



CENTRE FOR SIGHT

CENTRE FOR SIGHT

LASER EYE SURGERY

Welcome

WELCOME

Centre for Sight, established in 1996, is one of the leading providers of high quality medical and surgical ophthalmic care. Our aim is to ensure that every patient and visitor feels that they are listened to and well taken care of.

We pride ourselves on being able to really listen and allay our patients concerns by planning a bespoke care plan around them. Our team consists of expert consultant ophthalmologists, optometrists, technicians and coordinators, trained to the highest clinical and medical standards.

Our growth can be attributed to advocacy from GP's, past patients and opticians. This is a consequence of one of our greatest strengths: our impeccable record of performance and our reputation as a leader in the eye care industry.

We look forward to seeing you at Centre for Sight and thank you for entrusting us with your care.

Margaret Middleton

Chief Executive Officer
Centre for Sight

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What is laser eye surgery?

WHAT IS LASER EYE SURGERY?

Laser eye surgery is a surgical procedure that corrects refractive errors including short sight, far sight, astigmatism and/or presbyopia (need for readers) using highly precise lasers. Lasers are extremely accurate and have led to truly life changing results and in experienced hands, using strict protocols and individualised care and attention to detail, results that are even more exceptional.

Centre for Sight uses IntraLASIK as our preferred laser procedure. The 'Intra' component denotes the use of the revolutionary Intra lase iFS Femtosecond laser to create the highly precise and micro thin flap at the front of the eye which is required to perform LASIK.

The 'LASIK' portion is an abbreviation of Laser Assisted in Situ Keratomileusis. This is the element where the prescription is delivered under the micro thin flap. Using a highly individualised treatment plan prepared by the treating surgeon, the Excimer laser is used to accurately re-sculpt the surface of the cornea, treating the overall prescription and correcting fine abnormalities to enhance visual outcomes.

Why choose Centre for Sight?

WHY CHOOSE CENTRE FOR SIGHT?

A range of services are provided, including laser eye surgery, cataract surgery, premium lens procedure, implants, glaucoma, corneal and stem cell transplantation and oculoplastic surgery.

Centre for Sight's flagship surgical centre on the outskirts of East Grinstead is a bespoke day surgery hospital designed with the patient in mind. Equipped with the best technology available, the centre is arguably the most modern private eye care facility in the UK.

EXPERTISE

Surgeons at Centre for Sight are fellowship trained specialists who have spent time beyond their minimal training, acquiring special and advanced expertise in a sub-specialty within the eye and regularly lecture by invitation to major conferences in the UK and internationally.

EXPERIENCE

Centre for Sight has established itself as a premier centre for the provision of private eye care. Tens of thousands of procedures have been performed by our surgeons who are also regularly referred complex cases from colleagues nationally and internationally.

LEADERSHIP

Centre for Sight is a reference site for many ophthalmic companies. With their reputation for excellence, Centre for Sight's consultants provide training and advice to the industry, including involvement in the development of new instrumentation used worldwide for premium lens procedure surgery and corneal transplantation.

QUALITY AND EXCELLENCE

Our mission is to provide the best quality eye care possible through a highly educated clinical team, supported by the best technology available.

