



The independent experts  
in vision correction



## At Advanced Vision Care we promise you:

- The safest and most advanced techniques and equipment
- A fair and transparent price with no hidden extras
- Superb patient care



# The UK's leading independent eye care clinic

## Why should you choose AVC?

When you take the decision to have vision correction treatment the single most important thing to consider is the **proven skill and expertise** of the surgeon. You owe it to yourself to ensure you have chosen the most highly qualified and experienced surgeon who can guarantee the safety of your precious eyesight. That is just one reason why you should choose Harley Street clinic AVC.

We are **completely independent** we are not driven by anything other than our commitment to provide you with exceptional standards of surgical expertise and **patient care**. As well as the very latest laser techniques we offer a wide range of alternative treatments for the most **complex prescriptions**, which means we are able to help those that other clinics turn away.

In this brochure you'll find all the reasons why AVC can be trusted to deliver the outstanding results you want and deserve, at a price you can afford.

We want you to be fully informed, confident and relaxed before you come to us for your treatment so if you have any questions, no matter how small, please get in touch.

We're here to help – and we can help.



**CT Pillai**  
**MD DO, FRCS, FRCOph**  
**Medical Director,**  
**Advanced Vision Care**

# Advanced Vision Care bespoke tailoring for your eyes

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I am thrilled – my eyesight is better than it has ever been, even with glasses. All the staff at AVC were friendly, approachable and professional. I was extremely impressed with every aspect of the treatment, including the aftercare. Thank you.

Dr Sarah Frearson, GP (LASIK IntraLase Wavefront)



History



Future

# Live life to the full without glasses or contact lenses

Life-changing – that’s how our patients describe their experience of vision correction treatment at AVC. Without spectacles or contact lenses to hold them back, they discover the freedom of being able to see clearly the moment they wake up in the morning; they can dive into a swimming pool and see where they are going – the list of exhilarating moments **are** endless. Their only regret is that they didn’t do it sooner.

## AVC for consummate surgical expertise

Laser eye surgery and alternative vision correction treatments are so highly advanced these days that there is now a procedure to correct virtually every problem. For over 25 years AVC’s Medical Director Mr CT Pillai has been at the forefront of this development and innovation. It is this level of experience, knowledge and dedication that underpins AVC’s reputation for outstanding results, delivered within a friendly and caring environment.

We use only the latest technology and techniques to provide you with superior visual outcomes, pain-free procedures and fast healing time. **Given** we are independent, we have no financial interest in using a particular brand of laser or lens, which means we only recommend the treatment that is 100% right for you. This is not the case with all clinics. Our treatment plans are truly bespoke, based on a thorough assessment of your eyes at your consultation – there’s no one size fits all approach at AVC.

## AVC for fair and affordable prices

As you would expect for something that requires such exceptional skill and expertise, vision correction treatment is a considerable financial commitment but it’s an investment that lasts a lifetime and is worth every penny. Even though our treatments surpass the standard you would expect from a Harley Street clinic, our prices remain affordable, fair and transparent, with no hidden extras.



To make our treatments accessible to all we run regular special offers and have a range of deferred payment plans.

## AVC for outstanding patient care

It’s not just the surgical expertise that’s unbeatable at AVC – our superb patient care is unrivalled by other clinics. We want you to be as relaxed, comfortable and confident as possible, every step of the way.

From the first time you step through our doors right through to your final appointment, we will treat you as our guest, not just a patient. AVC is the only eye care clinic where your companion can watch through the glass at our unique transparent laser operating theatre, which many people find reassuring.



There are no time limits on appointments, no problem too small that we don’t want to hear about and no time of day or night when we can’t help in an emergency.

You will even be given your surgeon’s mobile phone number.

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**At AVC we will treat you as our guest,  
not just as a patient.**

**Why AVC?**





## The Advanced Vision Care team

AVC's surgical team includes three of the industry's most experienced and respected refractive surgeon's who are globally recognised for their contribution to the advancement of vision correction treatment.

You couldn't be in safer hands.

# Surgery is only as good as the surgeon

Our surgeon's have dedicated their professional lives to being the best in their field. Don't just take our word on this – the proven expertise of Mr CT Pillai, Dr Goran Helgason and Professor Martin Filipec is available for all to read on the internet and from our patient testimonials.

**Our patient's tell us that the primary reason why they chose AVC was because they were in no doubt that they would be treated by one of the world's most highly skilled surgeon's.**



**Mr CT Pillai,  
MD DO,  
FRCS (Edin),  
FRCOph (UK)**

Mr CT Pillai is considered to be one of the world's elite refractive surgeon's. His expertise and knowledge of his field is second to none and sets a standard that is unrivalled by other clinics. At the same time he remains completely hands-on, his open **and** friendly approach puts patients at ease.

