







# Welcome

Centre for Sight established in 1996 is a leading provider of high quality medical and surgical ophthalmic care and the UK's longest provider of LASIK laser eye surgery. Patients travel from far and wide to be treated by us.

As a world class eye care provider, we focus on exceeding patient expectations, both in terms of outcomes and experience. We strive to provide phenomenal outcomes by customising patient care provision through adoption of safe techniques, continued education, team development and investment in technology.

Patients and staff are treated with dignity and respect in a safe, friendly, caring environment.

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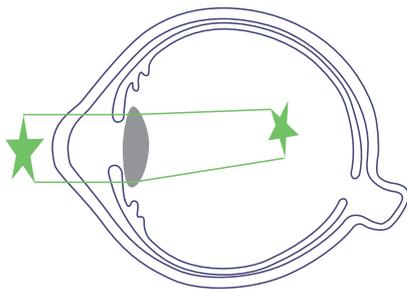
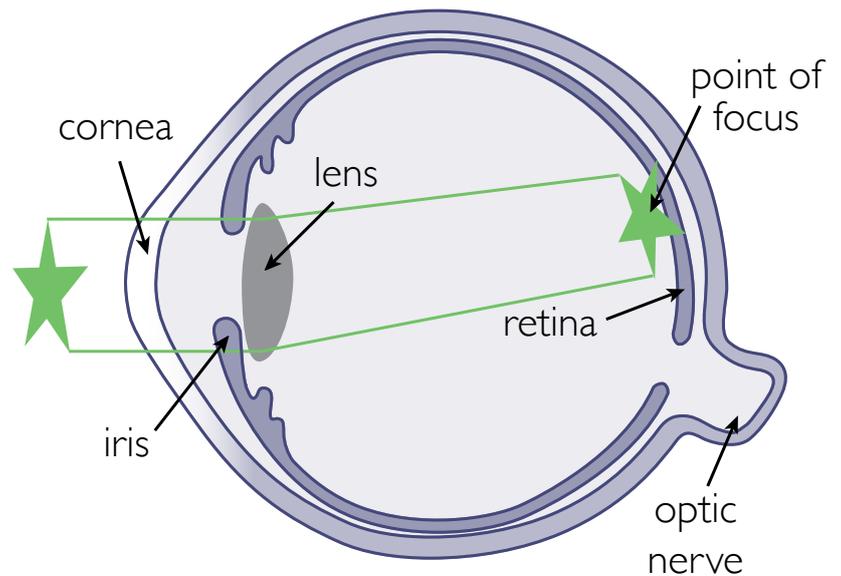
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# Why do I need glasses?

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

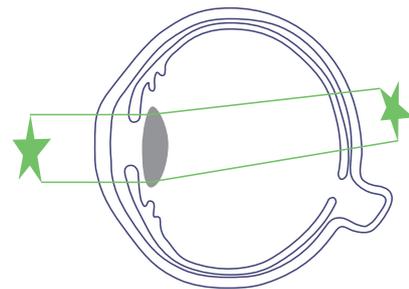
The goal is to focus the image onto the retina which is like the film in a camera.



## **Short-sightedness (myopia)**

Patients who are short sighted have a steep cornea and/or a long eye. This means that the point of focus falls short of the retina and the person struggles to focus on objects at distance. The longer the eye, and/or steeper the cornea, the higher the level of short sightedness.

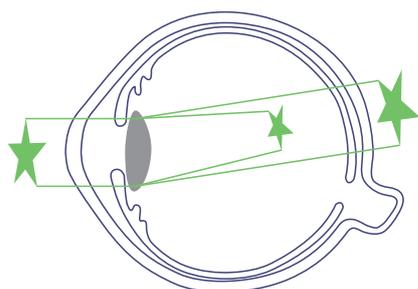
Short-sightedness can be corrected by flattening the cornea and making it less powerful. This moves the point of focus backwards to fall onto the retina. Higher prescriptions require a higher correction and removal of more tissue. Suitability is thus dependent on adequate corneal thickness to perform the correction safely. IntraLASIK has been effective for a wide range of short sightedness up to -10.00 and in some cases (rarely) up to -12.00 diopters.



## **Far-sightedness (hyperopia)**

Long sighted or far sighted patients have flat corneas and/or a short eye. The point of focus falls beyond the retina and the person struggles to see objects close up. The flatter the cornea, and/or shorter the eye the, higher the level of far-sightedness.