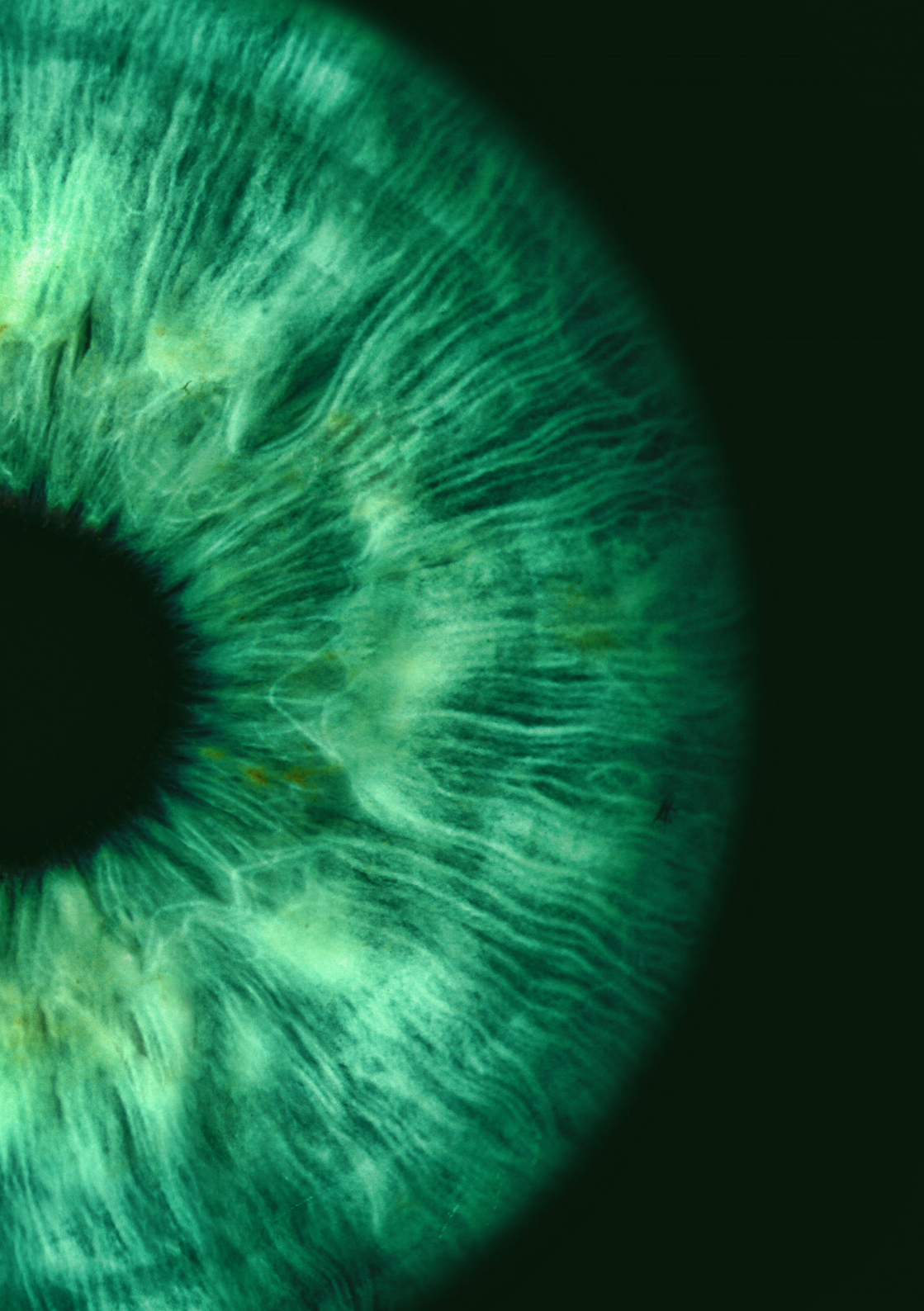
PERSONALIZED CARE

All patients are unique and all treatment plans are individually tailored to suit the patient based on a variety of factors including their visual needs, occupation, hobbies and of course their specific eye condition and findings at consultation.

CONTINUITY OF CARE

All consultations both before and after surgery are performed by specialist Consultant Eye Surgeons who are permanent members of the Centre for Sight team. Clinical staff are involved in all phases of care delivery and the same familiar faces are seen at consultation and surgery.





Why choose IntraLASIK?

WHY CHOOSE INTRALASIK?

Conventional LASIK, first performed over twenty years ago, uses a small oscillating blade called a microkeratome to cut the thin flap at the front of the eye.

The introduction of the Intralase was a significant development in laser eye surgery, and by eliminating the blade provided a phenomenal improvement in recovery time as well as a number of other benefits.

SAFETY

As a blade free procedure it eliminates the risk of blade and mechanical device related complications. Disposable devices are used for each eye, further improving safety.

BETTER OUTCOMES

Demonstrated at Centre for Sight as well as in peer-reviewed literature, IntraLASIK recipients consistently obtain better levels of vision.

WIDER RANGE OF CANDIDATES

Substantially higher levels of accuracy allow a larger number of patients previously unsuitable for conventional LASIK to be treated.

REDUCED RISK OF DRY EYE

More accurate flap creation avoiding deep nerve bundles and considerably reducing the risk, severity and recovery time of dry eye.

LOWER ENHANCEMENT RATES

At Centre for Sight IntraLASIK enhancement rates are exceptionally low at 1% overall.

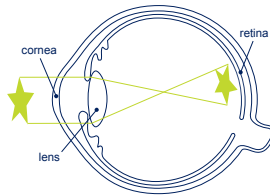


How does it all work?

HOW DOES IT ALL WORK?

The cornea (thin layer of transparent tissue at the front of the eye) provides two thirds of the eyes focusing power. The lens just behind the iris is responsible for the remaining third (FIG 1). Altering very slightly the shape of the cornea can produce a significant change in the power of the eye.