- Founder and Medical Director of Harley Street refractive surgery clinic Advanced Vision Care
- Over 25 years of ophthalmic experience acquired in the UK, USA and India
- Fellow of the Royal College of Ophthalmologists and Royal College of Surgeon's, Edinburgh
- An NHS consultant for five years prior to establishing his own private practice
- Member of the Technolas group think tank, a global leader in laser technology innovation
- Presents and participates in international conferences and training courses
- One of the few UK surgeon's to have been awarded a Fellowship in corneal and refractive surgery
- Personally implements all laser surgical procedures and continuity of care at AVC
- Extensive experience in blade-free Intralase LASIK, corneal grafting, cataract, Supracor and corneal cross-linking procedures



**Professor  
Martin Filipec,  
MD, CSc**

Professor Martin Filipec is a leading ophthalmologist in his native Czech Republic and has an international reputation. After training at Harvard he was offered a professorship there but chose to return to the Czech Republic to establish the country's first private eye hospital. His approachable manner ensures that patients feel confident they are in the hands of one of the world's most experienced surgeons.

- Chief Medical Director of Lexam Eye Hospital Group with 20 clinics in eastern Europe, including Czech Republic, Poland, Estonia and Latvia
- Over 25 years of refractive surgery experience
- The first professor of ophthalmology at Charles University in Prague, one of Europe's leading universities
- A pioneer in corneal transplants and the first surgeon to perform corneal grafting in Afghanistan
- Scientific advisor to leading eye care technology companies Zeiss and Alcon
- A director of the International Ocular Inflammation Society
- Trainer of surgeons across eastern Europe and in Afghanistan
- Member of many international ophthalmology associations for research and development
- Author of over 350 lectures, 51 scientific publications and several textbooks



**Dr Goran  
Helgason, MD**

Dr Goran Helgason is in demand all over the world as a course instructor for Implantable Contact Lens surgery and technology. Not only is he internationally recognised as a leading expert in this field, he is also living proof of the outstanding benefits of ICL, having had treatment himself in both eyes in 2004.

- Medical Director of Capio Medocular, Sweden's major eye care clinic
- Over 25 years of refractive surgery experience
- One of the first surgeon's in the world to perform STAAR Surgical ICL treatment
- Medical advisor to STAAR Surgical and Alcon Laboratories
- Pioneer in ICL research and a leading international trainer of other surgeon's
- Advisor to several scientific committee's in Sweden and Europe
- Member of many international ophthalmic organisations
- Specialist experience in clear lens exchange, multifocal ICL, laser and cataract surgical procedures
- Author of numerous peer-reviewed papers and has presented his work at the most prestigious ophthalmic conferences worldwide



““

I went to AVC for treatment because I didn't want to be wearing glasses on my wedding day and on honeymoon. To be able to look my very best and enjoy the day with clear eyesight was absolutely amazing and worth every single penny.

I can't recommend Mr Pillai and his team highly enough.

Linda Parker, Surrey (Clear Lens Exchange with Multifocal Lens)

# Our treatments explained

Before you allow us to perform a delicate procedure on your eye's it's only right that you should have an idea of what is involved. Our patients tell us that being fully informed about what was going to happen to them was invaluable for making them feel reassured and relaxed. Here we give you an outline of each procedure so that when you come to see us for your consultation you will be that much more confident about taking the next step towards achieving your goal of excellent natural vision.

**Laser treatment works by changing the shape of the cornea using an excimer laser to alter how the eye focuses. There are two types of laser treatment, LASIK and LASEK. These differ only in the way the eye is prepared at the beginning of the procedure.**

**LASIK** (Laser Assisted In Situ Keratomileusis) is the most popular and most widely used laser eye treatment in the world. Not only does LASIK give outstanding results, it causes the least discomfort and offers the fastest recovery time of any type of laser treatment. AVC's Medical Director Mr CT Pillai was one of the first surgeons in the UK to perform LASIK on both eyes and is one of the UK's most experienced refractive surgeons in this technique.

With LASIK, 99% of patients achieve driving standard and 95% achieve 20/20 vision. LASIK is suitable for prescriptions up to -10.00DS (short-sight), +5.00DS (long-sight) and -5.00DC (astigmatism).

The eye is prepared for surgery with anaesthetic drops and gently held open to prevent blinking. An Intralase (blade-free) laser is then used to create a very thin flap on the cornea to expose the area that is to be re-shaped with the computer-controlled Technolas z100 excimer laser. The corneal flap is replaced and held in place by a contact lens for 24-48 hours whilst the eye heals.

