



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

PHAKIC INTRAOCULAR (PIOL) SURGERY

OpticalExpress

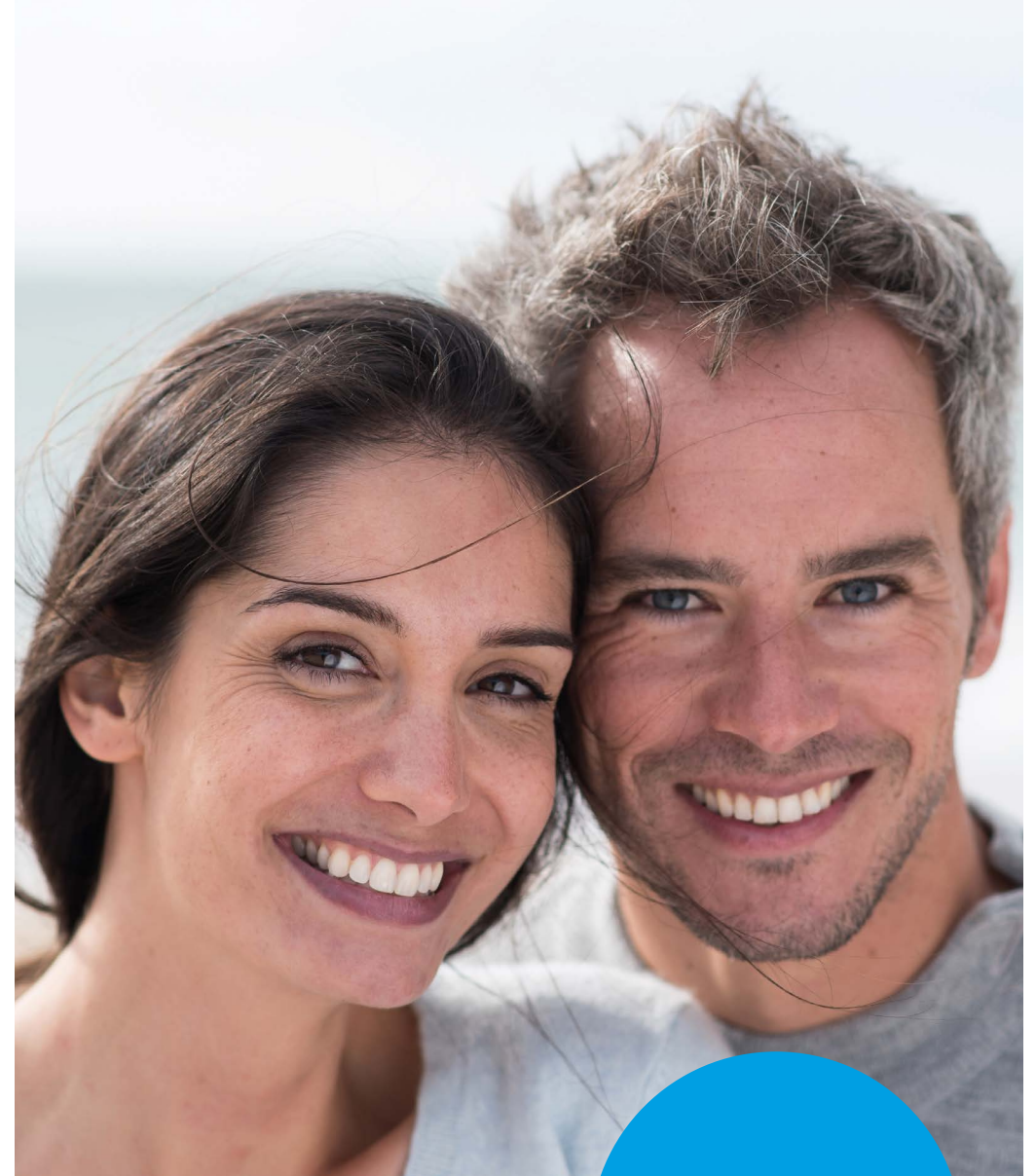


We have more 5 star Trustpilot reviews than all other UK national eye surgery providers combined.*

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...



“

Its now been a week after my surgery and my vision is very clear and I have had no problems at all.

ASHLEA

“

I can't thank the staff enough for what they have done for me. My glasses/contacts have been a huge part of my life, and often not in a good way - so it is incredible to be free of them!

NICOLA

“

24hrs after surgery I have 2 lines better than 20/20 vision! I was and still am amazed everyday that I wake up and don't have to put my glasses on!

