised by your Surgeon or Specialist Refractive Optometrist.
- Avoid dusty or dirty environments for the first week.
- Your vision is likely to get progressively better over the next few weeks to months. If you are over the age of 40, you may need near vision glasses for reading and near work. Your Refractive Optometrist will advise you further.
- Your Surgeon or Refractive Optometrist will advise you when you have reached the standard of vision for driving. We recommend that you do not drive for the first 24-48 hours.
- Should you require an enhancement procedure 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 the treating Surgeon.

Aftercare appointments following LASIK

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



After discharge, biennial eye examinations are recommended.

Returning to your hobbies and activities post LASIK surgery?

This activity timeline chart will give you an indication of when you can go back doing what you love and enjoy the most after your LASIK surgery.

Daily Activities	
Driving	48 hours
Go back to work	From 2 days
Housework	From 2 days
Mobile / Tablet	From 6 hours
Showering	From 6 hours
Watching TV	From 6 hours
Work in dusty environments	From 7 days

Beauty	
Dye hair	2 weeks
Eyelash/Eyebrow tint	2 weeks
Eyebrow wax	2 weeks
Facial	2 weeks
Wear eye make-up	1 week
Wear fake tan	1 month
Wear false eye lashes	4 weeks

Activities	
Abseiling	4 weeks
Aquatic sports	2 weeks
Bowling	2 weeks
Boxing	4 weeks
Bungee jump	4 weeks
Competitive running	2 weeks
Cricket	2 weeks
Cycling	1 week
Football	2 weeks
Fishing	2 weeks
Going for a walk	24 hours
Go-karting	2 weeks
Golf	2 weeks
Horse riding	2 weeks
Hill walking	1 week
Jet ski	4 weeks
Jog	1 week
Martial arts	4 weeks

Activities	
Mountain biking	2 weeks
Racket sports	2 weeks
Rock climbing	4 weeks
Rollerblade	2 weeks
Rugby	4 weeks
Scuba dive	4 weeks
Skateboard	4 weeks
Ski	4 weeks
Sky dive	12 weeks
Snooker/Pool	1 week
Snorkelling	2 weeks
Snowboard	4 weeks
Surf	4 weeks
Trampolining	4 weeks

Hobbies	
DIY	From 2 weeks
Gardening	From 2 weeks
Paint	2 weeks
Read a book	From 1 day
Video games	From 6 hours

Travel	
Fly	Within 1 week
Sunbathe	2 weeks
Swim in sea	2 weeks

Gym	
Aerobic exercise class	2 weeks
Gym	1 week
Heavy weight training	4 weeks
Sauna/Steam room	2 weeks
Swim	2 weeks

Social Activities	
Cinema	From 1 day
Dance	1 week
Drink alcohol	48 hours

Other	
Dentist	1 week
Give blood	1 month

What To Expect After Your LASEK Procedure

The first 4 days

Once the anaesthetic wears off, you will feel some discomfort, pain, watering, light sensitivity or a feeling that something is in the eyes. These symptoms may vary from mild to intense and are typically most noticeable in the first 3-4 days after treatment. It is not unusual to have swollen, puffy eye lids as well. Your vision may also fluctuate. These symptoms are a normal and expected part of the LASEK healing process.

Discomfort can be managed with painkillers. We would also encourage you to rest and ensure you don't rub your eyes. Remember to continue to use eye drops as prescribed. Some patients find a cool compress placed over the eyebrow area will reduce the discomfort in the early stages.

The bandage contact lens will be removed typically on day 4. Very occasionally the bandage contact lens may fall out. Do not attempt to re-insert it yourself. The contact lens is inserted for comfort only, so while you may experience discomfort if the lens falls out, your eye is not at increased risk of infection. If you have discomfort, make an appointment to see your Specialist Refractive Optometrist as soon as possible for the lenses to be replaced. Otherwise, you may wait until your next scheduled aftercare appointment. Do not use tap water near your eyes.

Alternative forms of eye drop may be prescribed by your Surgeon as applicable to your clinical care.

Post-Operative Patient Medications - LASEK

- Please wash and dry your hands thoroughly prior to administering your drops. Use a clean towel that is not used by anyone else.
- Do not touch the tip of the bottle or the inside of the bottle lid.
- It doesn't matter which drops you put in first. The lubricating drops do not need to be put in at the same time as the other drops. The second drop should be put into the eye at least 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.

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 4 times per day for 7 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.



Lubricating eye drops

Blink eye drops

- 1 drop 4 times per day for 1 month and then as needed for dry eye symptoms thereafter.
- In the early stages post-surgery your eyes can be dry, particularly towards the end of the day.
- You should continue to take these drops for a month or so after treatment or whenever your eyes feel dry or blurred.



Anti-inflammatory eye drops

FML eye drops

Week 1 - 1 drop 4 times per day for 1 week
Week 2 - 1 drop 3 times per day for 1 week
Week 3 - 1 drop 2 times per day for 1 week
Week 4 - 1 drop once per day for 1 week

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.