FIG 1.



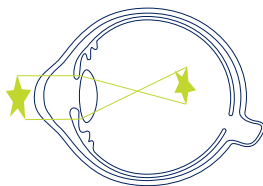
Normal eye

SHORTSIGHT (MYOPIA)

Patients who are shortsighted have a steep cornea and/or a long eye (FIG 2). This means that the point of focus falls short of the retina and the patient will struggle to focus on things in the distance. The longer the eye and/or steeper the cornea the higher the level of shortsightedness.

Shortsightedness can be corrected by flattening the cornea and making it less powerful. This moves the point of focus backwards to fall onto the retina. Higher prescriptions require a higher correction and removal of more tissue—suitability is thus dependent on adequate corneal thickness to perform the correction safely. IntraLASIK has been effective for a wide range of shortsightedness up to -12.00 diopters.

FIG 2.



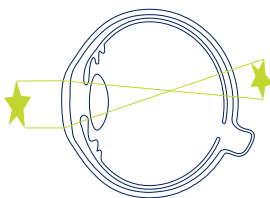
Short sight (Myopia): eye
too long and/or cornea
too steep

FARSIGHT (HYPEROPIA)

Longsighted or farsighted patients have flat corneas and/or a short eye (FIG 3). The point of focus for these patients falls beyond the retina and they struggle to see things close up. The flatter the cornea and/or shorter the eye the higher the level of longsightedness.

The ability to make a flat cornea steep is more limited than flattening a steep cornea. IntraLASIK is effective for treating up to +5.00 diopters. Treatment beyond this has been performed; whilst effective it is not as predictable.

FIG 3.

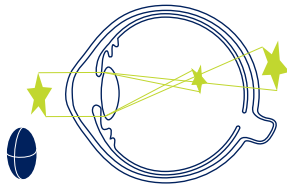


Long sight (Hyperopia):
eye too short and/or cornea
too flat

ASTIGMATISM

This is where the cornea is shaped like a rugby ball as opposed to a football. The cornea has two powers and the difference between the two is related to the level of astigmatism. Astigmatism can be effectively corrected by laser vision correction. Levels of astigmatism up to 5.00 diopters can be treated safely and effectively. Centre for Sight, in dealing with patients with high levels of astigmatism following corneal transplantation, have developed methods of treating much higher levels than 5.00 diopters.

FIG 4.

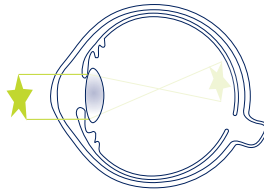


Astigmatism: cornea
has two points of focus

PRESBYOPIA

This is a condition that can develop in anyone over the age of forty. The lens in the eye becomes harder with age and does not change shape as easily. The fine focus of the eye is thus impaired and help from reading glasses and bifocals are needed. With the introduction of *Supracor*, Presbyopia can now be very effectively corrected by laser eye surgery. Centre for Sight introduced this technique to the UK and results have been outstanding with patients obtaining excellent near, intermediate and distance vision.

FIG 5.



Presbyopia &
Cataracts:
gradual stiffening
and clouding of the
natural crystalline lens

The laser eye surgery programme

THE LASER EYE SURGERY PROGRAMME

VISION EVALUATION

For best results, you are advised to stop wearing contact lenses for at least two weeks for soft lenses, and four weeks for hard/gas permeable lenses prior to your consultation. Your vision will be tested with and without your glasses. Your degree of nearsightedness or farsightedness is measured using a machine called an auto refractor. Your eyes are then tested to see what level of correction is needed. Contrast sensitivity is also performed.

CORNEA MEASUREMENTS

The curvature and shape of your cornea will be evaluated using the Orbscan IIz, and the Pentacam Scheimpflug Analyser. These investigations, termed corneal topography, are required to ensure that there is no corneal warpage from contact lenses and no hidden corneal conditions. The corneal thickness is also measured using an ultrasound device called a Pachymeter.

The Zywave Aberrometer is used to determine if you have any visually destructive aberrations worthy of customised treatment. The device also captures your iris details so that the Advanced Controlled Eye Tracker (ACE) can be used on your eye.