**LASEK** (Laser Assisted Epithelial Keratomileusis) is an alternative procedure to LASIK and is suitable for correcting short-sight, long-sight and astigmatism. It is very similar to LASIK but differs in that it can treat patients whose eyes are not suitable for LASIK. Like LASIK, it is performed using anaesthetic drops and is quick and painless.

LASEK is recommended if the cornea is particularly thin, irregular or steep as the technique does not penetrate the cornea so deeply compared to LASIK. The visual outcome is the same as with LASIK but it just takes a few days longer to reach. This technique uses a special diluted alcohol solution to soften the surface of the cornea (epithelium) which is moved aside to reveal the area to be treated. The cornea is re-shaped using the Technolas z100 excimer laser and a contact lens is immediately inserted to protect the cornea whilst it heals.



This is removed after four days or so at your post-surgery consultation. LASEK is suitable for prescriptions up to -10.00DS (short-sight), +5.00DS (long-sight) and -5.00DC (astigmatism).

**Supracor** is a revolutionary new laser treatment that can correct both long and short-sight at the same time. This is ideal for the over-50 age group whose close vision has naturally started to deteriorate.



The simple Supracor procedure begins in the same way as the Intralase LASIK treatment; then the Technolas Supracor excimer laser precisely reshapes the cornea to create a customised profile that corrects vision for all distances. The flap is then replaced and the eye begins the natural healing process. As with all our laser procedures, Supracor is a quick, pain-free treatment that produces outstanding visual outcomes. AVC is one of just a handful of clinics in Europe that offers this exceptionally effective treatment.



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After helping so many patients achieve amazing results with ICL treatment, they convinced me that I should try it myself, so in 2004 I did just that. It only took half an hour, I didn't feel a thing and the next day I was back at work. As a surgeon, I rely on perfect vision and I can honestly say that my sight is now better than I ever expected.

Dr Goran Helgason, AVC surgeon and ICL specialist

# Specialist non-laser treatments

Because we offer so much more than just laser procedures we are able to correct virtually every form of refractive error. Patients with rare or complex visual problems who have been turned away by other clinics discover there is a solution for them after all when they come to AVC.



## Implantable Contact Lenses (ICL)

ICL is an increasingly popular option for patients who are unsuitable for laser, perhaps because of an out of range prescription, abnormal or thin corneas or the condition keratoconus.

ICL's are permanent miniature contact lenses that are implanted inside the eye to correct vision instead of lying on the surface of the eye. Made from collamer, they are biocompatible and are invisible to those looking at you. ICL is suitable for prescriptions up to -25.00DS (short-sight), +12.00DS (long-sight) and -5.00DC (astigmatism).

The procedure takes 30 minutes per eye and if both eyes are being treated, this will take place **over two consecutive days**. Anaesthetic drops are used to numb the eye and a micro-incision is made. The lens is so tiny, soft and flexible that it can be folded up and inserted into the eye through the incision, which quickly heals with minimum discomfort. To date, over 500,000 procedures have been successfully performed worldwide; in fact, the US Army has approved ICL as the treatment of choice for their recruits.

AVC performs more ICL procedures than any other clinic, proof of our expertise in a technique that gives patients exceptional visual outcomes.

## Clear Lens Exchange (CLE)

As an alternative to laser treatment, CLE is helping growing numbers of older people to restore their eyesight to youthful clarity. Similar to ICL, CLE involves removing the natural lens and replacing it with an artificial lens made to the appropriate focusing power. This treatment is ideal for patients aged 45 years and above when the eyes start to lose their natural ability to change focus and close vision starts to deteriorate. The lens can have a multifocal element which can provide not only excellent distance vision but will also correct near sight as well. CLE treatment is also particularly useful for patients who have been diagnosed as having a cataract; for those who do not, they have the added benefit of never developing a cataract at all.



At AVC we specialise in monofocal, multifocal, **Trifocal** and astigmatic CLE procedures that can correct both long and short-sight. The procedure is performed using anaesthetic eye drops and no stitches are needed as the micro-incision is self-healing. CLE treatment can help patients with complicated prescriptions up to -23.00DS (short-sight), +11.00DS (long-sight) and astigmatism up to +5.00DC.

## Piggy-back Lens Exchange

AVC was one of the first clinics to offer this ground-breaking treatment which is used to correct very high short and long-sight and severe astigmatism. Similar to ICL treatment, the procedure involves two different artificial lenses being inserted into the eye, one inside the natural lens and one in front.