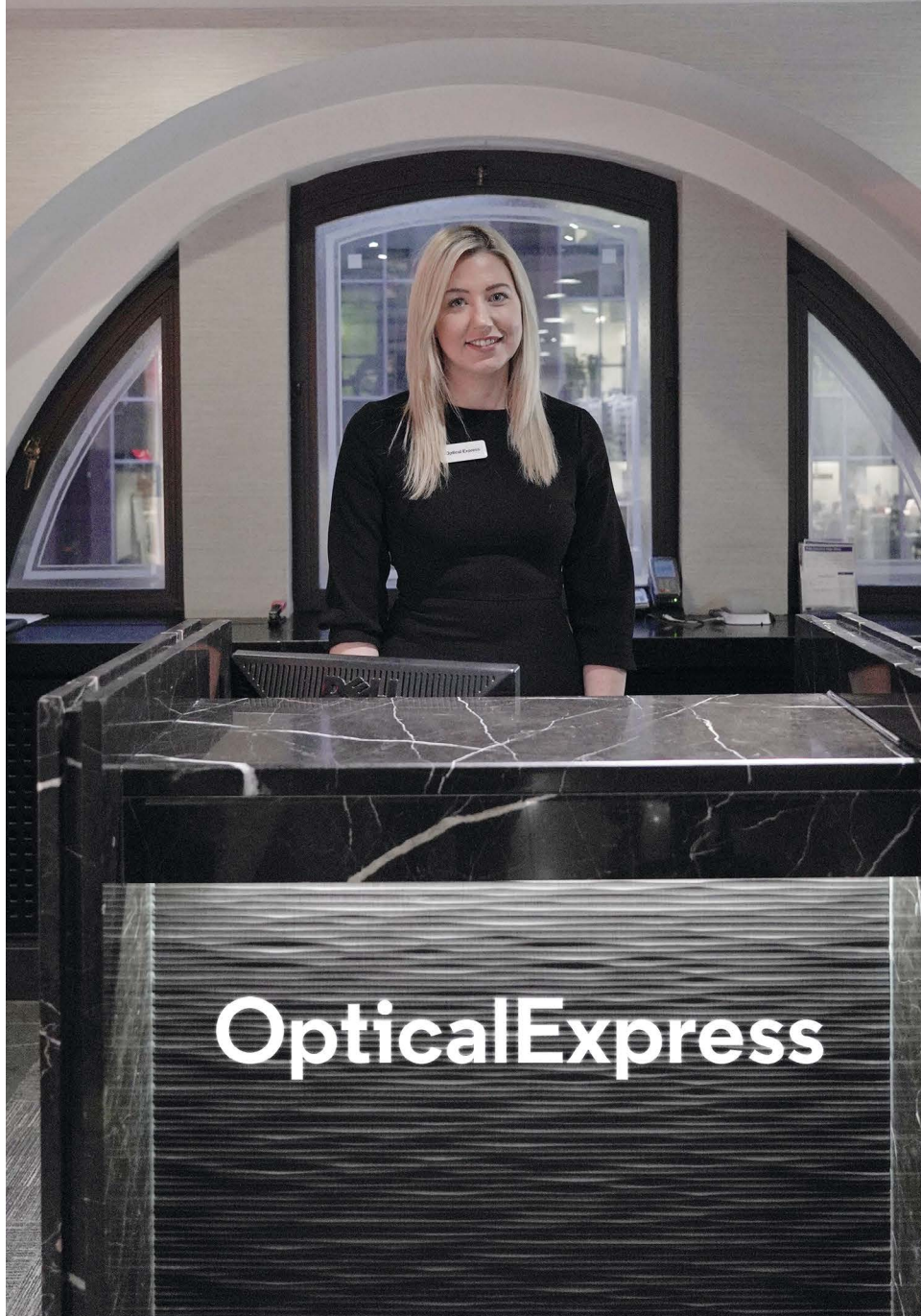
CHARLOTTE

“

Optical express have been the icing on the cake and they're so friendly and professional. If you're considering this procedure, it's worth every single penny.

MARTINEZ

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



Welcome

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

For over 33 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 lens procedures collectively than any other provider.

With over 120 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 day of treatment.

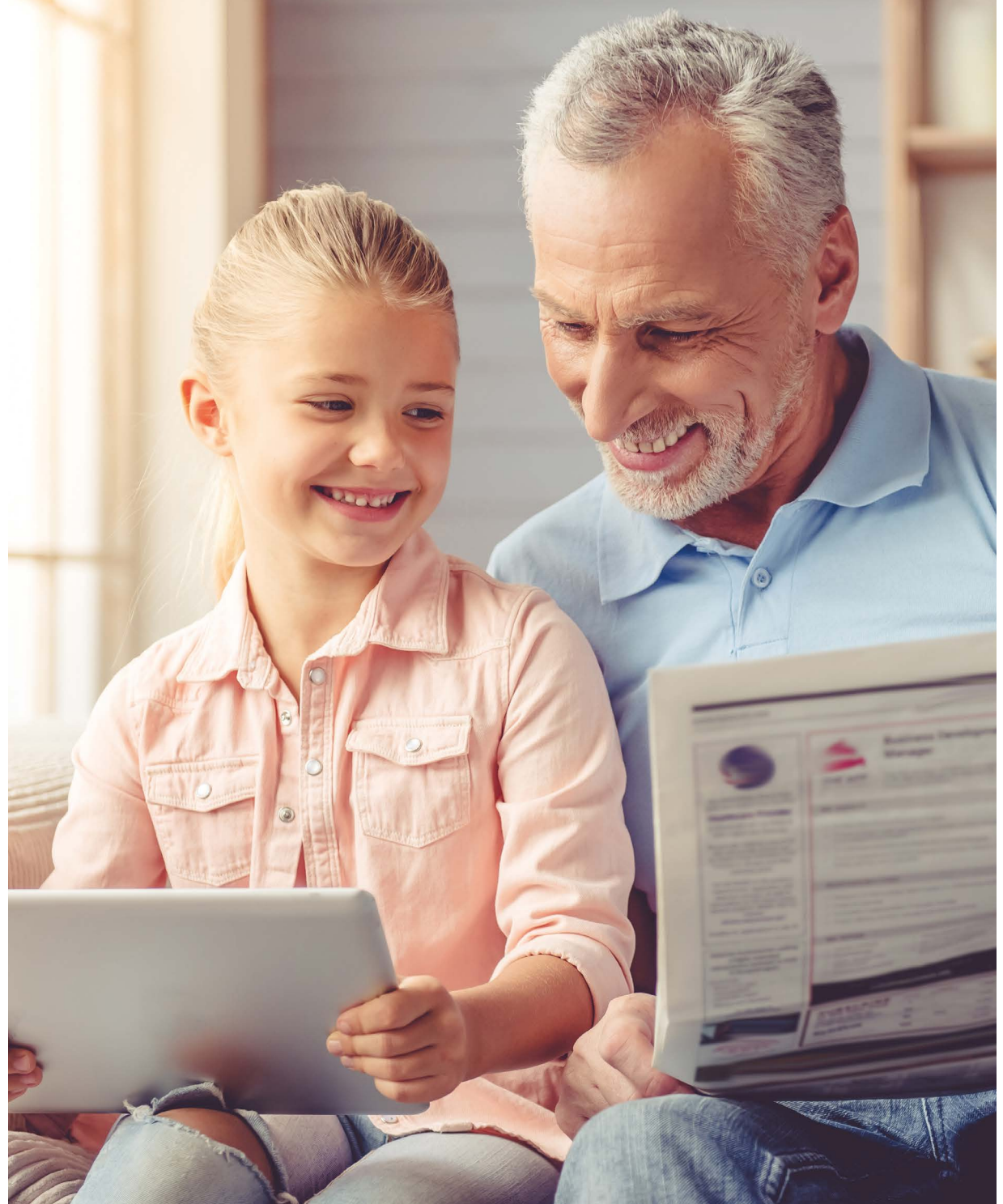
You've Made The Right Choice

We know that the decision to have phakic intraocular (PIOL) surgery is 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 believe that by working in accordance with the requirements of the relevant regulatory bodies, including the General Medical Council (GMC) in relation to refractive surgery, working collaboratively with our International Medical Advisory Board (IMAB), and by only working with highly skilled and experienced surgeons and multi-disciplinary support teams, we can deliver refractive surgery safely to our patients.

Patient care is our highest priority, so rest assured you'll have your treatment in a modern, bright clinic full of incredibly sophisticated technology. We implant the industry leading Intraocular Lens (IOLs) such as an implantable collamer lens (ICL) from global leaders [STAARSURGICAL](#). The ophthalmic surgeon who treats you will be a specialist who has carried out thousands of successful intraocular procedures during their career. The care that you receive before, during and after your surgery will be exceptional.

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.



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 ensure that Optical Express remains at the forefront of clinical excellence and that we continue to provide our patients with excellent visual results after treatment.

Professor 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 Professor 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 our 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



We receive a huge amount of positive feedback, but the most common response 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; the first being **Phakic Intraocular Lens (PIOL) Surgery**, which is otherwise known as Implantable Collamer Lens (ICL) Surgery. Some may also refer to this form of surgery as Implantable Contact Lens Surgery.

