



TURN BACK THE CLOCK
Rediscover life with clear, bright and more vibrant vision

Advanced Vision Care - Cataract Brochure

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Our commitment to you:

- The safest and most advanced techniques and equipment
- Outstanding patient service, including extensive aftercare
- Fair and transparent prices with no hidden extras



Times have changed!

Getting older no longer means putting up with cataracts or deteriorating eyesight



Today, you can rediscover the best eyesight of your life, for the rest of your life, by having a quick and straightforward safe procedure offered by specialist surgeons at Advanced Vision Care (AVC).

Clear Lens Exchange and cataract surgery are both highly sophisticated procedures that may mean that you never have to wear glasses again – an astonishing prospect for those who have depended on glasses or contact lenses all their lives.

As we age the crystalline lenses in our eyes naturally deteriorate. Just as hip and knee replacements have become commonplace and given many people a new lease of life, now you can do the same for your eyes by having Clear Lens Exchange or cataract surgery at AVC.

AVC is the leading independent specialist clinic for lens replacement surgery and are the first in the UK to invest in the CENTURION® Vision System, a new innovative platform for eye surgery. You can read about our CENTURION® system on page 08.

Correctable prescriptions

Enhance your vision and enrich your life

Many people worry that their prescription is too high or too complex for treatment to be successful, but that is very unlikely to be the case. The sophisticated intra-ocular lenses available today can correct a whole host of refractive errors.

At your consultation we will examine your eyes in great detail to determine precisely what is best for you and provide a bespoke individually tailored treatment plan.

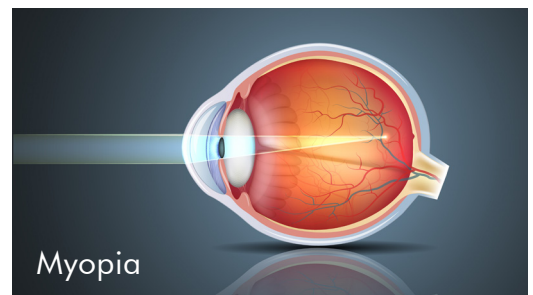
Hyperopia (long-sightedness)

The ability to focus on close objects is impaired. In higher prescriptions even distance vision is affected. The eye does not have enough focusing power and this results in the images being focused behind the retina.



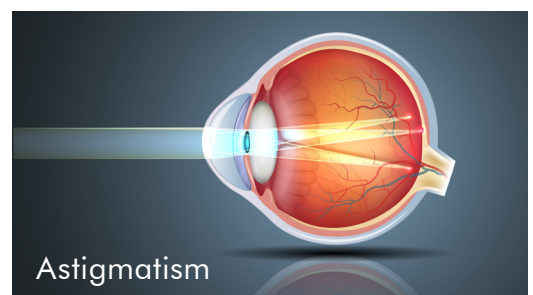
Myopia (short-sightedness)

The ability to focus on objects in the distance is impaired. In higher prescriptions vision can be blurred until the object is very close. This is due to the eye being overly powerful and focusing the images in front of the retina.



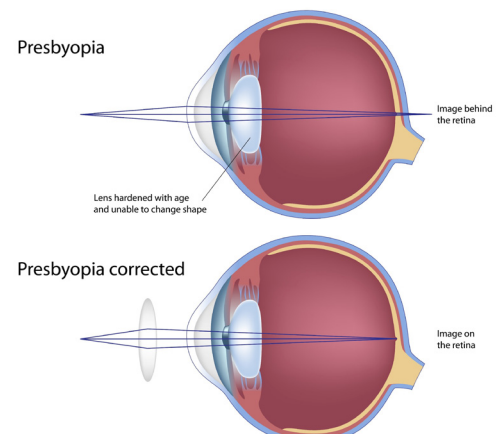
Astigmatism

The ability to focus at all distances can be impaired. This is due to the shape of the cornea being more like a rugby ball than a football. These irregularities cause poor focus on the retina and results in the images appearing blurred and distorted.

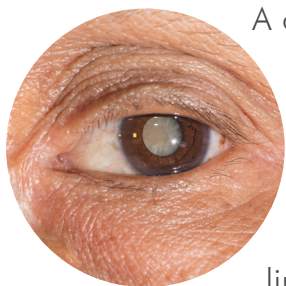


Presbyopia

The ability to focus on close objects becomes impaired with age. This is due to the natural lens becoming inflexible and stiff, resulting in loss of power. This causes people to become dependent on reading glasses.

