



OPHTHALMIC
CONSULTANTS
of LONDON

Guide to Pterygium

The number one provider of personalised eye care with a world class team using state of the art technology and facilities ensuring the patient is always at the centre of everything we do

More than

75

years of combined eye surgery experience

More than

30,000

eye surgeries completed

More than

550

lectures nationally and internationally



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WE ARE OPHTHALMIC CONSULTANTS OF LONDON

WHAT MAKES US DIFFERENT?

WE ARE A CONSULTANT LED AND RUN SPECIALIST OPHTHALMIC CLINIC ENSURING WE HAVE TOP-LEVEL CLINICAL LEADERSHIP TO ACHIEVE THE BEST POSSIBLE CLINICAL OUTCOMES.

Our Vision Statement

To take personalised eye care to a new level of excellence and expertise and to be a model for collaborative working amongst the UK's top consultant eye surgeons. To ensure the OCL brand is synonymous with the best sub-specialist eye care available anywhere in the World and at the forefront of research into innovative technologies and techniques

Consultant led care

At your consultation, we perform detailed investigations followed by an assessment delivered by our surgeons, meaning you'll be kept up to date and informed throughout your visit.

World renowned surgeons

Our surgeons are known the world over and are some of the best in the country, with over 30,000 completed surgeries between them.

Fully tailored treatment plans

All our treatments are tailored to each individual patient based on their examination findings and individual requirements, so you'll always get the perfect procedure for your eyes.

State of the art technology

Eye surgery requires perfect precision. That's why we have invested in only the latest and most advanced technology.



OPHTHALMIC
CONSULTANTS
of LONDON™

Our Core Values

Trust

Patients need to be able to trust as us with their eyes. We are honest with our approach and offer the very best evidence-based treatment with the patients' best interests always at heart. Our consultants are amongst the best in the World.

Teamwork

Teamwork is core to how we deliver the very best for our patients. Our teams are well trained, passionate and motivated to ensure that patients are supported fully throughout their journey with us.

Excellence

Excellence is ingrained in everything we do along every aspect of the patient's journey from first contact through to surgery and aftercare. We lead the way on the use of innovative technologies for the benefit of our patients and staff.

TESTIMONIALS

AT OPHTHALMIC CONSULTANTS OF LONDON WE PRIDE OURSELVES ON OFFERING A FIRST CLASS SERVICE BUT YOU MAY STILL WANT TO HEAR DIRECTLY FROM OUR PATIENTS TO HELP YOU IN YOUR SEARCH FOR THE BEST SURGEONS FOR YOUR VISION CORRECTION JOURNEY.

We actively seek reviews from our patients through our social media channels, and regularly produce short video testimonials of patients who are willing to sing our praises about us in front of the camera.

We appreciate all feedback from our patients and use the information to improve our services further and ensure we provide the best possible experience and care.

Connect with us and read our reviews on Google, Facebook, Twitter and Instagram.

   oclvision

“

Excellent Care - I recently had pterygium surgery under the care of OCL. My surgeons was exceptionally kind, courteous, and I was very reassured by his attention to detail. His expertise was second to none. I would have no hesitation in recommending him highly to anyone. I was very impressed by the professionalism of all his team - what a wonderful service he provides! - David

”

10 REASONS TO CHOOSE OPHTHALMIC CONSULTANTS OF LONDON

- 1) **Comprehensive eye assessment with our specialist team** – one entire floor of our central London building is dedicated to diagnostics where we will take 6 different scans of your eye. No other clinic in London has so much of the latest technology for personalised, safe and precise laser eye surgery.
- 2) **Personalised bespoke eye care plan** – we do not offer a one size fits all approach but rather customise every single treatment to your individual visual needs.
- 3) **Surgery performed by the best surgeons in the UK** who each have dedicated specialisation and training in laser eye surgery. Our surgeons have each completed their residency training in the UK and then travelled abroad to international centres to further their specialist skills.
- 4) **Access to state of the art technology** – we have spared no expense. We are not tied into any particular company or manufacturer which means we have complete freedom to just choose the best from the many options available.
- 5) **First class clinic facilities** – Our flagship centre in London's Harley St Medical District is an unrivalled centre of excellence for high end vision correction. We have renovated and customised a stand alone four-story building with one solitary aim: to give you the best vision possible.
- 6) **Free 'dropAdrop' App** – designed to send notification reminders to take your aftercare drops so you never miss a drop.
- 7) **Consistently excellent feedback on independent review sites.** We are the highest rated multi specialist, multi location eye practice on Trustpilot.
- 8) **We believe our results are the best in the UK** and amongst the best published worldwide.
- 9) **The choice for healthcare professionals and their families** – we treat many surgeons, doctors and anaesthetists who also refer their friends and family to us as they know they will be in safe hands with our expert surgeons.
- 10) **Professional caring team to help you with every step of your journey** – we pride ourselves on recruiting and retaining the best staff in the business to ensure that you are supported throughout every stage of your journey.