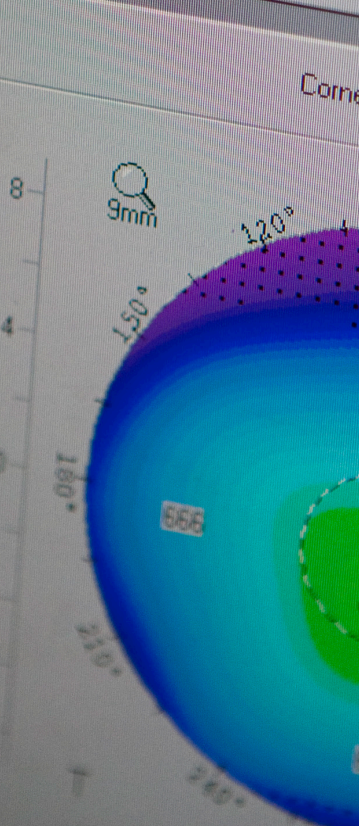
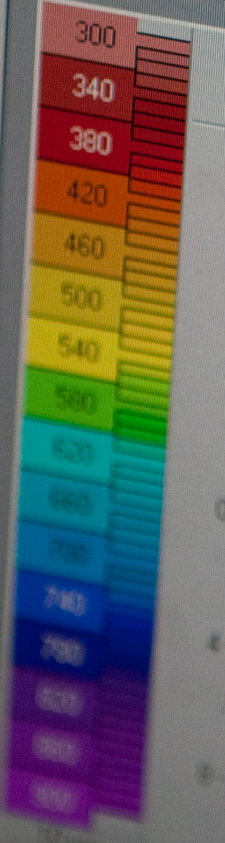
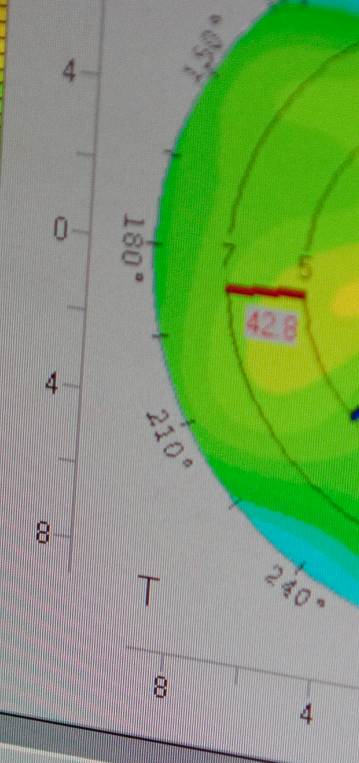
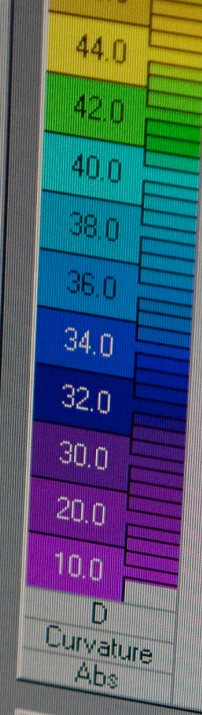
COMPREHENSIVE EYE EXAMINATION