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My experience with AVC was excellent. I was not suitable for laser because my prescription was too complex, but AVC was able to provide an alternative solution with implantable contact lenses. Having the treatment has changed everything for me. I can enjoy playing sports and get so much more out of life, I am very happy.

Dr. Ibrahim Khan (Hyperopic Toric Implantable Contact Lenses)

# Specialist non-laser treatments

Don't let cataracts or eye conditions cast a shadow over your life; at AVC we can help restore your vision to youthful clarity.



## Cataract Surgery

Cataract surgery is the most common refractive treatment in the UK and at AVC we are highly experienced in this field, having performed thousands of procedures.

Cataracts form when the natural lens becomes cloudy, preventing sufficient light from reaching the retina. This debilitating condition is very common and is part of the natural ageing process, but it is also very easily corrected with a procedure that takes around 15 minutes. As with CLE, the natural lens is replaced with an artificial lens to restore transparency and focusing ability to youthful standards.



## Cross-linking and INTACS

These procedures are used for patients suffering from keratoconus, a progressive eye disease in which the normally round cornea begins to thin and bulge into a cone shape, causing distorted vision in one or both eyes. Keratoconus can often be hereditary and affects around one in 2,000.

Collagen cross-linking is a non-surgical procedure which uses a UV light system to activate special drops to strengthen the cornea and halt the progression of the disease. Cross-linking treatment is not a cure for keratoconus; rather, it aims to slow or even halt the progression of the condition. After treatment patients should expect to continue wearing spectacles or contact lenses, although a change in prescription may be required.

However, it is hoped that the treatment will prevent further deterioration in vision and the need for corneal transplant.

INTACS is a quick and effective treatment for patients with mild to moderate keratoconus. Micro-thin clear inserts are placed inside the cornea to reshape the cone back to a round shape and bring vision back to normal. This safe and reversible procedure takes just 30 minutes and can be removed and exchanged according to changes in vision.

The material used is PMMA (polymethyl methacrylate), a biocompatible plastic which has been safely and commonly used in contact lenses and routine cataract surgery for many years. There is no risk of rejection as this material is completely tolerated by the eye. Once in place, the INTACS are no more visible than a contact lens.





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I don't give praise lightly, but I wholeheartedly recommend AVC to anyone wanting a personal, tailor-made service for improving his or her vision. And the bonus? AVC was less expensive than the other clinics I contacted.

John Hands, Author (Clear Lens Exchange with Multifocal Intraocular Lenses)

# Exceptional surgical skill supported by the world's most advanced technology

Being independent is crucially important to us at AVC. It is only by being independent that our surgeons can be completely free to choose the technique and technology that is most suited to each patient's needs.

Unlike those well-known eye care clinics and private practice consultants that have established partnerships with laser or lens manufacturers, we are not tied to one supplier and have no commercial interest in recommending one product over another. We don't believe that is in the patient's best interest. It is because of this independent approach that we can truly claim to offer completely bespoke treatment plans for each and every patient.

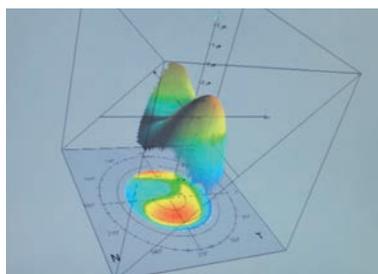


**We source only the most advanced and innovative equipment from the world's leading laser and lens manufacturers, including Technolas, Carl Zeiss, STAAR Surgical, Alcon and Topcon, that has been rigorously tested to ensure it meets our exacting standards of safety and performance. Our clinic is also recognised as a Technolas Perfect Vision Centre of Excellence.**



## Zywave Wavefront Aberrometer

AVC uses the Technolas Perfect Vision Zywave II aberrometer to offer you Zyoptix Advanced Personalised treatment, the most highly advanced wavefront technique available. This results in a superior quality of vision, unlike other clinics that use a cheaper optimised wavefront technology.



Zyoptix treatments have been designed to remove aberrations or imperfections, improving not just what we see, but the quality of how we see.

## Orbscan

The Technolas Perfect Vision Orbscan II topographer is a specialised corneal mapping device which is used to evaluate the cornea in three dimensions before and after surgery. It is recognised as being the "gold standard" for assessing the cornea and our Orbscan II is the most sophisticated mapping device available. This analyses the contours and shape of the cornea, allowing the surgeon to decide if it is healthy and suitable in shape and thickness to undergo laser treatment.