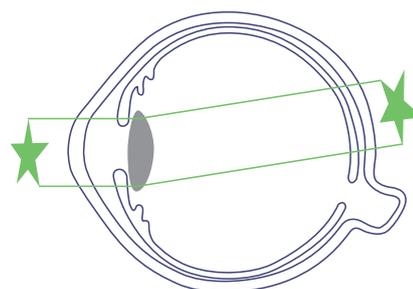
The ability to make a flat cornea steep is more limited than flattening a steep cornea. IntraLASIK is effective for treating up to +5.00 diopters. Treatment beyond this has been performed; whilst effective it is not as predictable.



### **Astigmatism**

This is where the cornea is shaped like a rugby ball as opposed to a football. The cornea is elliptical and has two powers. The difference between the two is related to the magnitude of astigmatism. Astigmatism up to 5.00 diopters can be treated safely and effectively through laser vision correction procedures.

Surgeons at Centre for Sight have expertise in treating high levels of astigmatism following corneal transplantation. Innovative methods developed at our centre enable in some instances corrections higher than 5.00D.



### **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 the Supracor technique to the UK and results have been excellent with patients obtaining excellent near, intermediate and distance vision.

# What is laser eye surgery?

Laser eye surgery is a surgical procedure that corrects refractive errors including short-sightedness, far-sightedness, astigmatism and/or presbyopia (need for reading glasses). Highly precise lasers have led to truly life changing results. In experienced hands, using strict protocols with individualised care and attention to detail, results are even more exceptional.

At Centre for Sight IntraLASIK is the preferred laser procedure. The 'Intra' component denotes the use of the revolutionary Intralase 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.

Alternatives to IntraLASIK include LASEK, PRK or Epi-LASIK. At Centre for Sight, these are only performed in exceptional circumstances (e.g. if there is an abnormality of the corneal epithelium, scarring or surface irregularity).



## Transepithelial Photorefractive Keratectomy (T-PRK)

For those who are likely to benefit from a surface treatment like LASEK or PRK, we prefer to perform Transepithelial PRK which we find results in more rapid healing with less discomfort and more rapid recovery. Unlike other centres we DO NOT use Mitomycin C to prevent haze as we believe this is a dangerous drug that has not been fully evaluated. With modern lasers the risk of permanent haze is very small and not observed using our technology at Centre for Sight.

Have a Question?  
Email Us!

# Vision Testing

*“Best days of my life begin now... My vision before laser eye surgery was really awful – minus 8 and minus 9 I think. It is 20.20 now! I would say it’s perfect – it really does feel like a miracle.”*

L.S.  
Journalist, London

## IntraLASIK: the process

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.

# The procedure

## Step 1 BEFORE YOUR CONSULTATION

For best results, you are advised to stop wearing contact lenses for at least one weeks for soft lenses, and four weeks for hard/gas permeable lenses prior to your consultation.

## Step 2 YOUR CONSULTATION

Your vision will be tested with and without your glasses. Your degree of near sightedness or far sightedness 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.

Termed corneal topography, the curvature and shape of your cornea will be evaluated to ensure there is no corneal warpage from contact lenses or hidden corneal conditions. The corneal thickness is also measured.

The Zywave Aberrometer is used to determine any visually destructive aberrations worthy of customised treatment, and captures your iris details for the Advanced Controlled Eye Tracker to enable accurate laser spot delivery even with fine eye movements during surgery.

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 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.

**Please allow up to three hours for the consultation.**



Have a Question?  
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### Step 3 THE PROCEDURE

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

Topical anaesthetic drops are used to numb your eye. 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 automatically moved to the Technolas Excimer laser. Iris recognition takes place to ensure accurate laser spot delivery. (Each iris is unique and therefore there is no chance of mixing up eyes or treatments). The flap is then carefully lifted and the laser is used to reshape the inner cornea according to your individual prescription customised to provide optimal asphericity and reducing wavefront abnormalities where required.

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.

Surgery is performed to both eyes on the same day. However in the interest of safety and good practice, at Centre for Sight each eye is treated as a separate procedure with separate instruments.

### Step 4 AFTER THE PROCEDURE

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.

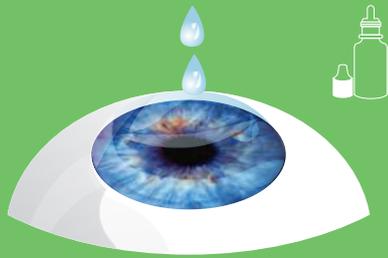
You will also be given something to eat and a well-earned cup of tea or coffee!