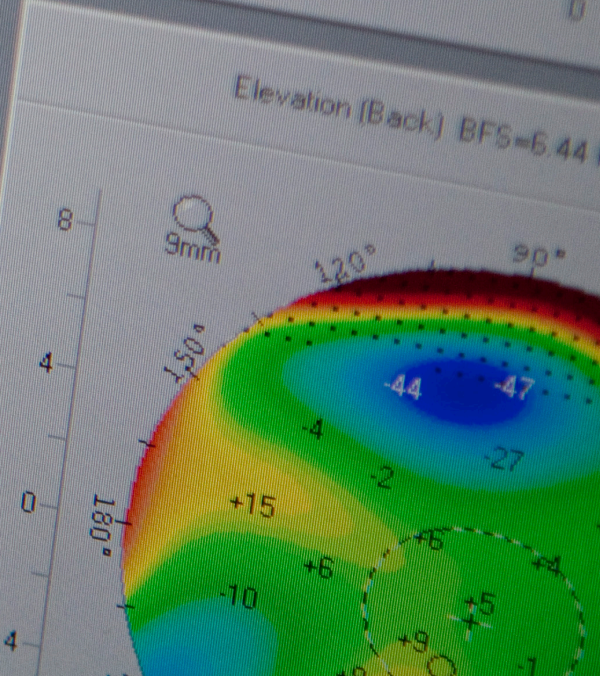
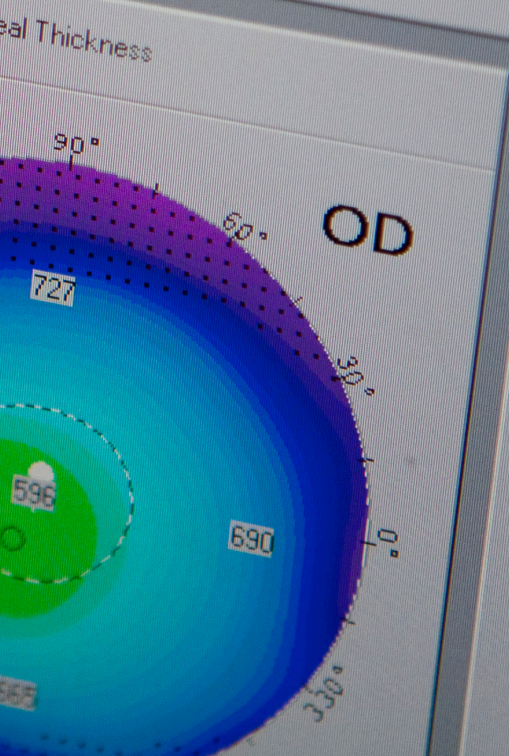
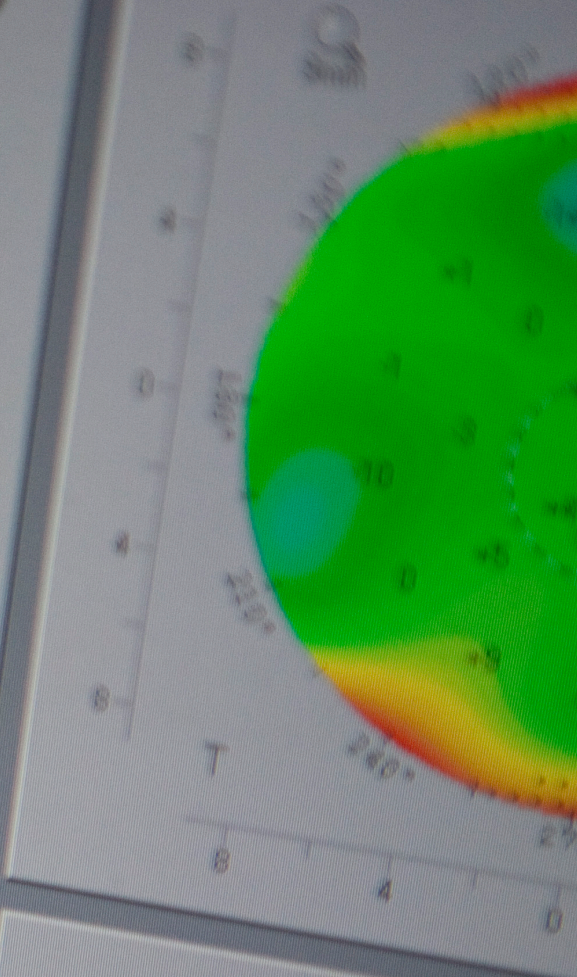
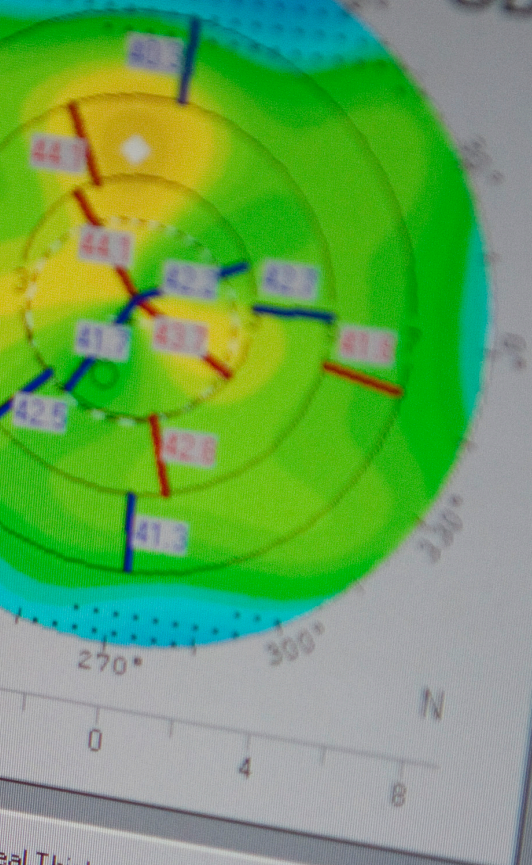
Your eye is examined fully by a consultant eye surgeon. The consultation is thorough and will include special tests for dry eye. Your eye pressures are taken and drops are administered to dilate your pupils. This is in the interest of being thorough and enables the consultant to examine the retina at the back of your eye to ensure there are no problems. Once your assessment is complete and provided that you are found to be suitable, your surgeon will recommend the best treatment option available for you and you will be counselled about the benefits, alternatives and risks as well as what to expect in the immediate post-operative phase.