MEET OUR CONSULTANTS

OUR CONSULTANTS ARE AN ELITE GROUP OF SOME OF THE MOST HIGHLY SKILLED AND EXPERIENCED LASER EYE SURGEONS IN THE COUNTRY

At Ophthalmic Consultants of London we have a variety of super specialised consultants who have each dedicated their careers to the specific branch of eye care that is relevant to your needs.

Our treatments include:

Laser eye surgery

Lens based vision correction

Cataract surgery with premium lenses






Glaucoma care

Retina care

Oculoplastics

Non- surgical facial rejuvenation

Our surgeons are at the forefront of technology and have been voted by their peers as the best in their fields

-  In 2018, Ophthalmic Consultants of London founding surgeons; Allon Barsam, Romesh Angunawela and Ali Mearza were voted by their peers as some of the UK's best lens surgeons following a National survey of eye surgeons by the Daily Mail.
-  They are regularly consulted by industry and feature on advisory boards for new technologies. It's a testament to our surgeons that we're trusted the world over to use the very latest technology, and that we're involved in advancing the field of lens and laser eye surgery.
-  We are the highest rated multispecialty eye practice on Trustpilot.
-  Each of our surgeons have been trained in UK centres of excellence including Moorfields NHS Trust and have then gone on to carry out advanced subspeciality training at international centres of excellence in their chosen field of interest.
-  Patients travel from all over the world to see us for our expertise on a regular basis.



Mr Ali Mearza

Mr Ali Mearza MB BS FRCOphth

Mr Mearza specialises in laser eye surgery and lens vision correction surgery, cataract surgery and corneal transplantation.



Mr Allon Barsam

Mr Allon Barsam MA (Cantab) MB BS FRCOphth Examiner Cert LRS

Mr Allon Barsam specialises in laser eye surgery, lens-based vision correction surgery and cataract surgery with premium lenses.



Mr Romesh Angunawela

Mr Romesh Angunawela BM, MD, FRCOphth, FRCS, Cert LRS

Mr Romesh Angunawela is a specialist in laser eye surgery, permanent lens replacement surgery, cataract surgery and corneal transplant surgery with a special interest in Fuch's corneal dystrophy.



Ms Sally Ameen

Ms Sally Ameen MBBS, BSC, FRCOphth

Ms Sally Ameen is an expert in the management of all forms of glaucoma treatment and cataract surgery. She is an expert in glaucoma laser and minimally invasive glaucoma surgery.



Mr Shahram Kashani

Mr Shahram Kashani BSC, MBBS, MRCP, FRCOphth, Msc

Mr Shah Kashani specialises in medical retina including macular degeneration and diabetic retinal problems.



Miss Susan Sarangapani

Miss Susan Sarangapani MB BS FRCOphth

Miss Sarangapani specialises in oculoplastic surgery including aesthetic eyelid surgery, blepharoplasty, ptosis surgery removal of lumps and cysts around the eyelids, botox and facial fillers.

“Pterygium removal, very happy with results - I had a pterygium operation and it was a very easy procedure. Recovery was quicker than expected and after a couple of months I’m fully recovered. My eye looks bright and healthy. Thank you to the team for the great job.”

Gloria

PTERYGIUM

WE ARE PASSIONATE ABOUT YOUR VISION. WE WILL WORK WITH YOU TO PROVIDE A PERSONALISED PLAN TO ENHANCE YOUR VISUAL WORLD USING THE MOST SKILLED SURGEONS AND THE MOST ADVANCED TECHNOLOGY IN THE UK.

Our flagship centre in London’s Harley St Medical District is an unrivalled centre of excellence for high end vision correction. We have renovated and customised a stand alone four story building with state of the art technology and with one solitary aim: to give you the best vision possible.

We are a reference centre for the ophthalmic vision correction industry and our surgeons are involved in the development and advancement of laser eye surgery technology.



What is a Pterygium?