The second type of lens surgery is known as Lens Replacement, otherwise known as Refractive Lens Exchange (RLE), Intraocular Lens Surgery (IOL), Natural Lens Replacement (NLR) or Clear Lens Extraction (CLE). Lens replacement surgery is an identical procedure to modern day cataract 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, in conjunction with you, the patient.

Over
99%
of Optical Express patients
achieve driving standard
vision or better.*



About Phakic Intraocular (PIOL)

What Is Phakic Intraocular (PIOL)/Implantable Collamer Lens (ICL) Surgery?

PIOL/ICL lens surgery is most often performed on patients that are between the age of 21 and 45 years of age and through the use of the most advanced modern day lenses can be an excellent choice for patients seeking visual freedom for distance, intermediate and/or near. There are a number of different premium synthetic IOLs available. Your treating surgeon will recommend the one that's most suitable for you.

During this procedure an implantable collamer lens (ICL) is centred and secured into position within the eye behind the iris in front of the natural crystalline lens, which remains in place. Allowing our patients to see the world clearly once more. Most patients choose to have both eyes treated on the same day, this is known as simultaneous bilateral lens surgery. Delayed sequential lens surgery is where each eye is treated on a separate day, typically one day apart.

Everyone is different and due to our individual healing patterns and other surgical factors, we may not always achieve the result we are aiming for after one or several treatments, even with the correct lens power. So, even after treatment, you may still require additional vision correction in the form of glasses, contact lenses, laser eye surgery, ICL surgery or lens replacement surgery, to achieve your best vision possible. This only applies to a very small number of patients and your optometrist and surgeon will discuss this possibility with you. The vast majority of patients achieve an excellent outcome in line with their vision correction objectives. ICL surgery is elective meaning it is your decision to proceed with this method of vision correction.

Why Have Vision Correction Surgery?

Having PIOL/ICL surgery is an increasingly popular treatment used to correct distance vision sight imperfections. PIOL/ICL can be considered an alternative to laser eye surgery procedures such as LASIK.

ICL surgery can treat long sightedness, short sightedness and astigmatism.

Often, lens based surgery is the most effective way to reduce the reliance on your glasses and contact lenses and can change your life by restoring your vision.

All Optical Express patients have access to our out-of-hours medical helpline, where a specialist optometrist or surgeon can give you professional advice and help to answer questions on your vision or eye health after lens replacement surgery.

Is Lens Surgery Safe?

Yes! Lens surgery is the number one elective surgery procedure in the world and tens of millions of people are enjoying the life-changing benefits of this treatment. Of course, all surgical procedures carry a degree of risk but our expert Optical Express surgeons will ensure that your treatment is safe, effective and as comfortable as possible.

Optical Express recommend patients that have ICL surgery attend for an annual eye examination (unless otherwise advised of a shorter duration by a clinician). This annual assessments allows clinicians to monitor the health of your eyes, to include the innermost layer of the cornea, known as the endothelium. An annual endothelial cell count is recommended.



**100% Achieve
Driving Standard***

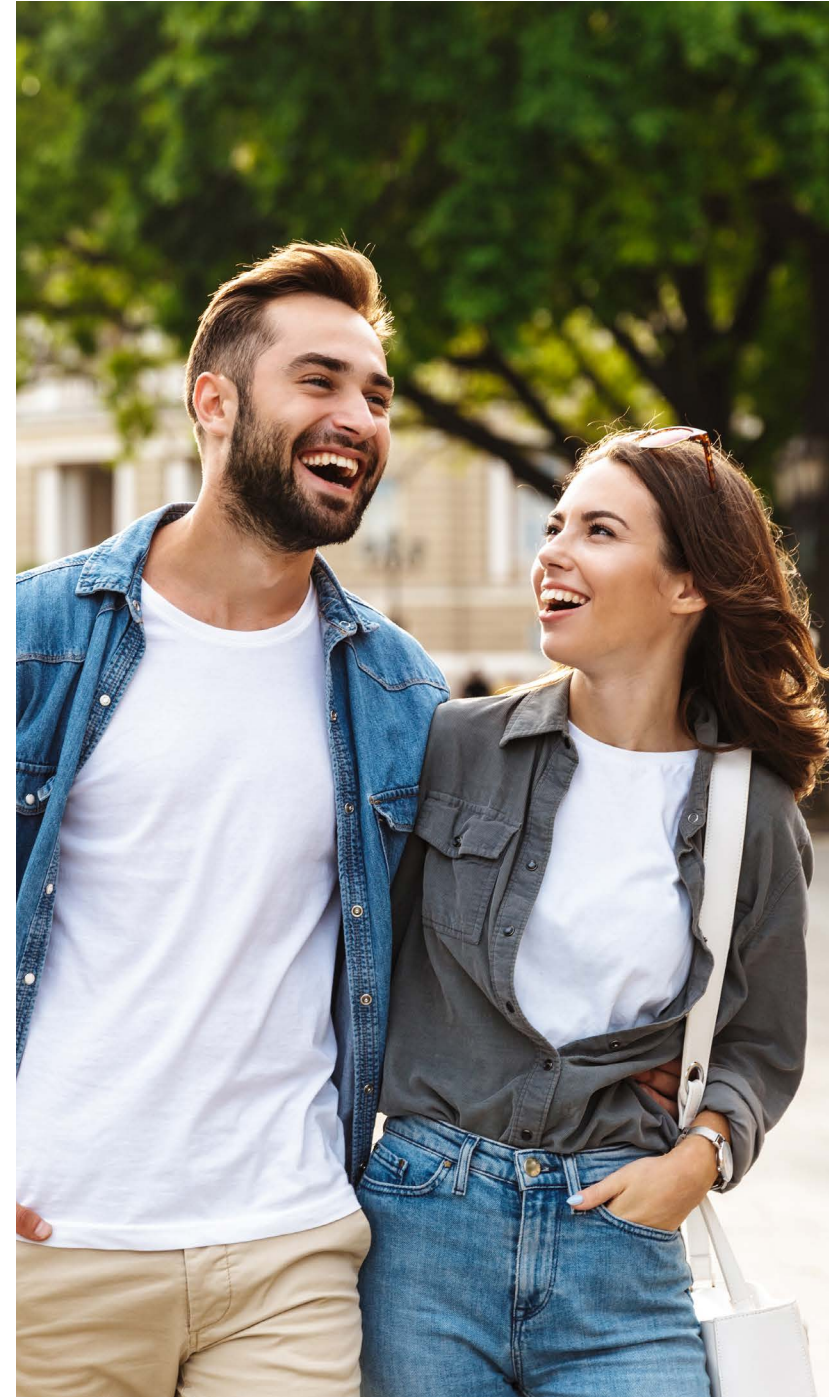


**33 Years of Excellence
in Eye Care**



**No.1 Elective
Surgery**

Optical Express Biostats Analysis – October 2023. Sample size 304 eyes of 152 patients one month from surgery achieved 6/12 or better.



