



Your eye care experts

VISIONSCOTLAND

CATARACT • LASER EYE SURGERY • REPLACEMENT LENS SURGERY • ICL • KERATOCONUS • GLAUCOMA • YAG LASER • VITREO-RETINAL

0800 8 20 20 80
www.visionScotland.com

About Vision Scotland

Consultant-led eye care in a clinic you can trust

Vision Scotland provides the highest quality of eye care from state of the art facilities at our clinics in Edinburgh, Livingston, Stirling, Glasgow and Galashiels. Our patients travel the length and breadth of the country and occasionally from abroad to see us.

We understand that where you choose to have treatment is a very important and personal decision and we strive to offer you the best treatment in the UK. Every Vision Scotland patient receives bespoke care because your eyes are unique so your treatment should be too.

Why choose Vision Scotland?

Our highly skilled, reputable and passionate team will support you at every stage of your journey from your initial booking through to your post operative care. We are pleased to offer a wide range of vision correction and eye health procedures.

Consultant led care - you will meet your consultant and have the opportunity to discuss your treatment and ask any questions you have. No two patients are the same so we listen carefully to your individual needs. Our consultant led care will ensure that your needs are put first at every stage of your journey.

Expertise as standard - our surgeons are based in Scotland and have both held substantive roles as NHS consultant eye surgeons with particular expertise in refractive surgery. They have close ties to the expert refractive community within the UK, and professional affiliation to the international refractive societies.

Customer service - the way it should be - you will receive a dedicated member of the team who will look after you from start to finish.

Price transparency - there are no hidden extras, the price you are quoted is the price you will pay.

Time - once you are fully satisfied with your proposed treatment plan then we will be delighted to offer you a date for treatment at your convenience. You can take as much time as you need and we will never put you under any pressure to make a decision. Where time is of the essence, we strive to offer you a date for treatment within 3 weeks of your consultation. For smaller procedures, we are often able to treat on the same day as your consultation.

First class support - our consultant eye care surgeons are supported by a very friendly and professional team comprised of diagnostic specialists, optometrists, specialist nurses and anaesthetists.

Excellent reputation - Vision Scotland has built an impressive reputation in patient care. Take a look at unbiased reviews on TrustPilot.





Treatments available at Vision Scotland



Vision Scotland are experts in safe, proven eye treatments, helping you get back to 20/20 vision or better, whenever possible.

All treatments are consultant-led, by doctors who each have more than 20 years experience, bringing you expert eye care, treatment and advice that is as unique as your eyes are.

Your care will be delivered in one of our state-of-the-art clinical facilities in Scotland, covering Edinburgh, Stirling, Livingston, Glasgow, and Galashiels.

Treatments available at Vision Scotland

We offer a range of bespoke vision correction solutions and a range of other eye care treatments using industry leading surgical procedures.

Whether you require refractive surgery, cataract surgery, corneal treatment or macular / retinal treatment, we have the eye specialist for you.

We provide a complete range of vision correction solutions including treatment options for cataract surgery and laser eye surgery that are not available with the NHS.



Treatments offered at Vision Scotland:

Cataract surgery

- Standard cataract surgery
- Trifocal cataract surgery
- Toric cataract surgery
- Laser assisted cataract surgery

Replacement lens surgery

- Toric lens implants
- Trifocal lens surgery

Laser eye surgery

- LASIK Laser eye surgery
- LASEK Laser eye surgery

Macular degeneration

Anti-VEGF medicines

Keratoconus treatment

- Collagen cross linking
- Corneal grafts

Oculoplastics

- Ectropion
- Entropion
- Blepharitis
- Ptosis

Vitreo-retinal

- Intravitreal injections
- Floaters
- Macular holes

Implantable lens surgery

YAG Laser

Pterygium surgery



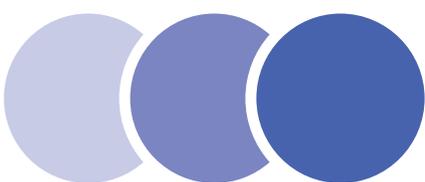
Your journey

Making an enquiry

The patient care team first step for most of our patients is to spend some time discussing their planned treatment with our patient care team.