Tetracaine / Voltarol Eye Drops

To be used sparingly over the first few days for pain (no more than 1 drop every 2 hours)

To reduce post-op discomfort. Use only if needed for pain not relieved by other eye drops and medication. Keep these drops refrigerated.



After the bandage contact lens is removed (typically day 4)

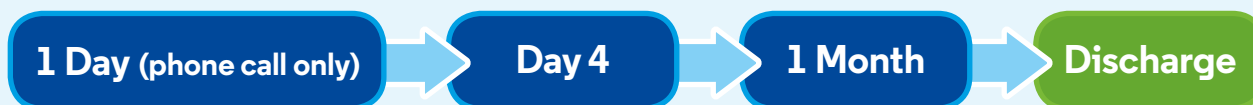
Your eyes should feel relatively comfortable after about the third day. The bandage lens is typically removed at day 4, but this may vary depending on your individual healing. Once the lens is removed and the surface cells have healed, the process of visual recovery begins. This process is slower than for LASIK and can take up to 3 months to fully recover, however most patients are quite functional by day 4, and can return to most of their normal activities.

LASEK Post Treatment Advice

- 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).
- The following signs and symptoms are a normal part of the healing process and typically resolve over a period of weeks following treatment:
 - One eye may see or feel differently than the other. It is not unusual for the eyes to recover at different rates, particularly during the first week or two.
 - Eyes may feel gritty or dry. Lubricating drops can be used as needed. The drops will not only provide comfort but will promote healing. Dryness can cause your vision to fluctuate.
 - Night vision symptoms such as glare, halos or starbursts around lights may appear in the early post operative phase.
- To reduce the risk of infection, wash and dry your hands prior to using eye drops.
- Wear your eye shields/goggles when going to bed for the first week. These will help protect your eyes from knocks and rubs during the night.
- You may shower and wash your hair from the first post operative day. Avoid getting water or soap directly in your eyes.
- Avoid wearing eye make-up for 1 week.
- Avoid vigorous exercise for 1 week, swimming for 2 weeks, and contact sports for 4 weeks or until advised by your Surgeon or Specialist Refractive Optometrist.
- Avoid dusty or dirty environments for the first week.
- Your vision is likely to get progressively better over the next few weeks to months. If you are over the age of 40, you may need near vision glasses for reading and near work. Your Specialist Refractive Optometrist will advise you further.
- Your Surgeon or Refractive Optometrist will advise you when you have reached the standard of vision for driving. We recommend that, following LASEK, you do not drive until the bandage contact lenses have been removed.
- Should you require an enhancement procedure 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 the treating Surgeon.

Aftercare appointments following LASEK

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



After discharge, biennial eye examinations are recommended.

Returning to your hobbies and activities post LASEK surgery?

This activity timeline chart will give you an indication of when you can go back doing what you love and enjoy the most after your LASEK surgery.

Daily Activities	
Driving	Within 4–7 days
Go back to work	Within 4–7 days
Housework	Within 4–7 days
Mobile / Tablet	From 6 hours
Showering	From 6 hours
Watching TV	From 6 hours
Work in dusty environments	From 7 days

Beauty	
Dye hair	2 weeks
Eyelash/Eyebrow tint	2 weeks
Eyebrow wax	2 weeks
Facial	2 weeks
Wear eye make-up	1 week
Wear fake tan	1 month
Wear false eye lashes	4 weeks

Activities	
Abseiling	4 weeks
Aquatic sports	2 weeks
Bowling	2 weeks
Boxing	4 weeks
Bungee jump	4 weeks
Competitive running	2 weeks
Cricket	2 weeks
Cycling	1 week
Football	2 weeks
Fishing	2 weeks
Going for a walk	2 – 4 days
Go-karting	2 weeks
Golf	2 weeks
Horse riding	2 weeks
Hill walking	1 week
Jet ski	4 weeks
Jog	1 week
Martial arts	4 weeks

Activities	
Mountain biking	2 weeks
Racket sports	2 weeks
Rock climbing	4 weeks
Rollerblade	2 weeks
Rugby	4 weeks
Scuba dive	4 weeks
Skateboard	4 weeks
Ski	4 weeks
Sky dive	12 weeks
Snooker/Pool	1 week
Snorkelling	2 weeks
Snowboard	4 weeks
Surf	4 weeks
Trampolining	4 weeks

Hobbies	
DIY	From 2 weeks
Gardening	From 2 weeks
Paint	2 weeks
Read a book	From 2–4 days
Video games	From 6 hours

Travel	
Fly	Within 1 week
Sunbathe	2 weeks
Swim in sea	2 weeks

Gym	
Aerobic exercise class	2 weeks
Gym	1 week
Heavy weight training	4 weeks
Sauna/Steam room	2 weeks
Swim	2 weeks