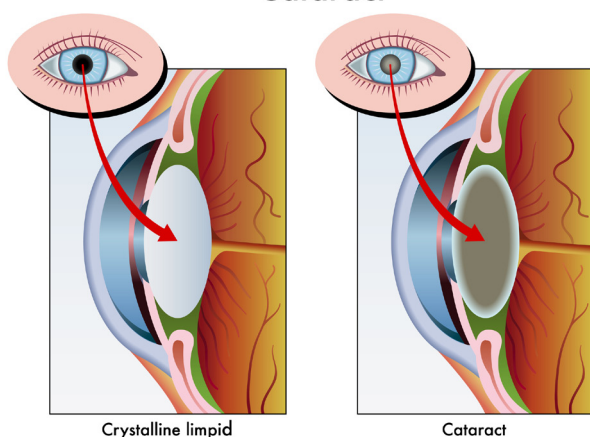


About cataracts



A cataract develops when the natural crystalline lens of the eye begins to lose transparency and it gradually becomes opaque. As we get older the lens naturally hardens and thickens, resulting in a cloudiness that limits the light passing through to the retina. As the cataract progresses, vision becomes hazy, it is often described as 'like looking through frosted glass'.

Cataract



Cataracts are not only easily treatable but they are also preventable thanks to the revolutionary procedures that are now available.

It is possible that a new spectacle or contact lens prescription and/or increased lighting may alleviate the symptoms for mild conditions, but the benefits will only be temporary. Surgery is the only long-term, effective and permanent solution and this is why it has become extremely popular.

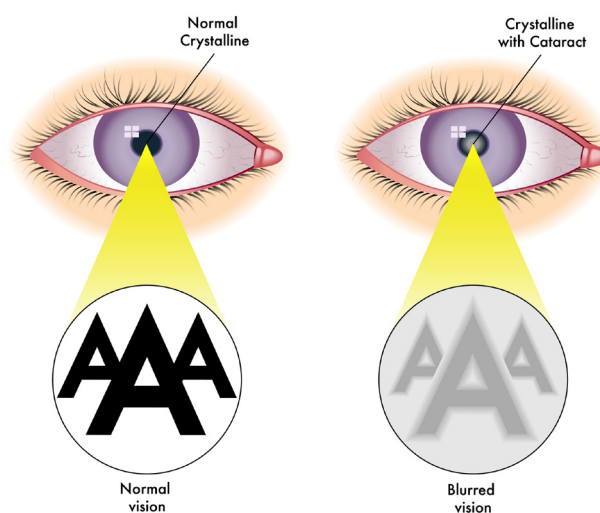
The longer we live the more likely we are to develop cataracts, but because the process is gradual and painless, these changes to our vision can go unnoticed. Cataracts are not preventable but they are easily treated, even immediately after diagnosis, meaning there is no reason to suffer from compromised vision.

It is estimated that around 2.5 million people aged 65 and over in England and Wales have some degree of visual impairment caused by cataracts.

There are various causes of cataracts, including:

- Age
- Family history
- Smoking
- Lifestyle factors such as poor diet and overexposure to sunlight
- Diabetes
- Steroid medicines
- Trauma to the eye
- Other eye conditions such as uveitis

CATARACT



Cataract surgery may seem daunting but it is one of the world's most frequently performed, safest and perfected surgeries



About Clear Lens Exchange surgery

Clear Lens Exchange (CLE) is a surgical procedure for people aged 45 and above which can restore distance, intermediate and near vision.

As we age it's natural for our eyesight to deteriorate. This leaves many of us wishing our vision was the way it was when we were younger and forces us to juggle multiple pairs of spectacles, reading glasses or varifocals, sometimes on top of contact lenses, in an attempt to see clearly.



Wishes can come true

CLE is an increasingly popular choice for people as it can correct any prescription range. It can also be offered to those who have cataracts, or those who are simply unsuitable for laser surgery or implantable contact lenses.

Today's CLE treatment is quite different from the original procedure developed many years ago to remove cataracts. Eye surgery has been performed since ancient times and has undergone significant improvements over the past 50 years to become the extremely precise, safe and effective procedure it is today. The new Lens Exchange/Cataract Refractive Suite at AVC is a unique combination of technologies at the forefront of lens exchange surgery.