They can talk you through any of the procedures in this brochure and also discuss any concerns or worries you have. They also have direct access to our Consultant Surgeons so should they require further advice or help, clinical consultation is available.

The patient care team will be available to you all the way through your treatment, whenever you need them.



Before your consultation

Before your consultation, you will be sent written information which should be read carefully. It will include any specific instructions required, such as taking a contact lens break before your consultation / arranging transportation home if pupil dilating drops are used.

We strongly advise reading through all reading material you receive as it will provide a good foundation of knowledge so you can get the most out of your consultation. You will feel more confident to seek further explanation on specific issues or to discuss worries with your clinical team. It can be a good idea to write down questions you would like to ask at consultation as it is easy for these to escape you when you are feeling nervous.

Your consultation

We recommend allowing a full hour for your consultation. Our team of specialists will put together a detailed and individual treatment plan and answer any questions that you may have. You can expect to have various diagnostic tests performed before an examination with an optometrist and your consultant. It is likely that you will have drops put in your eyes to dilate your pupils so you should be prepared not to drive following your consultation. A copy of your individual treatment plan will be recorded in your consent brochure which you will take home with you for further reading.

Treatment

A small number of eyelid procedures and some laser procedures may be performed on the day of your consultation but for all other procedures such as cataract surgery, you will return to the clinic at a later date. You can expect to be at the hospital for approximately three hours on the day of treatment.

You will be counselled appropriately on your aftercare depending on which procedure you have had performed.





Cared for by Vision Scotland

Every eye is unique, so while you may be aware of a problem with your eyesight, or suspect you might have a particular condition, we begin every journey with a consultation.

This allows us to determine what is wrong with your eye and how it might be treated,

to get you the best results in a way that also suits your lifestyle. During and after the consultation, you will be given information and advice particular to your condition and treatment, which may include one of the following treatments that we offer:

Cataract surgery

Cataract is a very common eye condition whereby the natural lens inside the eye starts to become cloudy. Surgery is painless and involves removing the cloudy lens and replacing it with a new artificial intraocular lens (IOL). We have access to the most technologically advanced lenses, some of which can eliminate the need for spectacles all together following surgery.

Keratoconus treatment

Blurred vision can sometimes be caused by insufficient tissue stiffness of the cornea leading to short-sightedness and potentially astigmatism. Vision Scotland provide two effective treatments should you be diagnosed with Keratoconus:

- Collagen Cross Linking: a type of laser eye surgery which stiffens the tissue and can stop the progression of keratoconus, preventing your eyesight deteriorating further.
- Corneal Graft: removing your natural cornea and replacing it with a donor cornea to improve vision. It is a complex surgery only carried out by a few specialists, but will be recommended if you are suitable for treatment

Wet macular degeneration

We carry out intravitreal Injections to treat conditions such as wet age-related macular degeneration and diabetic macular oedema. This treatment is used to slow the progression of MD with regular injections into the back of the eye.

Oculoplastics

If you have droopy eye lids that may obscure your field of vision, or bags under your eyes that you feel are unsightly, our surgeons can offer blepharoplasty which sculpts and shapes the eyelids to create a more youthful appearance. Conditions such as entropion and ectropion can also be successfully treated by our Oculoplastic Surgeon.

Vision improvement

For those needing glasses or contact lenses, who want the freedom of improved vision, Vision Scotland provide a number of solutions and will work with you to find the best one for you. These include:

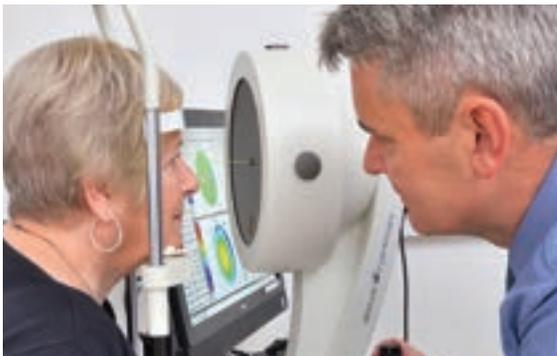
- Laser Eye Surgery: reshaping the cornea of the eye with a very precise laser to correct or improve short-sightedness, long-sightedness, and mild astigmatism. Vision Scotland provide both LASEK and LASIK treatments
- Refractive Lens Exchange: replacing your natural lens with an artificial one that matches your prescription, returning you to 20/20 vision or better
- Implantable contact lenses: replacing the need for daily or monthly lenses or glasses, an implant safe to implantable lens is inserted in front of the natural lens to give all the corrective effects of lenses with a more permanent result
- Phototherapeutic Keratectomy (PTK): a much less common form of laser eye surgery, PTK is none-the-less a valuable procedure in instances where infection or injury to the eye have left scarring.