What Types Of Lenses Are There?

Surgeons and patients 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.

Spherical ICL - low or no level of astigmatism

The Spherical ICL is usually prescribed to those who have a very high prescription and where laser eye surgery procedures are not suitable due to either, very high prescription or thin corneas.

Toric ICL - moderate to severe astigmatism

A toric lens is used to achieve the best visual outcome for patients who have moderate or significant astigmatism. Once they are positioned inside the eye, they neutralise astigmatism and improve your vision. Toric ICL corrects your long or short sightedness as well as your astigmatism in one single surgical procedure, completely.

Benefits of ICL Lenses

- The vision results of ICL's are sharper with a superior quality of vision than after other refractive surgeries.
- The visual recovery is almost immediate.
- The lens is invisible to both the patient and observers.
- The ICL is free from the frequent problems associated with contact lenses like infections, allergies, and dry eyes.
- Since the lens is made of a biocompatible, flexible Collamer, which contains an Ultra Violet light protector, the ICL completely prevents harmful UVA and UVB rays from entering the eye.
- The procedure is reversible, meaning that in the years ahead it can be removed and replaced with ease, should the need arise.

More than
1 Million
ICL's implanted
worldwide.*



*As reported by Vistan in 2021.

Benefits Of Phakic IOL/ICL Surgery

PIOL/ICL can often be a better option than laser eye surgery for people typically between 21 - 45 years of age who are seeking visual freedom.

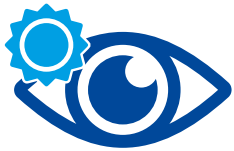
Patients under the age of 45 who have a prescription too strong to treat with a laser and who are not suitable for laser eye surgery, can be candidates for ICL surgery.

ICL's are made up of collamer, a material shown to be safe and effective in the eye. Collamer provides UV protection and contains collagen, a naturally occurring protein in the body.



No Dry Eye Syndrome

Clinically proven to not cause or worsen dry eye syndrome.²



UV Protection

Collamer provides UV protection and contains collagen, a naturally occurring protein in the body.



Reversible

Permanent yet removable by a surgeon, if necessary

90%
of patients that have eye surgery informed us that having this procedure improved their quality of life.*

88%
of patients treated at Optical Express rate their decision to have eye surgery as one of the best decisions they have ever made.*

Lens surgery only takes around
15 minutes
per eye.*



* 2023 Internal One Month Patient Experience Questionnaire Analysis of Patients treated between 1 January 2023 and 26 August 2023

Potential Risks

As with any type of surgery, there is a degree of risk involved with eye surgery. Optical Express perform more procedures and look after more patients than any other provider in the UK and Ireland, and while we always aim to give each patient their best possible outcome, perfect results are not guaranteed.

It is important to read all of the information thoroughly so that you are fully aware of every potential outcome and you can make an informed decision about your vision correction procedure.

Optical Express clinicians are fully qualified and experienced to manage the rare complications, allowing patients their best possible outcome. It is impossible to list every complication which could arise from lens surgery. The vast majority of patients experience no complication at all.

*‘ Whilst all medical procedures and vision correction options carry a degree of risk, phakic intraocular (IOL) and ICL surgery is safe with the vast majority of patients achieving an excellent outcome. The most common phrase I hear from patients after surgery is **I wish I had this done sooner** ’*

- Stephen Hannan, Clinical Services Director at Optical Express

Affecting The Minority Of Patients

- Prior to Phakic IOL/ICL surgery, whilst wearing glasses or contact lenses, many patients experience Quality of Vision side effects such as glare, starbursts or ‘halos’ around lights, or symptoms of dry eye. These side effects can also develop after surgery but their associated symptoms tend to dissipate or resolve in the medium to long term in the vast majority of patients. Further, as we age, there can be other causes of quality of vision or dry eye symptoms that are unrelated to Phakic IOL/ICL surgery.
- A minority of patients may experience symptoms of Dry Eye after the procedure. In the vast majority of patients, these symptoms resolve in the medium to long term, though dry eye can develop for reasons not associated with any eye surgery as we age.

Rare

- Whilst the vast majority of patients do not experience a complication, other rare occurrences include swelling of/or abrasions on the cornea, a reduction in the number of cells that form the innermost corneal layer (endothelium, known as endothelial cell loss), wound leak, inflammation within the eye, bleeding inside the eye, development of a cataract, displacement or dislocation of the lens implant, complications of the retina to include swelling in the central area of the eye, a retinal detachment, vitreous opacities or floaters, elevated eye pressure (intraocular pressure & IOP), glaucoma, droopy eyelids or double vision. Complications can occur, however, their incidence following Phakic IOL/ICL surgery is extremely low.

Extremely Rare

- It is extremely rare for patients to develop an infection within the eye after Phakic IOL/ICL surgery (endophthalmitis - incidence less than 0.01% at Optical Express) or on the outer

surface of the eye (microbial keratitis – incidence also of less than 0.01% procedures after lens replacement surgery). To put this into perspective, infections are significantly more common in patients who use contact lenses on an extended wear basis, for which the risk of a serious eye infection is 20x greater per year of wear.*

- Like with all forms of surgery, there are potential risks associated with the use of anaesthetic, including a squint or ‘lazy eye’ and droopy eyelids, which resolve in the longer term in the majority of cases.
- Permanent reduction in best correctable vision and cardiac or respiratory problems are extremely rare.
- At some point in the future, due to unforeseeable circumstances, we may need to reposition, remove or exchange the lens that is implanted as part of the Phakic IOL/ICL surgery, regardless of the type of lens that is used.
- After having Phakic IOL/ICL surgery, it is possible that you may develop eye conditions that are unrelated to, and not caused by or prevented by, Phakic IOL/ICL surgery, such as glaucoma, cataracts, vitreous opacities (floaters), age-related macular degeneration and other conditions of the retina. Cataracts develop when the natural lens inside your eye becomes discoloured and cloudy and reduces your vision. Patients aged 60 or older have a higher risk of developing cataracts than younger patients. This is a natural ageing process that happens in everyone, but progresses at different rates in different people. It is impossible to predict the age at which cataracts will begin to affect your vision. Some patients never get to a point where cataracts affect their vision. If you develop cataracts after Phakic IOL/ICL surgery, to improve your vision, you may need to have a cataract procedure in which both the natural lens and the lens that was implanted as part of the Phakic IOL/ICL surgery are both removed and replaced with a different type of artificial lens designed for cataract surgery.

*Contact Lens Replicated Microbial Keratitis; Stapleton et al; Eye 2012; 26: 185-193.

Outcomes Of Phakic IOL/ICL Surgery

Although we confirmed that your prescription was stable at the time of your consultation, it is still possible for you to develop further short-sightedness, long-sightedness or astigmatism over time after treatment, even if the treatment is successful in correcting your vision.

Lens surgery will not correct other causes of poor vision such as amblyopia (lazy eye), vitreous opacities (floaters), glaucoma, diabetes, age related macular degeneration or any other retinal or optic nerve conditions.