## Zyoptix z100 laser with ACE technology (Advanced Control Eyetracking) with Iris Recognition

ACE is a dynamic rotational eye tracking system that tracks and simultaneously adjusts the treatment pattern for the duration of the laser procedure.

This innovative high performance technology ensures unsurpassed outcomes and levels of safety, providing the ultimate peace of mind for both the surgeon and patient.



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Think of your consultation as a fitting for bespoke tailoring:  
it's the only way to achieve the absolute best results.  
Your eyes are unique so don't risk a one-size-fits-all treatment.

**Professor Martin Filipec, Surgeon, AVC**



# AVC consultation

This will be the most thorough eye examination you will ever have. It's all about you.

“”

I had confidence from the first consultation right through to the end of the treatment and I was amazed that I didn't feel nervous or stressed.

**Eva Kryztopowicz  
(LASIK IntraLase  
Wavefront)**

We have a reputation for unrivalled patient care, which begins as soon as you step through the door for your consultation. This is the first stage of your journey with us towards your goal of achieving excellent natural vision and we'll be with you every step of the way. When you become an AVC patient you are a patient for life.

Your consultation will take place at our Harley Street clinic in London's centre of medical excellence.



We place great emphasis on this stage of the process because this is when we find out all about you. It's only after a thorough assessment of your eyes that we can recommend the treatment that is right for your individual needs to bring you optimum results.

Your peace of mind is extremely important to us. Every aspect of your recommended treatment will be fully explained to you so that you know exactly what will happen on the day. This is also a chance for you to ask any questions you may have about the procedure and recovery process.



The two hour consultation involves a range of sophisticated tests using the most highly advanced techniques.

During this process eye drops will be used to both minimise any discomfort and dilate your pupils; as these may make your vision a little blurred we advise against driving immediately afterwards.

You may also want to bring sunglasses with you to wear afterwards as your eyes may feel a little sensitive to light.



If you usually wear contact lenses you will need to remove them so that your cornea can return to its natural shape; before attending your consultation our clinical team will ensure you are fully informed on the period of time required.

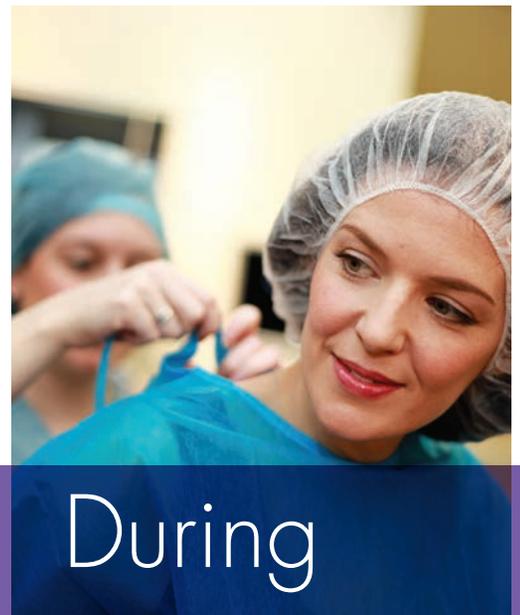
“”

We were so impressed with the experience from start to finish. The whole team were absolutely wonderful, they put us completely at ease and explained exactly what was going to happen at every stage. It's amazing to suddenly be able to see clearly after years of relying on glasses and contact lenses. It's the best decision we've ever made.

Chris & Sue Knapp, Gloucestershire (Clear Lens Exchange)



Before



During

### On the day...

When you are in the operating theatre your surgeon will talk you through every stage of the procedure so that you know exactly what to do and what's about to happen. Don't worry about trying not to blink or cough, our expert techniques and highly advanced technology are designed to deal with any small movement of the eye and your treatment won't be affected.

Laser treatment is a very simple procedure and both eyes can be treated within just 25 minutes.

When you are lying down comfortably anaesthetic drops will be put in your eyes. It may feel a little strange but you won't feel any pain, just slight discomfort for a few seconds. Whilst the procedure is taking place all you will see is a flashing light. When the treatment is complete you are encouraged to take your time and relax before setting off for home.

It's as simple as that.

### The recovery process...

Eyes are naturally fast to heal and recovery begins as soon as you sit up in the operating theatre. Although it may initially be a little hazy, you'll be amazed by the immediate difference to your vision, even at this early post-operative stage. Depending on what treatment you have had, you will be provided with a protective shield to wear at night to prevent you rubbing your eyes for about a week, plus eye drops to promote healing, reduce any discomfort and prevent infection.

# The laser treatment process

Knowing exactly what's going to happen when the day of your treatment arrives will make your experience not only more relaxed but also a day to enjoy. After all, you are about to do something amazing and we want it to be a day to remember. The procedure is actually very quick and painless and you'll be on your way home before you know it.