Speak to our team

Whether you want to make a cosmetic change, prevent further deterioration of your eyesight, improve your vision back to 20/20, get rid of glasses and lenses, or believe you have a more serious condition, it all starts with a consultation. Speak to our team on 0800 8 20 20 80 and our diagnosticians will be there to support and advise you every step of the way.

Vitro-retinal treatments

- Vitrectomy: most people will be aware of occasional 'floating' objects in their vision that come and go. These can be a real nuisance and treatment may be appropriate to improve symptoms. Treatment involves removing some of the natural jelly (vitreous) from inside the eye and replacing it with air or gas.
- Macular Hole: a small hole develops at the macula of their eye. The macula is the sweet spot of our vision and a hole can result in blurred and distorted vision. Surgery involves removing the natural jelly (vitreous) from the eye and replacing it with a solution to seal the hole.
- Epiretinal Membrane: A thin layer of naturally occurring cells form a sheet/ membrane over the retina and if the cells start to shrink then the underlying retina can wrinkle causing blurred and distorted vision. Surgery involves removing the natural gel (vitreous) from the eye and carefully peeling away the membrane.



Posterior capsule opacification

Lens surgery can cause scarring on the tiny lens sack inside the eye. This gives the eye a cloudy appearance similar to having a cataract. Vision can be rapidly improved with the use of YAG laser, to make a hole through this scar tissue, allowing light back into the eye and restoring vision. Treatment is painless, takes only ten minutes and can often be performed on the day.

Patient care team

A member of our patient care team will be assigned to look after you throughout your treatment. We're available to you from 8am to 8pm, 365 days a year. You will have our direct contact information so if you need us you won't need to wait.

We also have emergency clinical support available weekends and between 8pm and 8am everyday.

Aftercare

Following your specific procedure you will be given in-depth instructions for managing your eyes post surgery. We will also talk to you about typical symptoms of recovery, and symptoms that you may want to keep an eye on. In most cases, side effects will settle over the first 3-5 days after surgery and will continue to reduce over the next few weeks.

Your treatment doesn't end when your surgery is over. We are here to look after you in the days and weeks following surgery. Until you are fully recovered. This will sometimes mean returning to our clinic for a review. For most cataract surgeries, your own optometrist will see you for a review 6 weeks after surgery.

You have access to our patient care team at all times. If you have any concerns or worries about your eyesight there is always someone to help, whether it be a little reassurance that is needed, or a follow up appointment with a member of the clinical team.

Our team are trained to ask the right questions regarding clinical concerns and will arrange a call or a face to face check up if they have any concerns.

If you feel like your query is urgent, there is a 24 hour on-call number manned by a member of our clinical team. If you need to see the surgeon or optometrist, we will arrange an appointment for you as soon as possible.





The surgeons

Consultant Ophthalmologists, Mr Sanjay Mantry and Mr Jonathan Ross lead the Vision Scotland team. Mr Ross and Mr Mantry are among the most experienced Consultant Ophthalmic Surgeons in the UK and Europe. Mr Mantry is also a leading authority in refractive laser eye and corneal surgery while Mr Ross is the busiest private cataract surgeon in the UK. Together they perform around 2000 cataract operations every year.

Mr Ross and Mr Mantry are ranked number one and number two busiest cataract surgeons in Scotland by PHIN (Dec 2021).



The surgeons



Mr Jonathan J Ross

MBChB (Glas) MRCSEd (Edin) FRCOphth (Lon) FRCPSG

Consultant Ophthalmologist with a specialist interest in cataract and refractive eye surgery.