Over 99% of Optical Express patients achieve driving standard vision or better.¹

Less than 2% of patients benefit from an enhancement procedure within 12 months.²

86% of our eye surgery patients told us they wish they had their surgery sooner.²

1. Based on a study of 54,343 Optical Express patients treated, 99.8% achieved DVLA Class 1 driving standard vision after surgery.
2. 2023 Internal One Month Patient Experience Questionnaire Analysis of Patients treated between 1 January 2023 and 26 August 2023.



World Leading Technology And Wonderful Outcomes

We're proud of the extremely sophisticated **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 and advanced technology, 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.

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



ZEISS IOL Master 700 TK

This piece of technology captures many biometric measurements of the eye. The ZEISS IOL Master 700 can capture 2,000 scans per second.



ZEISS CIRRUS HD-OCT 500

Similar to an 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 a patient's vision.



Oculus Pentacam

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.

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. Most commonly and in the absence of exceptional circumstances, this discussion will be with your treating surgeon.

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 this informed consent brochure, which includes your terms and conditions, 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. Please bring this informed consent brochure with you to 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. We recommend to patients they do not plan on driving for a few hours after this appointment, 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
 - GP/hard lenses : one month
- Ideally please 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.

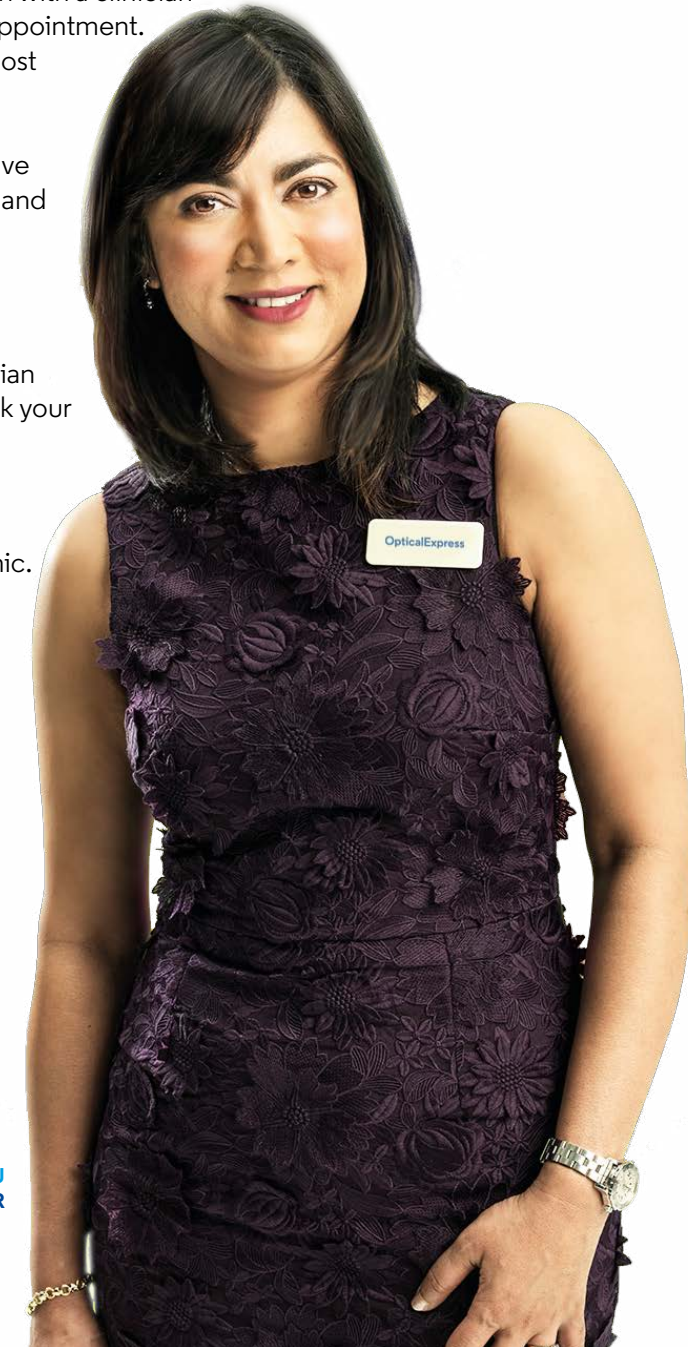
Health Insurance Patients

- Please bring your policy details with you.

Surgery Support Team

T: 0800 783 5555

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

This brochure is your informed consent document. You must read this informed consent document in full prior to your day of surgery. Do not sign the document as this must be completed with your surgeon.

Payment

You must ensure 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 GP/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 Information For Your Day Of Surgery

- You can expect to be with us for approximately 3 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, nail varnish or acrylic nails 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.

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.

Surgery Support Team: 0800 783 5555

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 and have any remaining questions answered.

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 clinical interests in mind.

Proceeding With Treatment

- You will be taken to the pre-operative area where one of our experienced surgery team members will complete your pre-treatment preparation phase and will administer any additional eye drops that are required before your procedure. Your surgeon may elect to perform additional or alternative anaesthetic related techniques (such as a sub-tenon block) as deemed necessary or beneficial in their professional opinion.
- It is perfectly normal to feel slightly anxious ahead of your procedure and we do everything we can to ensure you feel at ease. For patients who are particularly anxious, we can provide a mild sedative to help you relax. Patients who are given a sedative are cared for by a medical specialist from administration of the sedative until discharge so you can rest assured you are in safe hands.

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.
- You will be taken into the theatre by your anaesthetic nurse.

The Treatment Procedure

- 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 to complete.

- Your surgeon will make a small incision onto the surface of your eye. During this procedure an implantable collamer lens (ICL) is centred and secured into position within the eye behind the iris in front of the natural crystalline lens, which remains in place. Allowing our patients to see the world clearly once more.
- Most patients choose to have both eyes treated on the same day, this is known as simultaneous bilateral lens surgery. Delayed sequential lens surgery is where each eye is treated on a separate day, typically one day apart.

Post-Treatment

- After your treatment, you will return to the post-treatment 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 procedure as much as possible whilst outdoors for at least the first three weeks as you may experience glare during recovery from the procedure.

What To Expect After Your Phakic IOL/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.

Medication Name, Purpose And Notes, Usage:

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.

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.



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.



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

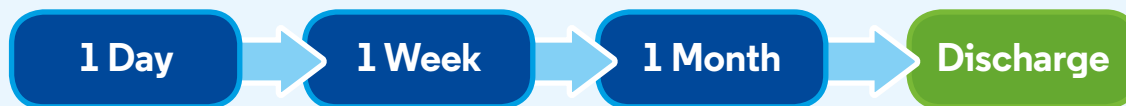
Your eyes should feel relatively comfortable and vision should be improving.