Social Activities	
Cinema	From 2–4 days
Dance	1 week
Drink alcohol	48 hours

Other	
Dentist	2 week
Give blood	1 month

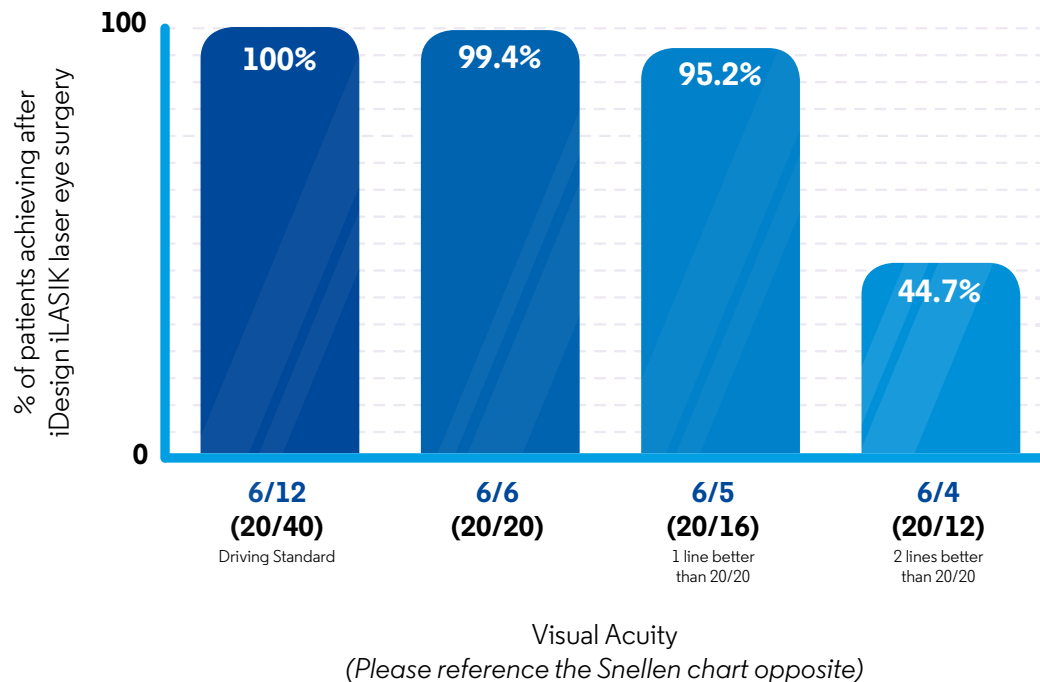


The LASIK laser eye surgery technology used by Optical Express is the same type that NASA has approved for use on its astronauts.

Did You Know?

Over 50 million people across the globe have had laser eye surgery, making it the most popular elective surgery worldwide.*

Whilst all surgical procedures carry a degree of risk, laser eye surgery has an impressive safety record and can transform vision beyond most patients' expectations. 100% of LASIK patients achieve 11 Snellen chart lines or more of improvement*. Your optometrist will indicate how many lines of improvement you are likely to achieve dependent upon your prescription and statistical patient outcomes. The patient reported and clinical statistics at Optical Express speak for themselves.



Snellen Chart

E	1	6/120 (20/400)
F N	2	6/60 (20/200)
C H	3	6/48 (20/160)
R H	4	6/38 (20/126)
K V O F	5	6/30 (20/100)
N R H V	6	6/24 (20/80)
H O F Z	7	6/20 (20/70)
C P D O	8	6/15 (20/50)
K V D F	9	6/12 (20/40) Driving Standard
O N F P	10	6/10 (20/32)
L C N K	11	6/7.5 (20/25)
E R P D	12	6/6 (20/20)
V F L N	13	6/5 (20/16)
H R K C	14	6/4 (20/12)

*Over 50 million laser eye surgery procedures have been performed worldwide according to Marketscope 2017 Refractive Report.

*Based on a study of 8,863 Optical Express patients treated with iDesign LASIK treatment between January 1st through to December 31st, 2017.

Optical Express Gives Back

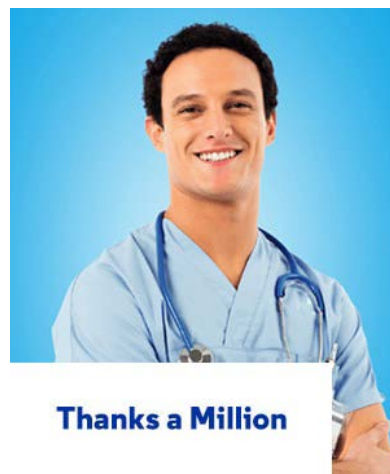
At Optical Express, care is at the heart of everything we do – we care for our patients, our colleagues, our communities and our environment. We have fostered a generous culture as we aim to become the world's most socially and environmentally conscious eye care provider.

Optical Express are proud to have supported hundreds of humanitarian and philanthropic projects for more than 30 years, donating over €33 million and counting to worthwhile causes in the UK and abroad.

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:





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:

Date:

Time:

Location (if in-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.

OE LASER BROCHURE - MAY2023



LASER EYE SURGERY