The CLE procedure typically takes just 30 to 45 minutes and replaces the natural crystalline lens with a revolutionary multifocal/trifocal intra-ocular lens. Long-sightedness, short-sightedness and astigmatism can be permanently corrected. CLE also has the fantastic benefit of completely eliminating the development of cataracts in the future.

Intra-ocular Lenses (IOLs)

A variety of IOLs are available to treat a wide range of prescriptions. At Advanced Vision Care we will identify the best implant to suit your visual needs whilst taking into account your unique prescription and ocular features.

As an independent clinic we have no affiliation with any eye care company or product and this means our highly skilled surgeons have the freedom to choose the most suitable intra-ocular implant to match your needs. Every procedure is therefore tailor-made and results in the very best possible visual outcome; this can mean eliminating the need for spectacles altogether.

Monofocal IOLs

Monofocal IOLs correct distance vision. Spectacles would be required for near and intermediate vision. These are the type of lenses that are currently available on the NHS for cataract surgery.

Monovision IOLs

Monovision IOLs can give patients' the best of both worlds. Distance and near vision can be corrected at the same time by one eye being focused for near and the other for distance. A vision trial would be conducted prior to going ahead with surgery.

Piggy-back IOLs

Did you know that even if you have had cataract surgery with monofocal implants you can still have multifocal intra-ocular lenses?

Our experienced surgeons are highly skilled in this revolutionary procedure that involves two or more IOLs being implanted in one eye. This enables patients' who have already had one implant to have a secondary one.

The procedure allows for the correction of previously unsuitable high or complicated prescriptions, visual errors left after previous surgeries and the option of having a multifocal IOL after NHS monofocal cataract surgery.

You can also have multifocal lenses if you're frustrated with having to use reading spectacles.

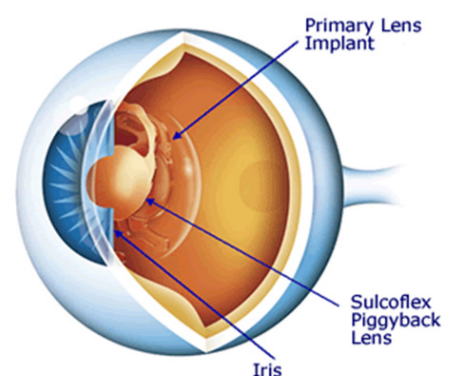
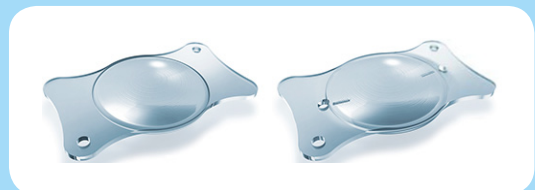
Multifocal and Trifocal IOLs

These lenses use highly advanced technology to allow patients' to be able to see at varying distances.

Multifocal lenses have the same basic shape and are of identical material to monofocal or single vision lenses, but the sophisticated design allows for clear vision at all distances. As a result, you will be less dependent on glasses for daily tasks.

Trifocal IOLs provide the greatest possibility of achieving clear distance vision; it corrects intermediate vision and enables you to read without the need for glasses. Bespoke treatment means that different multifocal IOLs are used to match the unique visual needs of each individual.

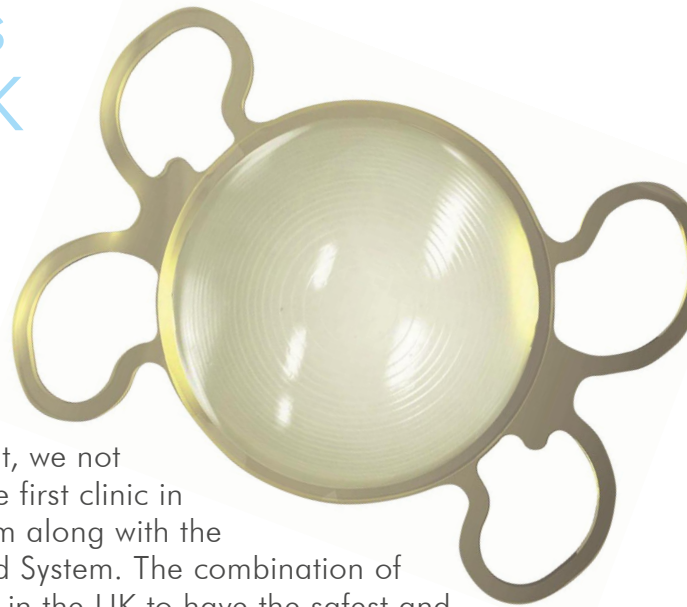
Unlike other clinics, AVC can select from a range of different multifocal lenses, including those made by Alcon (USA), Zeiss (Germany), Rayner (UK) and PhysIOL (Belgium) which are tailor-made to your individual needs and prescription.