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 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 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/ICL Surgery

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



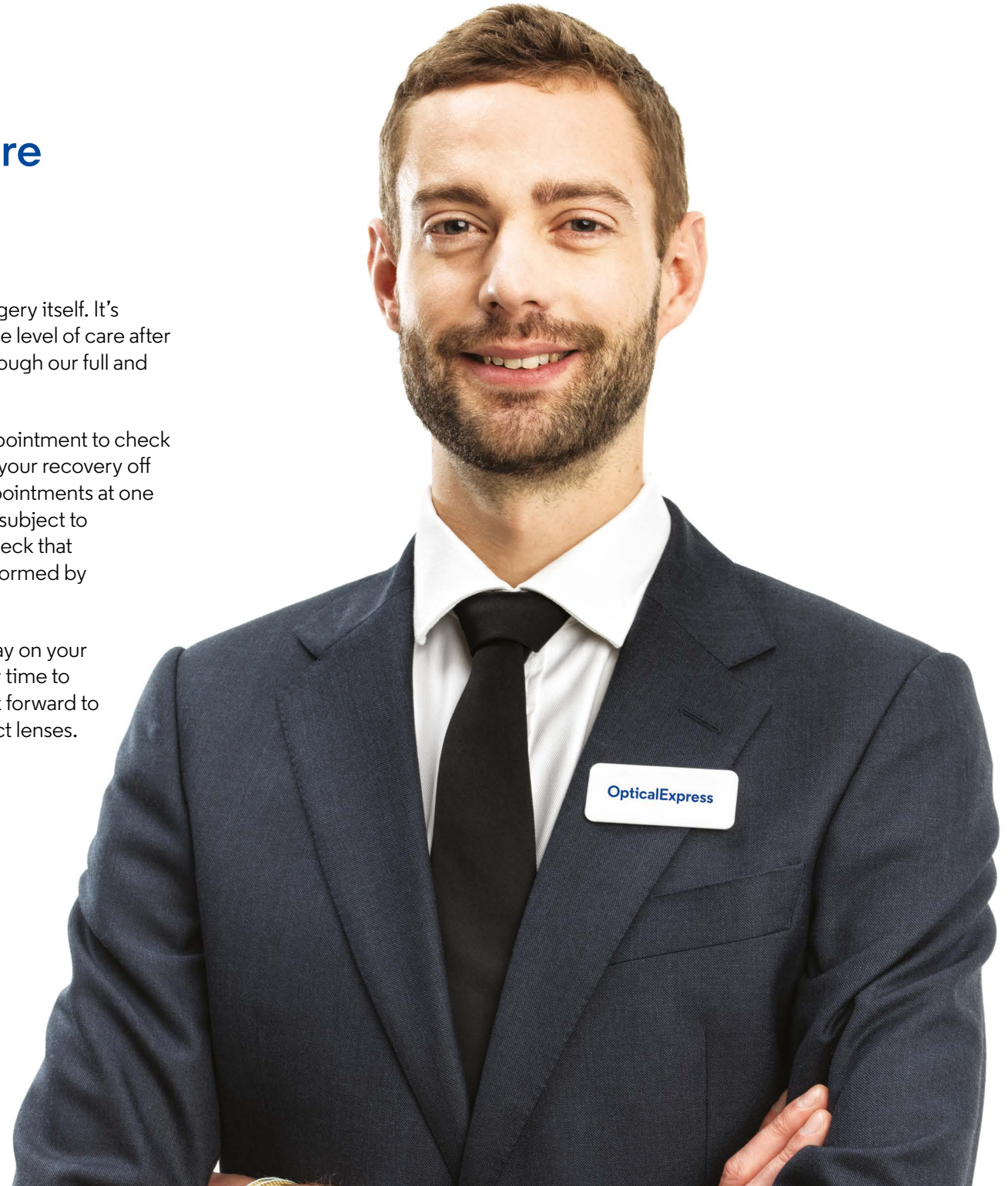
Your one week appointment will most likely be performed by telemedicine. After discharge, annual eye examinations are recommended. Alternatively, patients who have undergone lens surgery may also attend a refractive surgery follow-up appointment which involves more in-depth diagnostic tests than a standard eye examination.

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 and one month or otherwise as you need them (subject to terms and conditions see page 26 - 28), where we'll check that you're healing well. The one week post op 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 hopefully enjoying life without your glasses and contact lenses.



Returning To Your Hobbies And Activities After PIOL/ICL Surgery

This activity timeline chart will give you an indication of when you can go back to doing what you love and enjoy the most after your PIOL/ICL 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	1 week
Horse riding	2 weeks
Hill walking	1 week
Jet ski	4 weeks
Jog	1 week
Martial arts	12 weeks

Activities	
Mountain biking	2 weeks
Racket sports	2 weeks
Rock climbing	4 weeks
Rollerblade	2 weeks
Rugby	4 weeks
Scuba dive	12 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	2 weeks
Give blood	1 month



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

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.

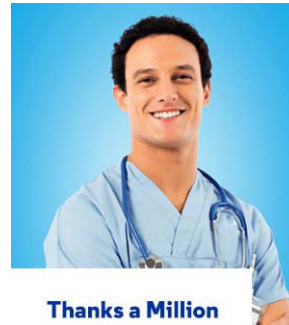
Optical Express are proud to have supported hundreds of humanitarian and philanthropic projects for more than 33 years, donating over £33 million and counting to worthwhile causes in the UK and abroad.

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, Malawi Schools, Rwanda, Cameroon and Syria Eye Camps 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 about our work on our website at:

opticalexpress.co.uk/about/corporate-responsibility



Optical Express have given away over £2 million of laser eye surgery to NHS and emergency service workers through their ‘Thanks a Million’ campaigns.



One in four children and young people are living in poverty in Scotland. The funds raised by the STV Children’s Appeal are crucial to help those who need it most.



Race Against Dementia is a global charity, founded by Sir Jackie Stewart OBE, to fund pioneering research into the prevention and cure of dementia.



Optical Express donated the majority of the £2.4m funding to the Royal National Institute of Blind People (RNIB) to open a facility designed to equip blind and partially sighted people with the skills and confidence to re-enter employment.



Optical Express employees travelled to Syria to help people whose lives have been blighted by poor eye sight.



Since 2007 more than 1 million people have received the gift of sight with spectacles donated by Optical Express. The charity helps the most at risk communities within Burundi, Uganda, Sudan, Zambia and Malawi. We continue to work with this charity to supply glasses to those in need.

“

It's amazing and has really worked well. I'm delighted with the outcome, and delighted I went to Optical Express. It's a no-brainer to get lens surgery.

ROBIN GALLOWAY
RADIO PRESENTER,
LENS SURGERY PATIENT



Terms And Conditions

By paying your deposit you are accepting and agreeing to keep to these terms and conditions. This applies even if you have not signed these terms and conditions.

