

OpticalExpress

It's a  
wonderful  
world...



# OpticalExpress

**The UK & Ireland's No. 1  
Provider of Laser Eye  
Surgery, Lens Surgery and  
Private Cataract Surgery**

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# OpticalExpress

# Introducing Optical Express

For over 30 years, millions of patients have trusted Optical Express with their eye care. As the number one provider of laser eye surgery, lens surgery and private cataract surgery in the UK and Ireland, we look after the eye care needs of thousands of patients in our clinics every week.

We are in the privileged position of being able to deliver life changing treatments to patients. But while we do this day in day out, we never forget that for each patient, it's their first time and we treat every patient as an individual, with care and attention to achieve their best possible results.

We have state of the art clinics across the UK and Ireland, making visual freedom accessible for everyone. We offer a range of payment plans to ensure treatment is also affordable.

If you are fed up with the hassle of your glasses and the inconvenience of your contact lenses, or are seeking a more sustainable vision correction solution, laser eye surgery or lens surgery could be the answer. 85% of patients who attend a free consultation at Optical Express are suitable for a procedure,<sup>1</sup> so it's very likely that you will be too.

<sup>1</sup> Based on 57,346 consultations attended at Optical Express, 85.2% of patients were found to be suitable for a refractive procedure.



# Your consultation

When considering treatment, the first step in your journey towards improved vision is to determine whether you are a suitable candidate for surgery.

Booking your free consultation will allow us to perform a range of comprehensive tests to assess your eye health and suitability for treatment, helping you decide on the best option for you. Furthermore, the consultation allows our experienced clinicians to thoroughly discuss your vision correction options with you and is an opportunity for you to ask any questions about treatment and your vision.

Some patients elect to have their pre-operative consultation delivered both in clinic and via telemedicine (via telephone). You will be informed if this is available to you following your scheduled in-clinic consultation.

Over **99%**  
of patients would  
recommend  
Optical Express\*

\* In a survey of 320,659 Optical Express patients, 99% told us they would recommend us to their family and friends.





# A more sustainable choice

The vast majority of people recycle their household waste, they own a reusable water bottle and they carry bags for life. We all want to do what we can to reverse the damage that has been done to our planet. As industry leaders, we believe that we have a responsibility to educate our patients about the environmental impact of their vision correction choices.

In the UK alone, more than 750 million contact lenses end up in landfill or are thrown down the drain every year <sup>1,2</sup>. And the carbon footprint that is created by the manufacturing, shipping and supply of contact lenses, solutions and glasses is significant.

Most people don't consider these aspects when weighing up their vision correction options, they don't think about contact lenses being single use plastic, but that's exactly what they are.

Our team are on hand and will be happy to help you make the right choice for your vision, your lifestyle and our planet.

<sup>1</sup>ACLM 2016 contact lens statistics.<sup>2</sup>Optical Express survey of 3,104 Contact Lens wearers.

# A safer choice

There has never been a bigger focus on the need to stay safe and reduce the risk of infection. Looking after our eyes is vital to maintaining a healthy lifestyle.

If you wear contact lenses, you must take special care – every time you put in or take out your lenses you are at risk of causing an eye infection, and some eye infections can require hospital treatment and can sadly lead to sight loss.

Based on independent peer reviews and scientific published studies, the risk of an eye infection through the use of daily wear contact lenses is four times greater per year for contact lens wearers, compared to those patients who have had laser eye surgery. Extended or overnight wear means that your risk is twenty times greater per year.<sup>1,2</sup>

If you wear glasses, you need to take extra care too. Glasses, especially bifocal or multifocal glasses are, as independent studies have shown, a major cause of falls. Wearers can misjudge distances and perspectives, for example due to reduced depth perception. Many falls are nasty enough to require hospital treatment and can negatively impact long term health and wellbeing.<sup>3,4,5,6</sup>

**The safety benefits are another really important factor to consider when thinking about your vision correction choices.**

1. Infective Keratitis after Laser Vision Correction: Incidence and Risk Factors; Shallhorn et al; J Cataract Refract Surg 2017; 43: 473-479.

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

3. Multifocal Glasses Impair Edge-Contrast Sensitivity and Depth Perception and Increase the Risk of Falls in Older People; Lord SR; J Am Geriatr Soc 2002; 50:1760-6

4. Epidemiology of falls; Masud T. et al; Age Ageing 2001; 30:3-7;

5. <https://beta.isdscotland.org/media/2121/2019-03-05-ui-2019-report.pdf>

6. [https://beta.isdscotland.org/media/3786/ui\\_table2\\_mar20.xlsx](https://beta.isdscotland.org/media/3786/ui_table2_mar20.xlsx)

**“Looking after our eyes  
is vital to maintaining  
a healthy lifestyle.”**





“I wish I’d done  
it sooner.”

Rated  
**‘Excellent’**  
on ★ Trustpilot  
from over  
11,000 reviews.\*



# Laser eye surgery

Since first performed over 30 years ago, laser eye surgery has become a very popular treatment for correcting poor vision with over 50 million treated globally.<sup>1</sup> It's a simple procedure but the impact is life changing.

For most people, it's the inconvenience of their glasses and contact lenses that is the driver for seeking a more permanent solution. The ability to drive without glasses, read a menu, spot someone in a crowd, participate in sports, read a message on your mobile phone, know which bottle is shampoo and which is conditioner... it's all the little things, that make a big difference.