The most advanced lens exchange suite in the UK

Modern advances in cataract surgery have led to a safe, quick, pain free and accurate procedure.

For the best results it is essential that the most experienced surgeons have use of the latest technology. At AVC we are at the forefront of lens exchange treatment, we not only use the most sophisticated technology but we are the first clinic in the UK to introduce the new CENTURION® Vision System along with the LuxOR LX3 Microscope and the VERION™ Image Guided System. The combination of this equipment means that we are the first and only clinic in the UK to have the safest and most advanced technology available in the world. The design adds greater accuracy and efficiency during surgical planning and execution to make the whole procedure even more precise and reduces recovery time.



The VERION™ Image Guided System

The VERION™ Image Guided System is designed to improve accuracy and minimize error through:

Imaging: The Reference Unit performs almost all critical measurements in a single step, creating a high-resolution, digital reference image of the eye.

Planning: The Reference Unit combines multiple, proven algorithms to help surgeons determine the optimal IOL, including Advanced Technology IOLs and lens power for patients' with and without astigmatism.

Guidance: The digital marker provides automated centration and incision positioning throughout the procedure.

The system eliminates the need for manual toric eye markings prior to surgery, and also provides centration and alignment guidance for multifocal and toric IOLs respectively.

Once the Image Guided System has captured the reference image and helped generate a surgical plan, it seamlessly integrates the surgical plan in the OR via a tracking overlay, allowing our surgeons to see all incisions and alignments in real time.



The CENTURION® Vision System

The new phacoemulsification system by Alcon is the CENTURION® Vision System, it is designed to optimize every phase of the cataract removal procedure by using:

Active Fluidics™: This technology detects and responds to changes in IOP throughout the procedure for improved chamber stability and more consistent IOP.

Balanced Energy™: The CENTURION® Vision System is equipped with OZil® IP technology and the new INTREPID® Balanced Tip, designed to maximize torsional movement at the distal end, while minimizing movement at the incision.

Applied Integration™: The CENTURION® Vision System connects to both the LuxOR™ microscope and the VERION® digital overlays.

The LuxOR™ LX3 with Q-VUE™ Ophthalmic Microscope

The Cataract Refractive Suite by Alcon is designed to help surgeons perform better and helps them see better, too with the aid of this highly advanced microscope. It features:

ILLUMIN-I® technology: By relocating the objective lens above the light source, ILLUMIN-I® technology creates a 6X greater red reflex zone and greater red reflex stability. It also increases the focal length by 60mm for greater depth of focus.

Q-VUE™ Assistant Visualization: Without taking any light from the surgeons optical pathway, the Q-VUE™ optical head provides 3D visualization to the surgical technicians.

LX3 Floor Stand: A new development that combines ergonomic improvements with an electro-mechanical clutch.



Why choose Advanced Vision Care?



At AVC it is our mission to provide exceptional treatment and outstanding care for all patients'

Your eyesight is precious and when choosing a clinic, it is important to make the right decision. We are the number one choice in independent clinics for patients' and here are a few reasons why:

- One of the leading independent vision correction clinics in the UK
- Most advanced lens exchange suite in the country
- 100% of our patients' achieve driving standard vision
- No affiliation with lens manufacturers, giving a truly bespoke treatment
- All our surgeons are experts in their fields and have over 75 years of combined experience
- Unparalleled level of care and provide lifetime care and commitment
- Our surgeons are registered at the Royal College of Ophthalmologists
- Accredited by Investors in people
- Awarded the ISO-9001 Quality Management System certificate

Affordability of treatments

Why compromise in quality or standards, at AVC we have made world class treatments available to everyone.