K1: 42.1 D
 K2: 43.5 D
 Km: 42.8 D
 Astig: 1.4 D
 Rmin: 7.38 mm

Cornea Back
 K1: -6.3 D
 K2: -6.5 D
 Km: -6.4 D
 Astig: 0.2 D
 Rmin: 5.64 mm

Pachy
 530 μm x(mm) 0.05 y(mm) 0.30
 528 μm 0.10 0.00
 540 μm 0.30 1.01
 547 μm 0.14 1.38
 545 μm 1.10 1.50
 545 μm 1.30 1.67
 545 μm 1.47 1.81





THE INTRALASIK PROCEDURE

At each procedure the laser is calibrated and new disposable instruments are prepared.

Topical anaesthetic drops are used to numb your eye and, after the area around the eye is cleaned and prepared, an eyelid holder is used to prevent eye closure.

The Intralase laser creates thousands of tiny bubbles to fashion the flap at a specified depth in the cornea for each eye. Once the surgeon is happy with the quality of the flap a second set of more condensed bubbles created vertically forms the edge of the flap.

The laser bed is then rotated to the Technolas Excimer laser. The flap is then carefully lifted and the laser is used to reshape the inner cornea according to your individual prescription or wavefront. You will be asked to gaze at a flashing red light during the procedure. When the treatment is completed, the flap is replaced and allowed to dry. The flap attaches without the need for stitches and eye drops are administered to prevent infection.

Dark glasses will be provided to prevent you inadvertently rubbing your eyes. You will then sit in a reclining chair with your eyes closed. Before you leave, the operated eyes will be examined to ensure you can see (typically driving standard) and that the flaps are fine.

SURGERY TO BOTH EYES

We perform surgery to both eyes on the same day. However in the interest of safety and good practice, at Centre for Sight we treat each eye as a separate procedure with separate instruments.

AFTER THE PROCEDURE

Please arrange for somebody to take you home as you will not be able to drive and may feel a little drowsy from the sedative tablet.

YOUR RECOVERY AT HOME

- There may be a little discomfort like the sensation of something in your eye for the rest of the day. For rapid visual rehabilitation you are advised to have a nap for at least four hours.
- You *must* wear the protective glasses for the first twenty four hours and then at bedtime for the next four weeks. This is to prevent you rubbing your eyes during sleep.
- Drops will be provided and instructions on their use will be explained to both you and your companion. Written details will also be provided in your medication bag.

Your follow-up care

YOUR FOLLOW-UP CARE

You will be reviewed soon after surgery and periodically thereafter. Your vision will be evaluated and cornea re-measured . We take great care to make sure everything from your initial consultation to your final surgery is as smooth as possible. The duration of these visits are much shorter and are merely to track your recovery and provide you with reassurance.

REPEAT SURGERY

Laser vision correction using Intralase is substantially more predictable than traditional LASIK. One of many resulting benefits is a considerable drop in the requirement for enhancements or retreatment (less than 1%). In the rare event of regression or if the desired correction is not achieved by your first procedure, then your consultant may recommend an enhancement. This is a simple procedure and involves lifting the flap and carrying out a further laser treatment.

ACTIVITIES FOLLOWING SURGERY

It is important to avoid dusty and smoky atmospheres for the first two weeks following the procedure:

- Showering Next day with eyes closed.
- Driving When you are comfortable with your new vision and if it meets the level of the driving standard.
- Work Next day if you are comfortable.
- Computer use Next day, but be sure to take breaks after 40 mins and make a conscious effort to blink more often.
- Exercise (Moderate) One week.
- Exercise (Heavy) Two weeks.
- Swimming Three weeks (with goggles), four weeks without.
- Eye make-up Mascara / Eyeliner four weeks; all other make-up two days (*consider eyelash tinting prior to surgery*).

Frequently asked questions

FREQUENTLY ASKED QUESTIONS

HOW SUCCESSFUL IS INTRALASIK?

Our goal is to reduce your dependency on glasses and contact lenses. Traditional LASIK has a proven track record and is now the most favoured procedure for correcting a wide range of correction. IntraLASIK, in our experience, provides much better visual outcomes.