Just in case your vision is at all blurry, we advise against driving home after your treatment. However, most patients can drive and return to work after just two days. We also ask you to avoid wearing make-up for up to one week, stay clear of dusty or smoky environments and stay out of the swimming pool for three weeks.

One of the most common symptoms experienced during the recovery period is slight dryness of the eyes, but this is completely normal and can be relieved with the lubricating drops you will be given by our clinical team.

## Aftercare – an AVC patient is a patient for life

Beginning the day after your treatment, you will receive regular check-ups to ensure that all is well. You will also have 24-hour emergency access direct to your surgeon should any problems occur.

You will remain in our care for one year, after which you will be discharged, but should you have any problems relating to your treatment at any point in the future we urge you to get in touch.

During the 12 months after your treatment you can either come to our Harley Street clinic for your aftercare appointments or stay close to home and visit a member of our nationwide network of qualified optometrists.

We can advise you on the nearest optometrist practice to where you live.

“”



Mr Pillai is a wonderful surgeon. I was very nervous but he made me feel totally reassured about him, his skills and what was going to happen and that I was getting the best possible care.

That's the most important thing when you're dealing with something as precious as your eyesight, that's what you need to know and that's what I got. It's the best investment I've ever made.

**Amanda Mealing, Actress (LASIK)**



## Lights, camera, action!

It's always exciting to see famous faces come through the door and at AVC we're lucky that it happens quite often! Here's what just four of our celebrity patients say about their experience at AVC.



**“After some very thorough internet research, my husband and I decided that AVC offered the most comprehensive treatments at the most reasonable prices.**

**We were also able to reassure ourselves that Mr Pillai's qualifications were of the very highest standard. I can't recommend AVC highly enough. I would say to anyone who's thinking about it, go for it, just go for it – it will change your life.”**

**Lynda Bellingham, Actress (LASIK)**

**“I am absolutely over the moon. To wake up in the morning and be able to see perfectly without having to reach for glasses after nearly 25 years is amazing. My vision is now better than it ever was with glasses or contact lenses. One eye is now 20/20 and the other is even better than 20/20. If I was a player again now I'd have it done in a heartbeat. I would recommend it to any professional player who is short-sighted as I know for a fact that it will help them improve their game.”**



**Conor O'Shea, Director of Rugby, Harlequins (LASIK IntraLase Wavefront)**

**“I had done a lot of research on laser eye surgery and clinics in England and the US – I wanted the best surgeon I could find. After meeting with Mr Pillai and his team at AVC I immediately knew I had come to the right place. The quality of care is first rate, Mr Pillai's experience is profound and his knowledge of his field is highly reassuring. And on a personal level, he is a very cool guy. I was very impressed by the medical detail of the pre-operative care and especially by the willingness of Mr Pillai and his team to explain in great depth every step of the procedure and aftercare process.”**



**Hari Dhillon, Actor (LASIK IntraLase Wavefront)**



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Having travelled all the way from Malawi, I had thoroughly researched where would be the best place for me to have laser eye treatment and I can now say that AVC was most definitely the right choice. I would not hesitate to recommend AVC to anyone. Thank you!

Deval Rajani, Malawi (LASIK IntraLase Wavefront)

# Our patients come from all walks of life and from all over the world

The reputation of AVC as the clinic that can be trusted to provide outstanding results and superb patient care has spread far and wide. We are proud to have been chosen by many professionals and people from around the world who have travelled to the UK specially to have treatment with us.

“From the first telephone enquiries up until surgery and post-surgery, I really could not find fault with the services provided by AVC. The staff are always polite and concerned and also very patient in answering any questions you may have. The operation itself was surprisingly rapid, the only uncomfortable aspect being the very bright op light. Any other feelings of discomfort were soon banished by Pawel and his chocolate biscuits!”

**Caroline Van Rekum, Switzerland  
(Clear Lens Exchange with  
Multifocal IOLs)**



“I can highly recommend the ICL treatment I had at AVC – it has revolutionised my life. The service I received was excellent and very professional. The AVC staff put me immediately at my ease and the aftercare they provide was also of a very high standard.”

**Shamim Braganza, Kenya  
(Clear Lens Exchange with  
Multifocal IOLs)**

“I am very pleased to attest to the excellent and efficient quality of the services of Advanced Vision Care. The professionalism and thoroughness of the team from the consultation to surgery and post-surgery care are highly commendable. I recommend the procedures and practice at AVC without any reservations.”