We have partnered with the NHS to treat referred cataract patients'. We also provide flexible interest free finance plans to help spread the cost and have partnered with leading insurance providers AVIVA, Simplyhealth, WPA, Cigna, Bupa and Allianz. Check your policy to see if you qualify today and book your consultation with AVC.

At AVC it does not matter how you become our patient but once you do, we will take care of you for life with our lifetime care and commitment promise. All patients' have access to our nationwide optometrist network allowing for post-operative care to be performed locally.

Want to free yourself from the constraints of glasses and contact lenses but you're not sure if treatment is affordable contact AVC today.





The consultation

Your eyes are unique - that's why at AVC we carry out a comprehensive examination when you visit us for your pre-operative consultation.

The examination includes a range of sophisticated tests using the most highly advanced techniques currently available. This will be the most thorough eye examination you will ever have and you will need to allow two to three hours for the appointment.

You will be asked questions about your general health, lifestyle and what you want to achieve from your treatment so that we can ensure our decisions precisely match your individual requirements.

On the day of your consultation we ask you to bring the following with you to help us determine your suitability for treatment:

- Your current glasses or prescription
- A list of all your current medications
- If you are diabetic, your record book
- The name and address of your GP

Please note that during the examination eye drops will be used to dilate your pupils, these drops will affect your ability to focus and make your vision little blurry. The effects can last up to three hours and we advise against driving until the drops have worn off.

Special instructions for people who wear contact lenses

If you wear contact lenses you will need to remove them at least 24 hours before your consultation and treatment as it is important that your corneas are given time to return to their natural shape. The amount of time required for removal depends on the type of contact lenses worn:

Soft non-toric contact lenses

requires removal 24 hours prior to the consultation and treatment.

Toric contact lenses

need to be removed one week before the consultation and 24 hours before the treatment.

Rigid gas permeable (RGP) or hard lenses

must leave them out for a minimum of one month before the consultation and 24 hours before surgery.

Treatment and what to expect

On the day of surgery

When you arrive at the clinic on the day of your surgery our friendly and experienced clinical team will personally meet and guide you through every step of the treatment journey. You will find the environment at the clinic is very relaxed and you'll be encouraged to ask questions, however irrelevant they may seem to you!

Due to a very small risk of complication, one eye is operated on at any one visit. Your consultant surgeon will be happy to discuss this with you but rest assured that complications are extremely rare. This applies to both CLE and cataract surgery.

Before treatment begins your eye will be anaesthetised using eye drops. Once the eye is ready you will be taken to the theatre. Your surgeon will then carry out the procedure by removing your natural lens and replacing it with your bespoke intra-ocular lens.

The preferred method of lens removal is known as phacoemulsification. In this procedure the natural lens is broken down using ultrasound and the tiny pieces are removed through a tiny 2-3mm incision in the eye. The membrane surrounding the lens is left intact and the artificial lens is inserted within this membrane to replace the natural lens. The incision is self-sealing and rarely requires any stitches.

The procedure will last about 30 minutes per eye, after which you will be taken into the recovery room to rest. Once you are feeling able, the specialist nurse will go through the precautions and medications you will need to take to help your eye recover.

Your aftercare will begin the next day with your first check-up for the treated eye.



Aftercare

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

All of our patients' are special to us. We provide a full and comprehensive aftercare service and we urge you to get in touch immediately if you have any concerns or questions about your vision.

When you leave the clinic we will only be a phone call away. You will be given a 24 hour emergency contact number, so rest assured we are there if you need us.

AVC is the only independent eye clinic to offer patients the convenience of staying close to home for their aftercare appointments thanks to our nationwide network of skilled optometrist partners. Of course, you are very welcome to attend the Harley Street clinic for these appointments if you prefer.

Stephen Williams (cataract surgery) was recommended to AVC by his optician. This is his story:

"I had had two other consultations with private clinics prior to my appointment with AVC. One of them, also in Harley Street, quoted me the identical CLE cataract operation but at a cost of £11,000. Another private hospital could offer me cataract surgery but not using the trifocal lenses that would give me the best visual outcome, so from the start I knew that AVC was running a genuine high-end private practice offering the latest in ophthalmic vision correction.

"I had a plethora of eye tests at my initial consultation with AVC and some detailed conversations about the surgery, the quality of the new trifocal lenses, the skills of the surgeon and past results of the clinic and, of course, the results I could expect.