While our results are extremely good, we realistically make a commitment to get you to a level of 6/12 to 6/10 or better which is the standard required for driving. This level of vision successfully reduces your dependency on optical aids and enables you to watch television and play sports. In reality more than 98% of our patients obtain 6/6 (20/20) vision. Your consultant will discuss what can be achieved in your individual care at the time of your consultation.

WHAT ABOUT THE LONG-TERM, WILL MY VISION CHANGE?

Any change that takes place following treatment usually occurs in the first six to twelve weeks. From our experience, having specialist knowledge of corneal diseases and having performed LASIK since 1995, we know that patients, who are appropriately selected, investigated and treated by an experienced and well-trained corneal surgeon and within the correct guidelines, will not experience any long-term detrimental effect.

WHAT HAPPENS WHEN I GET OLDER, WILL MY VISION CHANGE?

IntraLASIK corrects the eye and makes the refraction normal. If we are in, or when we get to our mid-forties, the fine focusing mechanism of the lens within our eye does not function as well, as the lens becomes inelastic. As a result, reading glasses or bifocal segments are needed. Therefore it is quite probable you will need glasses for reading fine print if you are over forty two (or when you reach this age), even if you were able to read without glasses before surgery. *Supracor* IntraLASIK may be recommended if you are in this age group. If you have had previous LASIK, this procedure could be a possible option.

In your sixth or seventh decade, cataract formation may alter your vision and change the power of your eye.

ARE THERE RISKS IN HAVING THE PROCEDURE?

The chance of having a complication that permanently reduces vision has been documented to be less than 1:10,000. In good surgical hands at a reputable centre, the chances are considerably lower. To our knowledge there have not been any reports of patients going permanently blind from IntraLASIK. Risks of infection, dry eye and night vision disturbance are discussed on the following page.

At Centre for Sight we have strict processes and protocols and a well established patient care pathway. The protocols also extend to care and maintenance of all equipment. All our surgeons and nurses undergo rigorous training and follow strict standard operating procedures. By adopting such stringent methods and guidelines we minimise risk and achieve consistently good outcomes.

WHAT IF I AM NOT SUITABLE?

Depending on the health and status of your eyes, alternatives may be suggested by the surgical team. Options include phakic implants, PRELEX or Refractive lensectomy. As a fully fledged eye surgical centre, a variety of treatments are performed for both vision correction and other eye conditions. Your consultation is used to evaluate you on an individual basis, we are confident that no matter the magnitude of correction, we are able to help.

DO YOU HAVE EASY PAYMENT PLANS?

Centre for Sight appreciate that the cost of quality health care can be high. To help, an easy payment plan is available with an interest free option for up to 2 years. This should enable you to make use of the remarkable care and exceptional level of expertise at Centre for Sight. Please call us if you wish to discuss further on 01342 306020.

IS THE PROCEDURE COVERED BY HEALTH INSURANCE?

Most health insurance companies *do not* cover laser eye surgery where the purposes for treatment are elective vision correction.

WHAT COMPLICATIONS CAN OCCUR WITH INTRALASIK?

IntraLASIK provides a measure of safety well beyond traditional LASIK and, in good qualified hands, serious flap (and visually significant) complications, just do not occur.

Infection is rare in all laser eye surgical procedures. Centre for Sight has always had the very highest standards in hospital safety and procedures and Intralase decreases the risk of infection further. IntraLASIK also uses one time use disposable instruments, further improving this level of safety.

DRY EYE

All laser patients develop some degree of transient dry eye which improves over time. During the first few months following surgery, those affected will have to use artificial tear drops. Patients likely to be severely affected are identified at the time of consultation and either treated first for dry eye or declined for surgery.

OVER CORRECTION, UNDER CORRECTION AND REGRESSION

This is a possibility, however uncommon with IntraLASIK. If it does occur, an enhancement or retreatment may be necessary three months after the procedure. To reassure you, this occurs rarely at Centre for Sight and, for shortsightedness, less than 1% of our patients have required an enhancement with IntraLASIK. Should this be required, there is no additional charge if required within a year of surgery.

NIGHT VISION DISTURBANCES

While permanent night vision problems have been reported, in expert hands and correct treatment choice, these are rare. All patients will experience some night vision disturbance soon after the procedure which will improve with time, rapidly decreasing after two weeks.

WHAT DOES THE CENTRE FOR SIGHT LASER VISION CORRECTION PROGRAMME COVER?