**Professor Olusegun Adewoye, Nigeria  
(Cataract with Multifocal IOL)**

“I am very pleased with the quick, professional and warm service you provided. My vision improved from -5.0 to unbelievable eagle eye quality. The only thing I am really cross about is that I did not visit Advanced Vision Care earlier in life!”

**Matthias Gleichmann, Germany  
(LASIK IntraLase Wavefront)**

“I am 51 years old and before the treatment was short-sighted and also needed reading glasses. There are two reasons why I decided to have the treatment: firstly I had to have two pairs of glasses, which was a nuisance, and secondly I ride motorcycles as a hobby and used contact lenses which were okay for distance but no good for near vision, ie looking at the speedo! The procedure went smoothly and Mr Pillai and the staff at AVC were all excellent. I now have 20/20 distance vision which is about as good as it gets.”

**Paul Machon, Jersey (Clear Lens  
Exchange with Multifocal IOLs)**

“All aspects of my care at AVC were excellent. Each member of the team was thorough, informative and friendly. I have been very happy with my treatment outcomes and would thoroughly recommend AVC to anyone.”

**Jasbinder Kalirai, Dentist  
(LASIK IntraLase Wavefront)**

“Since having LASEK treatment each day has been so exciting – seeing everything in detail, from waking up in the morning to looking up to a clear, crisp night sky! After a considerable degree of myopia and contact lenses for over 40 years, the change is fantastic. The freedom, particularly for outside activities, is wonderful and I thank Mr Pillai and his team for making it possible.”

**Wendy Beynon, Teacher  
(LASEK Wavefront)**

# Our nationwide network

Berkshire Bristol Buckinghamshire  
Cambridgeshire Cheshire Derbyshire  
Devon Dorset Durham Dyfed East Sussex  
Essex Gloucestershire Hampshire  
Hertfordshire Isle of Wight Jersey  
Kent Leicestershire Lincolnshire Manchester  
Middlesex Norfolk Yorkshire Northamptonshire  
Oxfordshire Peterborough Rutland Scotland  
Suffolk Surrey Vale of Glamorgan  
West Glamorgan West Sussex



Rachel Cooper, Optometrist,  
Eyesite, Reading:

“ In my professional capacity as an optometrist and partner of AVC I had seen a lot of post-operative patients, so I felt completely confident that I could trust Mr Pillai to treat my own eyes. Because AVC provides a tailor-made service for their patients I knew that my best interests would be put before any other consideration. As I expected from knowing that they provide superb customer care, I was made to feel completely at ease. I'm thrilled with my results.

# Advanced Vision Care

## The professionals' preferred partner

Not near London? No problem – our nationwide network of optometrists means you can access all the advice and aftercare you need at your trusted local practice, saving you time, money and effort. It's 5 star service but without the price tag.

We are the only eye care clinic to offer this highly convenient way of accessing all the benefits of the best Harley Street clinic, but with only one visit to London.

Our optometrist partners are fully trained to be able to discuss with you the options of laser eye treatment, implantable contact lenses, clear lens exchange or cataract surgery and then refer you to us for your consultation and treatment. We work with only the most highly qualified optometrists who have many years of experience so you can be confident that you will receive the best possible professional care.

Because of AVC's proven reputation for surgical excellence and superb patient care, our optician partners know they can trust us to look after their patients as well as they do themselves.

By sharing our skills and resources, we are able to offer you the best of both worlds – yours and ours.



Following your treatment at our London clinic you can remain close to home for your aftercare by having all your appointments with your optometrist – you save time, money and effort and have the reassurance of being in the care of someone you already know and trust to look after your eyes.

Please contact us for details of the nearest AVC partner to where you live. We are always looking to expand our network so don't worry if your optometrist isn't already a partner, we would be very happy to contact them with more information about AVC and our extensive range of vision correction treatments.

Nicola Jenkins, Optometrist,  
Harry Foster Opticians, Jersey:

“AVC offers such a wide range of treatments, there's always an option that we can recommend to our patients looking for a permanent solution to their vision problems.

The fact that they can return to us after their surgery for all their aftercare is very attractive because it's both convenient and reassuring.

# Prices and payment plans

AVC offers you the most advanced vision correction treatments that money can buy, at a price you can afford.



**Our prices are all-inclusive with no hidden extras.**

**Our interest-free finance plans and special offers mean you don't have to wait before you can go ahead and change your life.**

At AVC we are very aware that laser eye treatment prices vary considerably depending on which clinic you look at.

You may see a headline price of £395 per eye for laser treatment and wonder why you should pay more.