1. Payment

- a. Minimum deposit of up to £500 is required to secure the booking of your surgical procedure. The balance must be paid 7 days before the date scheduled for your surgical procedure. If the balance is not paid 7 days before the date scheduled for your surgical procedure, the procedure will be cancelled and we will retain the entire deposit paid. This deposit can be used towards the booking of a new date for your surgical procedure if the new date is within 3 months of the date initially booked for this procedure. The deposit paid can be used towards one rebooking only and cannot be transferred to the booking of a different patient.
- b. The amount you pay for your primary surgical procedure includes the cost of:
 - your pre-surgery consultations;
 - your pre-surgery surgeon discussion;
 - a YAG iridotomy before your surgery, if we consider this is clinically necessary (this can help the movement of fluid within the eye and control eye pressure);
 - any eye drops and medications that are prescribed by an Optical Express clinician during the first 3 months after your primary surgical procedure;
 - 5 aftercare consultations, delivered either in person or via telemedicine as recommended by your optometrist or ophthalmic surgeon during the first 12 months after your primary surgical procedure.
- c. If an Optical Express optometrist and an ophthalmic surgeon find you to be clinically suitable for a laser eye surgery enhancement procedure, we will provide 1 procedure per eye to you at no cost only if the enhancement procedure is carried out during the first 12 months after your primary surgical procedure. We will normally consider an enhancement procedure 3 to 9 months after your primary surgical procedure, if this is clinically necessary. However, your surgeon will recommend the timing based on your clinical needs. You would be responsible for any procedure fees in the rare event that an additional surgical procedure or treatments over and above the first laser eye surgery enhancement is recommended for a given eye.
- d. After the first 3 months following your primary surgical procedure, you are responsible for the cost of any further eye drops or prescribed medications.
- e. Following your participation in 5 aftercare consultations within 12 months of your primary surgical procedure, you are responsible for the cost of any further appointments.
- f. Following 12 months of your primary surgical procedure, you are responsible for the cost of any additional surgical procedures or treatments.
- g. Your aftercare programme will end, and you will be discharged from post-operative care, when your or surgeon (or both) thinks it is appropriate.
- h. After you are discharged from post-operative care, we recommend that you arrange yearly eye examinations. You are responsible for arranging these examinations, and must pay any charge that applies.

2. Amendments to the type and date of your surgery

- a. If your ophthalmic surgeon recommends a different type of surgery than the one you have scheduled (for example LVC instead of PIOL), there may be an extra cost for this.
- b. It is your choice whether to go ahead with the different type of surgery that has been recommended. If you decide to go ahead you will have to pay the extra cost before the surgery can go ahead. If you decide not to have the different type of surgery, you can cancel your surgery and will receive a refund of any money you have paid, in line with the refund policy set out in detail below.
- c. If you change the date of your surgery within 21 days of your planned surgery, you will have to pay a charge of £150 per eye. If you change the date of your surgery more than 21 days before the planned surgery, there will be no charge for this.

3. Exclusions

The cost of your primary surgical procedure does not include (and we are not responsible for providing or for meeting the costs, charges, compensation or expenses relating to) the following:

- Glasses or contact lenses which you may need after your surgery or any further surgery or other treatment if your vision is not fully corrected as a result of your primary surgical procedure.
- Glasses or contact lenses which you may need after your surgery or any further surgery or other treatment as a result of a different problem with your vision which is not related to your primary surgical procedure.
- Glasses or contact lenses if you have or develop presbyopia (an age-related eye condition that reduces the ability to see to perform near-vision tasks).
- Any further surgery that has a different aim to your primary surgical procedure (for example, if the further surgery is aiming to improve close vision but the initial treatment was not).
- Any surgery or other treatment not included in the fee for your primary surgical procedure.
- Any cosmetic or therapeutic treatments, such as eyelid surgery.
- Any procedures or devices to treat dry eye that are not included in the cost of your primary surgical procedure, such as LipiFlow treatment or punctal plugs.
- Any other dry eye medical appliance such as heat masks, lid wipes or Omega 3 supplements.
- A corneal cross-linking procedure.
- Diagnostic scans in the months or years after surgery, such as Specular Microscopy / Endothelial Cell Counts.
- Consultations with or treatment carried out by anyone other than an optometrist or ophthalmic surgeon who provides services at an Optical Express clinic.
- Postponement of your surgical procedure or aftercare due to equipment failure, or your optometrist or ophthalmic surgeon being ill or unavailable. If this happens, we may rearrange your surgery or aftercare at another Optical Express clinic or with another Optical Express ophthalmic surgeon (or both).
- Emergency surgery or other treatment, as recommended by your optometrist or surgeon. We may decide that any emergency surgery or other treatment and associated aftercare can be provided at another Optical Express clinic or with another Optical Express surgeon or by a company or surgeon not connected to Optical Express, if this is in your best interests.
- If the ophthalmic surgeon decides not to go ahead with your surgery because they believe it would not be in your best interests to have the surgery you have been scheduled for, or they feel that a different type of surgery may be more suitable for you. If this applies, they may recommend that you take more time to consider your options.
- You are ill, have a heavy cold, an infection or active cold sores (or similar) on the day of surgery. In these circumstances it is not recommended that you go ahead with your surgical procedure and we may need to rearrange it.
- Your travel or other extra expenses or loss of income arising from, for example, you taking time off work because your eyes take longer than expected to heal, there is a complication relating to your surgery or to allow you to receive treatment or aftercare.
- Medications prescribed more than 3 months after your primary surgical procedure.
- Aftercare consultations after your participation in 5 appointments or more than 12 months after your primary surgical procedure.
- Any procedure or treatment that follows after a first enhancement procedure to a given eye.
- Further surgery, enhancement procedures or other treatment which is needed more than 12 months

4. General notes

- a. We may not be able to offer you a consultation with, or surgery carried out by, a member of the same sex. If you are concerned by this but still want to go ahead with your scheduled surgery or other treatment, your clinic manager can arrange for a chaperone of the same sex who will stay with you during your consultation or surgery. It is your responsibility to ask the clinic manager to arrange this for you.
- b. If you would like to discuss anything relating to your consultation or surgery in confidence, please speak to your clinic manager.
- c. You should be aware that there are certain medical reasons that deem patients unsuitable for refractive treatment including but not limited to the taking of certain medications, pregnancy and breastfeeding. This may mean that you are deemed clinically unsuitable for further surgery, an enhancement procedure or other treatment within 12 months of your primary surgical procedure and may not therefore be able to benefit from the one laser eye surgery enhancement procedure per eye at no cost during the first 12 months after your primary surgical procedure.
- d. We may change our prices from time to time. We will honour the price we gave you at your pre-surgery consultation, but only if you book your surgery within 14 days of the pre-surgery consultation. If we reduce our prices for your surgery following your pre-surgery consultation, we will charge you the lower price that applies at the time of your surgery.
- e. If we reduce the price of your surgery after the date of your surgery, we will not issue a refund.
- f. We will use personal information relating to your treatment to help provide your treatment, review your treatment, give you advice about additional treatment, carry out any additional treatment, and manage our business properly (for example, to allow us to keep accurate records and for quality-control purposes).
- g. We will use information relating to your treatment for research purposes, for statistical analysis and in connection with academic and scientific papers, presentations and other publications. Information relating to your treatment which we use for these purposes will not reveal your identity.