Laser eye surgery is a simple procedure taking only approximately 15 minutes. A cool beam advanced laser makes subtle adjustments to the shape of the surface of the eye (the cornea), correcting tiny imperfections to make vision clearer and sharper. This takes only a matter of seconds, depending on your prescription.

For the vast majority of patients the procedure is painless and the recovery process is quick, with most people back at work within a couple of days.

Over 99% of Optical Express laser eye surgery patients achieve 20/20 vision or better<sup>2</sup> and the most common response we hear from patients following treatment is "I wish I'd done it sooner".

Don't wait any longer, take the first step towards life changing visual freedom today.

1. Over 50 million laser eye surgery procedures have been performed worldwide according to Marketscope 2017 Refractive Report

2. In a study of 190,231 Optical Express patients with the most common prescriptions we treat (excluding those with presbyopia and emmetropia), 99.2% achieved 20/20 vision or better following treatment.

## Lens surgery (also known as cataract surgery)

Lens surgery is increasingly popular and used to correct both distance and near vision sight imperfections. This procedure is identical to modern cataract surgery and helps patients see the world clearly again. This treatment is generally more suited to those aged over 40.\*

There are different types of lens surgery and we offer a variety of premium lenses. Our experienced clinicians will assess your visual requirements and, if you are deemed to be a suitable candidate, will recommend the best treatment and lens type for you.

Unlike cataract surgery performed by the NHS, both eyes can be treated on the same day and there are no lengthy waiting lists to worry about.

Lens surgery is one of the most commonly performed elective surgery procedures in the world today and for many people, it's the most effective way to reduce the reliance on your glasses and contact lenses.

\* Subject to the preliminary and final recommendations of your optometrist and ophthalmic surgeon.

“Lens surgery is one of the most commonly performed elective surgery procedures in the world today”

100%

of lens surgery patients achieve driving standard of vision or better following treatment.\*

\*Based on a study of 54,343 Optical Express patients treated, 100% achieved DVLA Class 1 driving standard vision after surgery.



## Our advanced technology

The technology available in every Optical Express treatment clinic is the same technology which led NASA to approve laser eye surgery for its astronauts.

Over £500 million has been invested in our clinics and advanced technology and we have relationships with global leaders such as *Johnson & Johnson* VISION and **ZEISS**. We continue to invest so that we can provide our patients with their best results.





## Aftercare

Your journey to visual freedom doesn't stop once you've had your surgery, we're here as long as you need us.

It's important to remember that laser eye surgery and lens surgery are no different to any other kind of surgery. Aftercare is essential and it's important that patients attend their aftercare appointments and follow any post-surgery advice. We will monitor your vision and ensure that your recovery is on track. There's also a helpline in case you have any questions. We're with you every step of the way.

## What if you're not suitable?

At Optical Express, patient safety and delivering world class patient care is our number one priority. We want you to achieve your best possible visual outcome so will only recommend surgery if you are clinically suitable.

We have very strict clinical parameters which are set by our IMAB (International Medical Advisory Board) and to date we have advised over 600,000 patients that surgery is not the right option for them. The IMAB consists of several of the world's leading ophthalmic surgeons and opinion leaders and they provide Optical Express with clinical insight and governance. We hate to disappoint anyone but if our very experienced clinicians do not recommend a surgical procedure for you, rest assured this decision has been made with your best interest in mind.

We will always explain our decision and ensure that you leave your consultation feeling positive and confident that you have received the best possible advice.





“We’re with you  
at every stage of  
your journey.”





# Your journey

## Your consultation

Attend a **FREE** no obligation consultation to confirm if laser eye surgery or lens surgery is right for you. Initial consultations can be carried out via a phone call (known as telemedicine) at a time that is convenient to you, from the comfort of your own home.

## Meet your optometrist

An experienced optometrist will carry out a number of detailed tests, and if suitable make a preliminary recommendation of the best treatment for you. The final decision about your suitability and treatment will be made by your treating surgeon.

## Your clinician discussion

An experienced clinician will undertake a telemedicine discussion with you. The purpose of this appointment is to ensure you have a full understanding of all details relating to your recommended procedure and enable you to confirm that you have read through all the documents provided to you at your consultation.

## Meet your surgeon

You can elect to have a discussion with your surgeon prior to your day of surgery, this can be in person or by phone.

## Your surgery

On your day of surgery you will be welcomed by the clinic team. We'll do everything we can to ensure you feel at ease. You can expect to be at the clinic for around three hours.

## After your surgery

Following your surgery we'll let you know what to expect over the coming days/weeks. You'll have the opportunity to ask any questions before you leave to recover at home.

## Your aftercare

Your aftercare is just as important as the surgery itself. We'll see you the day after treatment and at subsequent appointments, which will consist of both in-clinic appointments and telemedicine consultations. There's also a helpline if you have any questions, so we are with you every step of the way.



## Ready to take the next step?

The next step towards your visual freedom is simple, go online today and **book your FREE consultation** at a place and time that works for you.

Don't put it off any longer, join the millions of people who are already enjoying the life changing benefits that laser eye surgery and lens surgery offer.

# OpticalExpress



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