Pterygium (plural pterygia) is a common condition characterised by a wedge-shaped growth of pink, fleshy tissue on the white of the eye (sclera) that then encroaches on the cornea (clear window at the front of the eye). It usually occurs on the side of the eye closest to the nose.

This eye condition is caused by UV related sun damage. For this reason, it is more commonly seen in people who have lived near the equator or in very sunny places. Pterygia are usually seen in people aged between 30 and 50.

Will I need surgery?

In most cases, a stable condition is harmless and can be left untreated. However, if it is interfering with your vision, is noticeably growing or causing inflammation, it can be surgically removed to avoid significant scarring. You may also choose to have the pterygium removed because of its appearance. It is important to monitor your pterygium as it may grow and affect your vision in the future, even if it is not causing any problems at the moment. Pterygia are also sometimes removed before cataract surgery as they can affect the readings taken to determine the power of the replacement lens.

Common symptoms

A pterygium often feels like having something in your eye, and sensations such as grittiness, itchiness, burning, redness and inflammation are common. You may feel more discomfort when the pterygium is growing, this can be treated using lubricating eye drops for symptomatic relief. You may also experience blurred or distorted vision if the pterygium has grown onto your cornea to a large degree.

How is pterygium surgery performed?

If surgery is necessary, it can be performed under local or general anaesthetic, depending on the size and location of the pterygium and your own preference.

Your surgeon will use micro-instruments to remove the pterygium and then perform an auto-graft, using tissue from an area of normal conjunctiva (top layer of the eye) to fill the gap where the pterygium was. The graft tissue is usually harvested from the area of the eye covered by the eyelid. The surgeon may also use amniotic membrane if there is insufficient healthy tissue for the autograft.

At OCL we use glue wherever possible to attach the tissue graft as this is more comfortable and heals faster than stitches. The technique, known as conjunctival autografting, is currently the most effective method of doing the surgery. It reduces the chance of the pterygium recurring to less than 2% – a common complication associated with pterygium surgery.

The most common complication associated with pterygium surgery is recurrence of the pterygium. The technique used at Ophthalmic Consultants of London reduces the chance of this for routine procedures to less than 2%. Risk of infection is very low (1/5000).

After the surgery

Once the surgery has been completed, an eye-pad is applied to cover the eye which should remain in place until the next day.

The eye pad can then be removed, your eye carefully cleaned and you then begin the post-operative eye drop regime. You will be given a combination of anti-inflammatory eye drops to reduce inflammation and anti-infective drops to reduce the risk of infection. These drops aid the healing process and depending on the extent of the pterygium, you may be required to continue the drops in a low dose for 2-3 months. You may find your eye is a little uncomfortable for the first few days after surgery, but this then settles quite quickly once the drops are started. Your vision may be slightly blurry for the first few days but will go back to normal very quickly.

It is important that the eye drops are taken as prescribed by your surgeon to prevent future recurrences. After surgery we recommend that you take precautions to prevent further sunlight exposure to your eyes by always wearing a good quality pair of sunglasses. We advise you look out for CE marked 100% UV filter sunglasses as well as wear a hat or cap to further reduce sunlight exposure to your eyes.



CHARITABLE EYE WORK

ALL THREE OF OUR FOUNDING SURGEONS HAVE A STRONG INTEREST IN CHARITABLE OPHTHALMIC WORK AND HAVE BEEN ON NUMEROUS TRIPS ABROAD HELPING SOME OF THE WORLD'S MOST NEEDY PEOPLE. THEY ALL AGREE GIVING PEOPLE BACK THEIR SIGHT BACK IS ONE OF THE MOST REWARDING ASPECTS OF THEIR JOBS AND FEEL INCREDIBLY HUMBLLED AND TRULY HONOURED TO BE INVOLVED IN THIS KIND OF WORK.

Cataracts are the most common cause of blindness in the world. The World Health Organization (WHO) estimate that 37 million people are blind worldwide and in 28 million of these cases, there is a preventable or treatable cause such as cataracts.

In the developed world, cataract surgery is performed as soon as there is an impact on peoples' quality of life but in the developing world, people are often blinded by cataracts as there are so few ophthalmic surgeons.

It is amazing that a procedure that can be performed in less than 20 minutes is all that is required to reverse the blindness and change these peoples' lives.

Mr Mearza's interest in charitable work began in 2001 with a visit to India. This was followed by subsequent trips to Bali, Burma, Madagascar, Bangladesh, Ghana and Cambodia restoring sight to patients with cataracts.