5. Force Majeure

- a. An event of force majeure is an event or circumstance which is beyond the control and without the fault or negligence of the party affected. An event of force majeure includes but is not limited to war, terrorism, earthquakes, hurricanes, acts of government, plagues, epidemics or pandemics.
- b. Neither party is responsible for any failure to perform its obligations under this contract, if it is prevented or delayed in performing those obligations by an event of force majeure.
- c. Where there is an event of force majeure, the party prevented from or delayed in performing its obligations under this contract must immediately notify the other party giving full particulars of the event of force majeure and the reasons for the event of force majeure preventing that party from, or delaying that party in performing its obligations under this contract.
- d. Upon completion of the event of force majeure the party affected must as soon as reasonably practicable recommence the performance of its obligations under this contract.
- e. You have no entitlement and we have no liability for:
 - (i). any costs, losses, expenses, damages or the refund of any part of the contract price during an event of force majeure; and
 - (ii). any delay costs in any way incurred by you due to an event of force majeure.

6. Complaints policy

- a. If you have a complaint about any part of our service, please tell your clinic manager.
- b. Wherever possible, the clinic manager will deal with your complaint as quickly and efficiently as possible. If your complaint does not fall within the clinic manager's area of responsibility, they will pass your complaint to the appropriate department, who will investigate and respond to you.
- c. If you are unhappy with your clinic manager's response to your complaint, or you do not feel comfortable raising your complaint with your clinic manager, you can ask our Clinical Services department to look into the matter. To do this, send your complaint to clinicalservices@opticalexpress.com or Clinical Services, Optical Express, 200 St Vincent Street, Glasgow G2 5SG. Clinical Services will aim to provide you with a response within 20 working days.

Consent Form

It is important that you have read and understood the information in this consent brochure in relation to your phakic intraocular IOL/ICL surgery.

If you have any questions please speak to your surgeon before your surgery.

Before surgery this page will be detached from the consent brochure and retained in your medical records.

Please write your initials in the boxes as confirmation that you agree to and understand the information in this consent brochure.

	Initial
About Lens Surgery (page 8 – 9).	<input type="text"/>
What Types Of Lenses Are There? (page 11).	<input type="text"/>
Benefits Of Phakic IOL/ICL Surgery (page 12).	<input type="text"/>
The Potential Risks (page 13).	<input type="text"/>
Outcomes Of Phakic IOL/ICL Surgery (page 14).	<input type="text"/>
Preparing For Your Procedure (page 16 – 18).	<input type="text"/>
What To Expect After Your Procedure (page 19-20).	<input type="text"/>
I Have Read, Understood And Agree With The Terms & Conditions (page 27 – 28)	<input type="text"/>
Your surgeon will decide whether you are suitable for treatment after carrying out a careful examination, discussing the treatment with you and considering your optometrist's opinion. The surgeon's decision will be based on your individual needs.	<input type="text"/>

Your surgeon may elect to postpone your procedure to a future day should they believe that additional diagnostic tests or additional medical specialist support or information is required to allow delivery of your treatment.

Optometrist Declaration

I have discussed the intended procedure with the patient and have provided the patient with this informed consent brochure. I am content that the patient understands it and the risks and benefits of, and alternatives to, the treatment. The patient has told me that I have answered all their questions to their satisfaction. The patient has also told me they are willing to accept the risks associated with the intended treatment, and voluntarily agrees to have phakic intraocular IOL/ICL surgery.

Optometrist Name:..... Optometrist Signature:..... Date:.....

Patient and Surgeon to Complete Together:

Immediate Sequential Phakic Intraocular (IOL) Procedure

Delayed Sequential Phakic Intraocular (IOL) Procedure

One Eye Only Phakic Intraocular (IOL) Procedure Right Eye Left Eye

Patient Declaration

Further to my consultation with my optometrist I have taken part in a discussion with a second clinician who also discussed with me the risks, benefits and alternatives to phakic intraocular IOL/ICL surgery, such as glasses and/or contact lenses.

I received my phakic intraocular IOL/ICL surgery informed consent brochure which includes the terms and conditions more than 24 hours before my surgery.

I understand that the decision whether to go ahead with phakic intraocular IOL/ICL surgery (whichever applies) is mine alone, and should be based on the information I have received in this document and during my pre-treatment consultation(s).

I understand I have been recommended to have annual eye examinations, to include an annual assessment of the innermost layer of my cornea (endothelium) by way of a yearly cell count.

I confirm that all my questions have been answered, and I am satisfied with the answers. I understand that phakic intraocular IOL/ICL surgery is an elective procedure (which means that I can choose whether or not to have this procedure). I understand that there are other ways to correct vision, some which involve surgery and some which do not, The risks and benefits in addition to the range of outcomes associated with treatment have been thoroughly explained to me. I understand there are no guarantees as to my outcome.

Having carefully reflected I give my consent to go ahead with surgery.

Patient Name:.....

Patient Signature:.....

Date:.....

Surgeon Declaration

I have discussed the intended procedure with the patient. I am satisfied that the patient has read this informed consent brochure, and understands it and the risks and benefits of, and alternatives to, the treatment. The patient has told me that I have answered all their questions to their satisfaction. The patient has also told me they are willing to accept the risks associated with the intended treatment, and voluntarily agrees to have phakic intraocular IOL/ICL surgery. I agree to accept this patient on the above terms and provide treatment as set out in this document.

Surgeon Name:.....

Surgeon Signature:.....

Date:.....

Notes



Our experienced
surgeons have carried out
over
2 million
procedures.*

*Optical Express Internal Data 1 January 2002 to 31 December 2022.

Contact Telephone Numbers

For enquiries such as changing or arranging appointments or general, non emergency, questions not already covered in this information sheet please contact your local clinic or our customer advice lines:

- UK **0800 023 20 20**
- Republic of Ireland **1800 818 543**

Out of Hours Emergency Telephone Numbers:

These emergency numbers are only operational outside of normal opening hours. Please DO NOT call these numbers out of hours if your enquiry is not a clinical emergency. During normal opening hours, all general enquiries or clinical emergencies must be directed to your local clinic or the above customer advice lines.

- UK **0870 850 8291**
- Republic of Ireland **1800 818 693**

OpticalExpress

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



@opticalexpress



@opticalexpressuk



@OpticalExpress



Optical Express

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

OE PHAKIC INTRAOCULAR (IOL) SURGERY CONSENT BROCHURE - DECEMBER 2023



Paper from
responsible
sources.

0800 023 2020
opticalexpress.co.uk

PHAKIC INTRAOCULAR (PIOL) SURGERY