"Pawel Marcinkowski and Mr Pillai provided a thorough and lengthy consultation and answered all my questions - nothing was rushed and nothing was too much trouble.

"Three weeks later I had the first operation with surgeon Professor Martin Filipec and a week later I had the second operation. Professor Filipec was a very reassuring surgeon who inspired confidence and conducted the cataract operation exactly as it had been explained. I had a local anaesthetic using eye drops and the operation, which was painless, lasted approximately 20 minutes. After surgery I was taken to a 4 star hotel where I was able to relax before attending a check-up at AVC's Harley Street clinic the following day.

"The result after surgery was virtually instantaneous and my vision is now perfect. Full 20/20 vision is restored and I can now even read the smallest print on the test card! Absolutely brilliant. I no longer need glasses or contact lenses.

"I cannot recommend AVC of Harley Street enough. I have a full 12 months aftercare included in the price. I don't believe you could find better treatment anywhere else."

What our patients' say

Caroline Van Rekum, Switzerland (CLE with multifocal IOL) wrote:

"Deciding on CLE surgery was a serious matter and it was very important for me to feel I was in very good hands from the start. From the first telephone enquiries up until the surgery and post-surgery, I 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."

Professor O Adewoye BSC, PHD FAFng, Nigeria (cataract surgery) wrote:

"The professionalism and thoroughness of AVC from diagnosis through to surgery and post-surgery aftercare is commendable. The team make you feel at ease and I recommend the procedure and practice at AVC without reservation."

Gary Usher, Hampshire (CLE) wrote:

"I want to congratulate you on the quality and level of service I received whilst having lens replacement treatment at AVC. After searching around on the internet, I kept coming across a company called AVC in London which was receiving very high recommendations. Anyone asking about other companies that perform the same surgeries were directed by people in chat forums to AVC - I now know why. I will recommend you to all who ask, and will tell my story to others. Thank you."





Mr & Mrs Karim Rahemtulla (CLE) wrote:

"My wife and I are both 47 and live in Dubai. We are both short sighted and my wife is highly myopic compared to me. We found reading was becoming difficult and we would eventually have to opt for separate reading glasses or varifocal glasses.

After months of research on various websites on the options available to us coupled with the independent reviews of clinics, surgeons and from patients we shortlisted two highly specialised clinics for an initial consultation in London.

The initial consultation at Advanced Vision Care (AVC) with Mr. Pillai and his entire team was just remarkable. They were very professional, highly detailed and thorough with all their tests giving us great confidence in their ability to deliver which is why we opted to have our Multifocal Clear Lens Exchange procedure with AVC.

The second consultation even though it was a well-known hospital in the UK for eye related procedures, we unfortunately did not find the consultation very detailed or thorough enough for us, hence we did not opt for them.

AVC was very forthcoming with regards to dates and times for all the pre-operative check-ups and also we felt that even though this is a private clinic their fundamental care and motto is based on what is best for each individual's eyes.

We were advised that Dr. Goran Helgason would conduct the actual surgeries. Upon reading his CV it was quite evident that he is highly skilful and experienced to conduct Clear Lens Exchange surgeries. Dr. Goran Helgason and his team were excellent on the days of our surgery.

“ The actual procedure took around 15 minutes, each eye on separate following days and it was painless with no discomfort during or after treatment. Dr. Helgason was very gentle. ”

After a couple of days we both had clear distant vision and good reading vision which was amazing for both of us and AVC definitely surpassed our expectations.

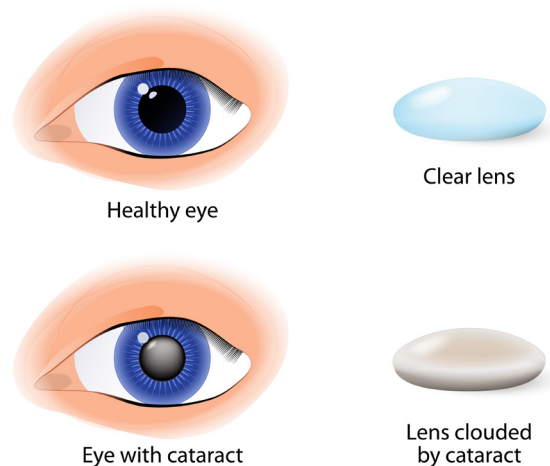
We would also like to comment the post-operative care from AVC is excellent and they have stuck by their promise. We would thoroughly recommend anyone suitable to go ahead with this procedure and change their life as we have. We would like to say a big thank you to Mr. Pillai, Dr. Goran, Pawel, Po, Sheena and the entire AVC team in ensuring our CLE procedure was a success."