Mr Barsam has carried out several charitable missions abroad to help the poor who do not have access to modern eye surgery. Most recently he was part of a team of surgeons carrying out cataract surgery in Cambodia in 2017.

Mr Angunawela has travelled to the Nubra Valley to treat people as part of the Himalayan Vision Project, which aims to bring modern health care to these remote communities as part of the Himalayan Health Project. He continues to support the charity.

Although some of the places they have visited have extremely challenging environments, this is offset by the huge reward and gratitude that comes with giving people their eyesight back.



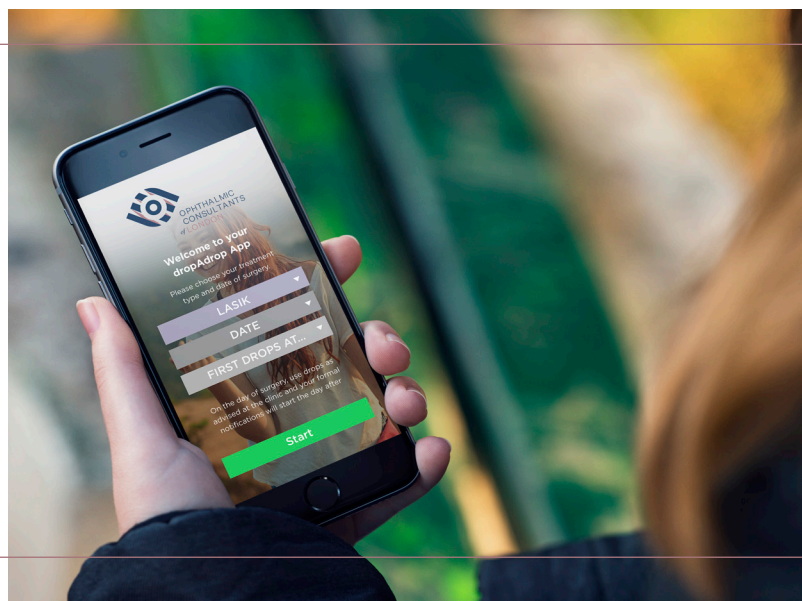
AFTERCARE EYE DROPS APP - dropAdrop

AT OPHTHALMIC CONSULTANTS OF LONDON WE TAKE YOUR AFTERCARE SERIOUSLY. WE HAVE DESIGNED AN APP DOWNLOADABLE ON YOUR MOBILE DEVICE FOR OUR PATIENTS WHO HAVE HAD; LASIK LASER EYE SURGERY, LASEK LASER EYE SURGERY, CATARACT SURGERY, REFRACTIVE LENS EXCHANGE AND ICL SURGERY

Just select your procedure and the date you had your treatment, as well as your preferred start time for drops in the morning. The app then sends you notifications at regular intervals to remind you to take your aftercare eye drops.

There is also easy access to the Do's and Don'ts after surgery so you can be assured of the best possible recovery.

After surgery, your eye drops are so important to aid healing and make sure your eye(s) stay as comfortable as possible. Using your drops correctly not only prevents problems such as infection developing, but also ensures the recovery is as quick as possible allowing you to resume your normal activities within a short period of time.



The dropAdrop app is free to download and available from the App store or Google Play store.

IN THE MEDIA

OUR SURGEONS ARE REGULARLY CONSULTED FOR THEIR OPINIONS ON EYE RELATED MATTERS AND DEVELOPMENTS AND HAVE HAD THEIR WORK FEATURED IN THE NATIONAL PRESS AS WELL AS ON TELEVISION.

Their work has been published in the Daily Telegraph, the Daily Mail, the Evening Standard and the Sun newspapers as well as Men's Health and Woman's Own magazines.

Television channels such as BBC News, Reuters, the Discovery Channel and E4 have featured our surgeons. An unusual case of a lady who went to Panama to have her eye colour changed with dramatic consequences was featured on television's E4 channel. She sought our help early and thankfully our surgeon Ali Mearza was able to operate and restore her eyesight. Her story also featured on the Tyra Banks show in the USA raising awareness of this dangerous procedure.

Our surgeon Allon Barsam appeared in a feature on BBC News performing advanced laser eye surgery on a patient suffering from a rare eye condition called Reis-Bucklers syndrome, which made everyday activities nearly impossible. The pioneering laser surgery was completed to remove scarring on the cornea which caused blindness, and the report followed the patient on her journey through to recovery which fully restored her sight.