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

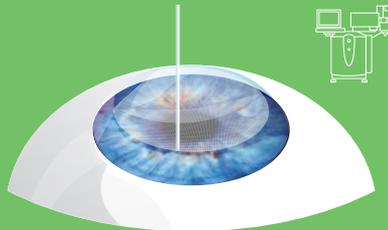
### Step 5 FOLLOW-UP CARE

Drops will be provided and instructions on their use will be explained to both you and your companion. Written details along with Do's and Don'ts will also be provided in your medication bag.

You will be reviewed soon after surgery and periodically thereafter. Your vision will be evaluated and cornea area measured. The duration of these visits are much shorter and are merely to track your recovery and provide you with reassurance.



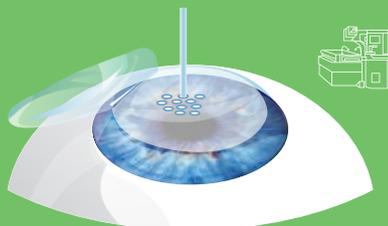
*Topical anaesthetic drops are applied*



*Intralase fashions a flap with thousands of tiny bubbles*



*The flap is carefully lifted by your surgeon*



*Technolas Excimer laser reshapes cornea according to your individual prescription*



*The flap is gently returned without the need for stitches, and more drops applied*



*“Contact lenses have been good for me, but I have always avoided festivals worrying about the solutions and hygiene of taking care of them. Life has changed for me after LASIK, there is no looking back!”*

*K.M.*

*Sales Representative, Kent*

Have a Question?  
Email Us!



 CENTRE  
FOR  
SIGHT



# Advances in technology

Lasers have revolutionised sight correction procedures and new techniques and products are about to advance the eye-care revolution.

Having eye surgery can be daunting, but with the introduction of computer controlled lasers providing the accuracy of one thousandth of a millimetre.

Pioneering and innovative procedures require commitment to invest in the latest technology. On the inside of development and as an advisor and reference centre to the ophthalmic industry, Centre for Sight have consistently introduced new innovative technology to the UK — technology that has subsequently been adopted by other practices.

These 'firsts' include the introduction of Intralase blade-free LASIK laser eye surgery over eighteen months before any other UK provider — a procedure since acknowledged as the most advanced and safest laser eye surgery procedures currently available and approved for US fighter pilots and NASA astronauts.

“Accuracy to within 1/1000th of a millimetre”

Centre for Sight UK recently introduced a new generation Laser for Lasik and laser vision correction procedures. The Technolas Teneo 317 Excimer laser, available at both Centre for Sight surgical sites in East Grinstead and Oxshott. The laser can be used to treat Short sight (myopia), Far sight (Hyperopia), Astigmatism and Presbyopia (the need for reading glasses) using the proprietary Supracor Lasik treatment.



*“Having juggled between contact lenses and glasses for 20 years, I realised the condition of my eyes was deteriorating. I met my surgeon from the very first consultation. I can now look out for my young children without fumbling around for glasses..”*

**B.L.**  
Creative Director, Surrey

Have a Question?  
**Email Us!**

## How long does it take to do LASIK/IntraLASIK?

The procedure is very quick and usually takes less than 10 minutes per eye. Although the procedure is quick, plan on being at the centre for about 2 to 3 hours as time is required to prepare you, perform the treatment, and allow you to recover and be discharged.

## Does the procedure hurt?

No. The treatment itself is completely painless. Large amounts of anaesthetic drops are used which completely numb the eye. You might feel a bit of pressure at the very beginning when the Intralase laser is used to create the front flap. After the procedure some patients describe a gritty sensation like a lash in their eye. Some feel a bit of stinging and this lasts for a few hours. For this reason we ask patients to have a nap for about 4 hours after the procedure. Paracetamol or Advil is the most you will need to manage the discomfort.

## What if I blink or move during the procedure?

This is a commonly asked question. A delicate clip holds the eyelids open during the procedure and blinking is not possible. Your head fits snugly into a head rest and cannot move. Your head will also be held by the surgeon while the treatment is taking place all you will need to do is look at a blinking red light. The laser also has an Iris recognition tracker that follows the eye ensuring laser shots are accurately delivered even with very fine and rapid movements of the eye.

## How soon after the surgery will I be able to see?

Vision recovers very quickly after the procedure and this is what makes the procedure so exciting. At 10-15 minutes after the procedure we check your vision and the corneas to make sure all is well. Most patients obtain vision close to the standard required for driving. Although misty or foggy soon afterwards, this clears after a night's sleep. Visual recovery in very few patients can take slightly longer than one day and sometimes takes up to 10 days. Although everyone is a little different, the vast majority of our IntraLASIK patients achieve legal driving vision or better, the very next day. Note that your vision may fluctuate a little in the first couple of weeks. This is a normal phenomenon and you will find that this will stabilize; improving day by day.