Frequently Asked Questions

How can I tell if I have a cataract?

Cataracts typically develop in both eyes simultaneously, but one eye may be more affected than the other. You may experience:

- **Blurred vision**
- **Cloudy, foggy or misty vision** - like looking through dirty or frosted glass
- **Reduced vision** in bright and dim lighting conditions
- **Reduced colour vision** – colours are less bright, more faded or have a yellowish tinge
- **Halo and glare** from car headlights or street lights
- **Frequent changes** in spectacle and/or contact lens prescription
- **Difficulty reading**, watching television and driving



If you drive you are legally obliged to meet the vision standards required by the DVLA, so it may be necessary to have your cataracts removed in order to keep your driver's licence.

Is cataract surgery a new procedure?

Cataract surgery is not new – its origins date back to 800BC!

The first successful lens or cataract surgery was performed by Sir Harold Ridley in 1949 and the procedure has an exceptionally high safety record developed over more than 60 years.

Today, cataract surgery is the most commonly performed eye procedure in the world and millions of operations are carried out every year. With the latest micro-incision phacoemulsification technology, no stitches are required and recovery is very quick. There are no injections as anaesthetic drops are used instead.

What is the difference between CLE and cataract surgery?

The CLE procedure is virtually identical to cataract surgery. The only difference between the two is that a clear lens is removed in the CLE procedure and a cloudy lens is removed in cataract surgery.

Will the procedure be painful?

You won't feel any pain because your eye will be anaesthetised using eye drops, although you may feel a little discomfort or pressure during the procedure.

When will I be able to see clearly?

Most patients' notice a difference to their vision immediately after the procedure. However, you will need to allow some time for your eyes to settle and your brain to adapt to the new improved vision.

How will I manage to get home?

We advise that you arrange for someone to take you home after each procedure. You will be able to go about your normal routine but we recommend you take it easy for a short while.

How long is the procedure?

Surgery takes approximately 30 minutes per eye but you should allow for being at the surgery center for two to three hours.

Frequently Asked Questions

How much time off work will I require?

This varies according to the individual. Your working environment will also be taken into consideration and the surgeon will advise you on what precautions you should take at your consultation. You will be able to perform most everyday tasks the day after surgery without any difficulty. If there is an interim period between both eyes being treated it may affect how much time you need off work.

Why can't I have both eyes treated on the same day?

There is a small risk of infection with these types of procedures, to minimise the risk each eye will be treated on a separate day.

Will I be able to see anything during surgery?

You will be able to see but it will be blurred because drops will be used to dilate the pupil. There may be short periods during the surgery when your vision is very blurred and/or you cannot see.

Could I develop cataracts in the future?

No! The procedure removes the natural lens where cataracts develop, eliminating the chance of developing cataracts again. If you currently have cataracts they can be removed and replaced with intra-ocular lens implants using the same type of surgery.