Our surgeon Romesh Angunawela has published over 50 research papers and 2 book chapters. As a lecturer to medical students at St George's, University of London, Romesh has received commendations for his teaching. He teaches regularly on courses as part of the European Society of Cataract Surgeons, including highly rated courses on cataract surgery, DSAEK surgery for Fuchs' dystrophy and complex lens exchange in cataract surgery.



PAYING FOR YOUR EYE SURGERY

Transparent pricing

Our pricing is transparent, inclusive and upfront with no hidden extras. Your eyes are unique and we customise all of our treatments to give you the best vision possible. Cutting price means cutting quality. State-of-the-art, world-leading laser eye surgery or lens implant surgery is an investment that you won't regret.

We want to make paying for your treatment as easy as possible so we offer a range of finance options and can work with you to make our pricing manageable.

All inclusive Self Pay Prices

We have developed package prices for each of our treatments so you only have one bill to pay rather than multiple bills. This way you know exactly how much your treatment will cost and includes the surgery, surgeon fee, facility fee, drops to take home and comprehensive after care.

We accept all debit and credit cards including AMEX both in person and over the phone using our online portal with WorldPay. If you prefer, you can pay by bank transfer direct into our business account or pay in cash.

Private Medical Insurance

We are registered with the majority of the UK and international private medical insurers including BUPA, AXA PPP, Cigna, Healix, WPA and Allianz for cataract surgery and specialist eye care.

We provide fee assured services at our flagship Central London clinic and surgery facility including cataract

surgery, glaucoma treatment, treatment of macular degeneration and all other aspects of ophthalmology.

We are part of the AXA PPP and BUPA cataract networks meaning that if you're insured with these companies, we will bill your insurer a pre-agreed package price to include your cataract consultation, diagnostic tests, surgery and aftercare.

Our surgeons are also experts in implanting the latest trifocal and enhanced depth of focus lens implants for cataract surgery to give you the best chance of no longer needing glasses. We also offer femtosecond laser cataract surgery, the latest laser technology for removal of cataracts. It would be unusual for your insurer to cover the cost of these but you can choose to pay for this yourself.

We advise that you check with your insurer to understand your cover and ensure you obtain a pre-authorization code prior to proceeding with treatment.

Finance Options/Interest Free Credit

We offer interest free finance for all of our eye surgery procedures. Our affordable finance can make it easier to spread the cost of surgery over up to 24 months.

- A minimum 10% deposit is required and the balance is split over your chosen monthly period of either 6, 10, 12, 18 or 24 months at a rate of 0% APR.
- Interest bearing credit options over longer periods are available on request.

WHERE CAN I SEE AN OCL SURGEON?

WE OFFER SEVERAL LOCATIONS IN STATE OF THE ART CLINICS AND FACILITIES THROUGHOUT LONDON AND HERTFORDSHIRE SO YOU DON'T HAVE TO TRAVEL TOO FAR FROM HOME TO SEE ONE OF OUR EXPERT SURGEONS.

Ophthalmic Consultants of London at
55 New Cavendish Street:

Central London

Our newest flagship location is in the heart of London on New Cavendish Street. It combines the very latest technology and the UK's best eye surgeons.

Ophthalmic Consultants of London also at:

HCA Chiswick

Our eye clinic in Chiswick brings world-class diagnosis, care and treatment to West London. The clinic is set in the brand-new HCA UK Diagnostic Centre, an outpatient and diagnostic walk-in centre located in the heart of Chiswick.

Moorfields Private Hospital

For over 200 years, Moorfields Eye Hospital has been a centre of excellence for the specialist treatment of diseases of the eye and one of the leading eye hospitals in the world. Our clinic held in this prestigious institution offers a range of eye care services ranging from consultations to surgical procedures.



Spire Bushey Hospital

Expert eye care for those living in locations in North London, Hertfordshire, Buckinghamshire or Bedfordshire such as St Albans, Watford, Milton Keynes or further afield. Our satellite clinic held in Spire Bushey Hospital is an excellent choice. We bring our extensive skills and experience as a specialist to this world-recognised centre of excellence for ophthalmology.

BMI The Clementine Churchill

Our eye clinic in Harrow brings our world-class glaucoma care, diagnosis and treatment to North-West London. This clinic is situated in BMI The Clementine Churchill Hospital in Harrow, Middlesex



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MORE INFORMATION

More detailed information on the procedures presented here as well as testimonials, video diaries and more are available on our website:

Scan QR code



If you have any questions about any of our treatments or your eye health, or wish to make an appointment please get in touch:

info@oclvision.com

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oclvision.com



oclvision