There are two simple answers to that – you are either being lured in with an unrealistically low price that will end up ten times that amount by the time you agree on a treatment, or worse, you will receive sub-standard surgery and care. At AVC we do neither – our pricing structure is honest, transparent and competitive.

Vision correction treatment is expensive, there's no denying it. You could find cheap laser eye surgery elsewhere but ask yourself, is it really worth risking something as precious as your eyesight to save a few pounds?

Do you want the best VALUE eye treatment or the BEST eye treatment? When it comes to something as important as your vision, you get what you pay for.

By choosing AVC you are placing your trust in the most experienced surgeons in the industry.

To find the right price and payment plan for you, visit our website [www.advancedvisioncare.co.uk](http://www.advancedvisioncare.co.uk) or contact us for details of our **0% finance options** and special offers.

You may be surprised at just how little it can cost to achieve excellent natural vision and say goodbye to spectacles and contact lenses forever.

“

Don't make a decision based on price alone – until your eyes have been examined by a surgeon it is absolutely impossible to know which kind of treatment you need or how much it will cost.

Mr CT Pillai, Medical Director, AVC

# Understanding your eyes

Your eyes are incredibly clever things – so why do they sometimes stop working properly? By understanding how your eyes work and what happens when you have a problem with your vision, you'll be all the more ready and relaxed when it comes to the big day.

Think of your eye as a camera. As rays of light pass through the front of your eye (the cornea), its naturally curved surface bends (refracts) the light through the lens and focuses them on a 'screen' (the retina) at the back of your eye. Millions of light sensitive nerve cells (photoreceptors) transform the image into electrical impulses that are sent to the brain via the optic nerve.

Normally, your eyes record what they see just as a camera captures an image, but when your vision is imperfect, light rays struggle to converge on the retina and vision becomes blurred.

**Normal sight (emmetropia)** With normal vision the cornea and lens are in perfect proportion to the length of the eye, which means that light is evenly dispersed and focuses directly on the retina, producing a perfectly focused image for both near and far distances.

**Short sight (myopia)** If you cannot see clearly in the distance, you are short-sighted (myopic). This may be because your eyeball is too long or the cornea is too steep, which means that the light focuses before reaching the retina. If the cornea (the front surface of the eye) is flattened very slightly with a laser beam it will move the focal point to the retina to give clear vision.

**Long sight (hyperopia)** If you are long-sighted (hyperopic) the light entering your eye focuses behind the retina as the eyeball may be too small or the cornea may be too flat. This initially causes problems with focusing on close work but it eventually might affect distance vision as well. With laser treatment, the cornea is made slightly steeper to move the focal point to the retina to give clear vision.

**Astigmatism** Astigmatism is not as straightforward as normal long or short-sight, but it is still very treatable with LASIK or LASEK. Astigmatism occurs when the cornea is not perfectly round, but shaped more like a rugby ball. This means that one plane of the cornea is steeper than the other. Laser treatment will even out the distortions of the cornea, enabling light to focus correctly on the retina. It's a common misconception that if you have an astigmatism you are unsuitable for laser treatment, but because our surgeons have the knowledge, skills and experience to perform the full range of refractive treatments currently available, there is virtually no astigmatic case that we cannot treat.

**Presbyopia** When we reach middle age the lens inside the eye becomes slightly stiffer and loses some of its ability to focus. This is called presbyopia and is a normal and natural process that comes with age and, unfortunately, cannot be avoided. However, at AVC we offer a range of procedures to restore vision at all distances to youthful clarity. An in-depth consultation with one of our surgeons will ensure that you make the right choice of treatment for your visual requirements.

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Every member of staff instils confidence in the patient. Mr Pillai exudes an air of confidence and experience that is very reassuring. I feel I was given the highest level of care with no short cuts.

Bela Vatsa, Scientist (LASIK IntraLase Wavefront)

## Vision Aid Overseas

We want to help as many people as possible enjoy the freedom of excellent eyesight, which is why we support the charity Vision Aid Overseas.

10% of the world's population is disadvantaged by poor vision and a lack of glasses. What we take for granted, they are denied – the ability to see well enough to earn a living and live an ordinary life.

Vision Aid Overseas is an international charity dedicated to transforming access to eyecare services in developing countries. Its work helps children receive an education, mothers and fathers to keep working and gives people the vision they need to fight poverty.



After your treatment with us you'll no longer need your spectacles so just leave them with us and we'll send them off to VAO to help them with their invaluable support for those who so desperately need help.



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0800 652 4878

[www.advancedvisioncare.co.uk](http://www.advancedvisioncare.co.uk)

the freedom to live life to the full  
without spectacles or contact lenses