## Can I wear my contacts before my surgery?

Contact lenses – yes even soft ones, can alter the corneal shape. Our rule of thumb is for soft lens wearers, you need to be out of them for ONE week before your evaluation. For hard lenses, FOUR weeks is best. After the consultation and before your surgery, it is best if you can avoid wearing lenses. If you do have to wear lenses, we suggest you discontinue soft contact lenses for at least 2 days before your procedure. For hard lenses, you may be asked to leave them out until the day of your procedure.



## How successful is the IntraLASIK procedure?

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 the age of 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.

## 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 Laser Refractive Lens Exchange (RLE). As a fully-fledged surgical eye 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.**

## 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 below.

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 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 short sightedness, less than 1% of our patients have required an enhancement with IntraLASIK. Should this be required, there is no additional charge 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 from transient fluid in the flap soon after the procedure. This improves with time, rapidly decreasing after two weeks.



## Do you have easy payment plans?

Centre for Sight offer an easy interest free payment plan 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 does the Centre for Sight laser vision correction programme cover?

Centre for Sight charges a single fee irrespective of the prescription and treatment choice. This reassures you that the best possible option for each eye will be selected. The fee includes the following:

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



*“Remarkably clear and sharp, I can’t believe it! Now I can exercise & keep fit without the annoying glasses - all thanks to Centre for Sight.”*

S.R.  
General Practitioner,  
Buckinghamshire

Have a Question?  
Email Us!

## Activities following surgery -

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

- **Can I take a shower?** You can shower the next day but you must make sure your eyes are closed.
- **When can I drive?** When you are comfortable with your new vision, and if it meets the level of the driving standard.
- **When can I go back to work?** The next day, if you are comfortable.
- **When can I use a computer?** The next day, but be sure to take breaks every 20 minutes and make a conscious effort to blink more often
- **When can I exercise at a moderate pace?** After one week.
- **What about exercising at an intense level?** Please wait for two weeks.
- **When I can I go swimming?** After three weeks but with goggles, four weeks without.
- **When can I wear eye make up again?** Please do not wear mascara or eyeliner for four weeks. For all other make-up, please wait for two days. Consider having your eyelashes tinted before surgery.

## Do eye surgeons have IntraLASIK?

Yes, we have treated numerous doctors and their relatives as well as eye surgeons.

# Centre for Sight - centre for eye excellence

We provide a range of services that includes, laser eye surgery, cataract surgery, refractive lens exchange, implantable contact lenses, corneal and stem cell transplantation and oculoplastic surgery.

We enjoy providing our patients phenomenal visual outcomes beyond their expectations. Safety tops our list of values and is reflected in our standards and care pathway. Centre for Sight takes great pride in setting high standards of care for others to follow.

- We are the UK's longest provider of Lasik laser eye surgery.
- Surgeon-led care is provided from initial consultation through to surgery and aftercare.
- Every patient receives bespoke tailored treatment for each eye.
- Experienced in the correction of Short-sightedness, Far-sightedness, Astigmatism and now Presbyopia (the need for reading glasses).
- As we perform other vision correction procedures, you can be assured of receiving what we believe is the best option for you and your eyes. Other vision correction procedures including Implantable Contact Lenses and Lens replacement surgery.
- Our Doctors are on call 24 hours, 7 days a week.
- As a reference site for the ophthalmic industry Centre for Sight is always at the cutting edge in terms of technology.
- Centre for Sight is often the 1st choice for many doctors and eye surgeons.
- Accredited ISO 9001 – one of only two eye care providers in the UK.
- Environmentally conscious and UK's only ISO 14001 accredited eye care provider.
- An Award-winning organization.
- We are also well recognised as a referral centre for remedial care of problems from other laser eye centres.





East Grinstead, West Sussex



London W1



Oxshott, Surrey

*“I had been a contact lens wearer for 20 years and I’d had enough!!!*

*I’m very pleased with the results I achieved from laser eye surgery. Always felt I was in safe hands.”*

**W.C.**  
*School Office Assistant,  
Horsham – West Sussex*

Have a Question?  
**Email Us!**

Good quality care needs to be in the right environment. Centre for Sight’s facilities offer the highest standards of care. Each centre is Care Quality Commission (CQC) certified and provides a luxurious and comfortable environment combined with the most up to date technology to support surgeons in making diagnoses and decisions about your care.

Surgery is performed in either Oxshott in Surrey or East Grinstead in West Sussex at an award-winning purpose-built hospital.

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.

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.

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 development of new instrumentation used worldwide for premium lens procedures and corneal transplantation.

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.

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.



**0800 011 2887**