There are three fees depending on the type of IntraLASIK correction procedure your surgeon considers suitable for you. Each is a single global fee which does not vary depending on level of prescription, and includes the following services:

- The laser procedure.
- Initial prescription medications.
- All post-operative care for a period of twelve months, including eye examinations and related tests.

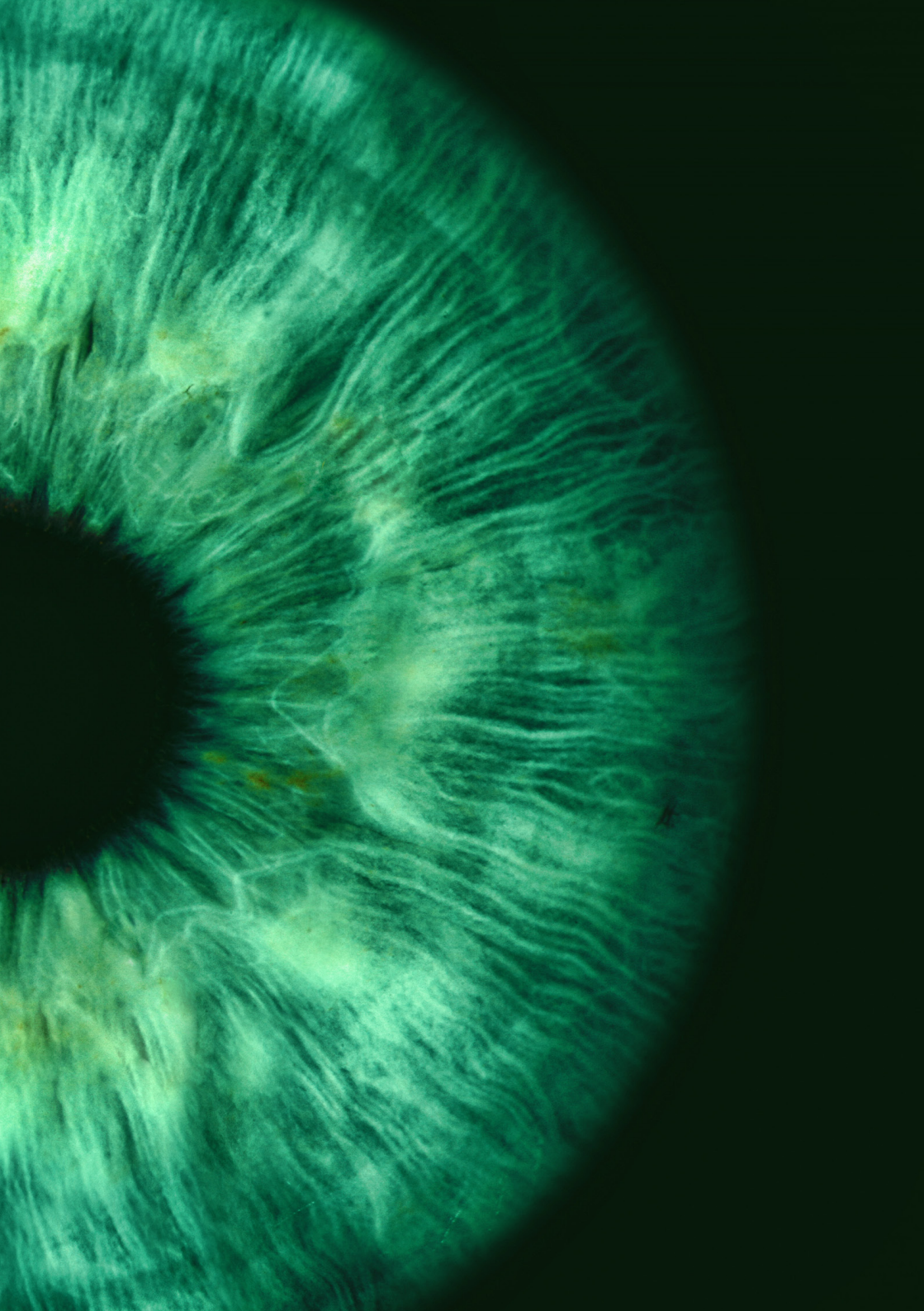
DO EYE SURGEONS HAVE INTRALASIK?

Yes, we have treated numerous doctors and their relatives as well as eye surgeons, including one of our own, Saj Khan. We are proud to be the choice of doctors and other eye surgeons.

For further information please see our website or refer to our prices and procedures guide.







THANK YOU FOR READING.

We hope you found this brochure informative and useful. For further information please contact us by phone or e-mail.

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