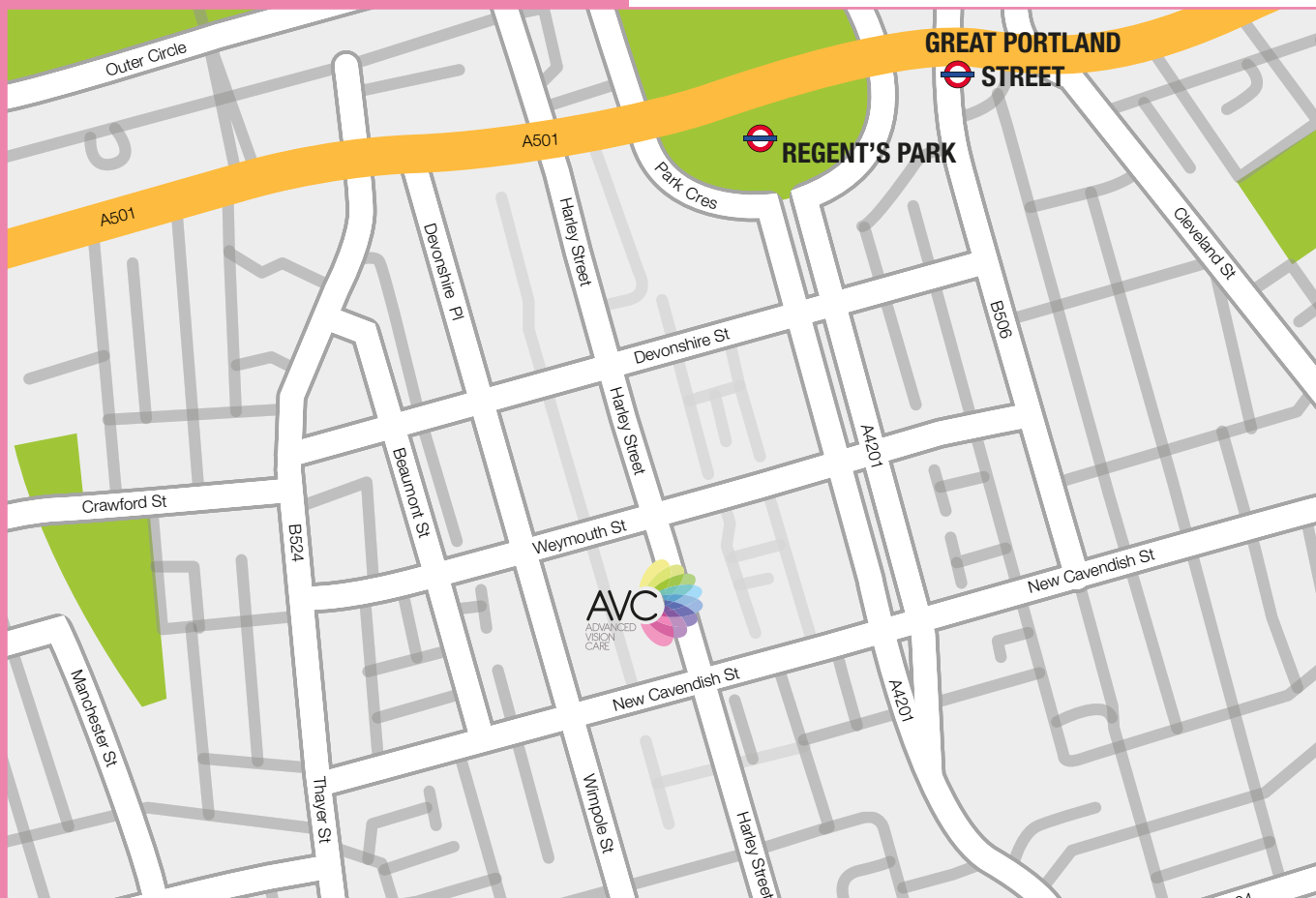
Will I be able to feel the implant in my eye?

No, the implant is inside the eye so it cannot be felt. It will not feel like a contact lens and you will not be aware it is there, apart from experiencing greatly improved vision.

How many times will I need to attend the Harley Street clinic?

The initial assessment, treatment days, one day after surgery, the two week and the six to eight week aftercare appointments are all usually carried out at AVC's Harley Street clinic. After this time we can hand you over to the care of one of our many nationwide optometrist partners, allowing you to stay close to home for the remainder of your follow-up appointments.





Booking your consultation for CLE or cataract surgery

To book an appointment for a consultation at AVC's Harley Street clinic simply call, email, or complete the form on our website.

We are always happy to answer as many questions as you need to ask for you to be completely confident in your decision to go ahead with treatment, so give us a ring and feel free to chat for as long as you like - it's all part of the AVC service. You're about to take a life-changing step and that is something that should not be hurried.

Look forward to a future of clear eyesight without the need for glasses or contact lenses.

Contact us today:

Advanced Vision Care

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London W1 G 8QN

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0207 935 7497

info@advancedvisioncare.co.uk

www.advancedvisioncare.co.uk



- ISO 9001 Quality Management Accredited March 2015.
- Investors in People Accreditation achieved April 2015.
- Accredited with Royal College of Ophthalmologists and General Optical Council.
- All our ophthalmic surgeons are registered by the General Medical Council.
- Our facilities are Care Quality Commission approved and registered.
- Healthcare Commission approved.



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