Mr Ross is originally from Edinburgh and has now been a full-time eye surgeon for 21 years, performing approximately 1,500/2,000 eye surgeries every year in central Scotland. He is renowned for his patient-focussed approach, taking the time to talk to patients and develop tailored treatment plans. It is for this reason that the majority of patients who attend Vision Scotland are referred by friends or family who have already been under our care.

Mr Ross has worked for the NHS as well as privately. He is a Fellow of the Royal College of Ophthalmologists, and an Examiner for several Awarding Bodies. He is also an elected Council member for several of the European eyecare bodies, and delivers peer reviews for several scientific journals. He is considered to be at the forefront of eye surgery in Europe, putting our patients in the best hands.



Mr Sanjay Mantry

FRCSed, FRCS (Glas), MRCOphth (Lond)

Consultant Ophthalmologist with a specialist interest in the cornea and refractive surgery.

Mr Mantry is our corneal eyecare expert, having performed over 2,000 laser refractive procedures and over 12,000 lens procedures (cataract and RLE). He is considered a leading authority on patient eyecare, and our patients often remark on his reassuring and professional nature. He provides tertiary corneal refractive surgery expertise for routine and complex corneal problems. Mr Mantry's completed his Higher Specialist Training (HST) on

the West Midlands Rotation, developing a specific interest in anterior segment, which he pursued with fellowships in Birmingham and Nottingham. He went on to specialise in lamellar keratoplasty and corneal refractive surgery. He is now a senior fellowship examiner for the Royal College of Physicians and Surgeons of Glasgow and has published over 20 peer reviewed articles, as well as being an honorary lecturer for Glasgow Caledonian University.



Mr Manjit Mehat

MBChB PhD FRCOphth (Lon)

Manjit Mehat is an award-winning eye surgeon who specialises in cataract and retinal surgery, including floaters, macular hole, epiretinal membrane and retinal detachment surgery, small-gauge vitrectomy surgery, and micro-incisions suture-less cataract surgery. He also manages patients for the medical treatment of retinal conditions, including age related macular degeneration, diabetic eye disease, and blood vessel disorders of the retina, and offers toric and premium intraocular lenses (IOL) to reduce

glasses dependence. Manjit provides a bespoke, patient-centred service, and has modernised inpatient retinal surgery in Edinburgh. Manjit has undertaken 8-years of advanced surgical and research training at the world-renowned Moorfields Eye Hospital. This included a two-year retinal surgery fellowship where he performed complex retinal and cataract surgery. His world class surgical training means that you can expect the most advanced clinical and surgical expertise available.



Pricing of treatment

The cost of treatment depends on the type of surgery chosen and other factors relating to your ocular anatomy and visual quality.

Our inclusive price is a simple, fixed price with no hidden extras. Although uncommon, complications do occasionally occur and for additional peace of mind, your inclusive price includes the cost of fixing any clinical complications that arise as a result of your surgery for six months after treatment.

Funding your treatment

Paying for private treatment is simple. If you don't have private medical insurance you can self-fund or take advantage of interest free finance or an interest bearing loan, so you don't have to wait for treatment. We also accept all reputable health insurance policies.

Please speak to our clinic staff if you are interested in finance options available to you.

How can I find out more?

Contact our Customer service team on **0800 8 20 20 80** or visit www.visionscotland.com

Guide prices per eye (correct at time of print)

Cataract surgery £2,750

RLE £2,750

YAG £750 (£950 for both eyes)

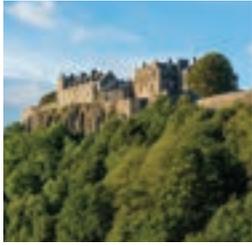
Corneal cross linking £3,000

Implantable contact lens
from £3,600

Eyelid surgery from £2,500

Price transparency

There is some variation in treatment price between hospitals. This is due to the variation of fees each hospital group where we operate chooses to charge. We do our best to maintain consistency between sites but if travel is not an issue, it may be worth asking our patient care team where treatment could take place most cost effectively for you.



Stirling

BMI Kings Park Hospital
Polmaise Rd, FK7 9JH



Edinburgh South East

Spire Shawfair Park Hospital,
10 Easter Shawfair,
EH22 1FE



Glasgow

Ross Hall Clinic Braehead,
Kings Inch Pl,
Renfrew PA4 8WF



Galashiels

Roxburgh House Court,
Roxburgh Street, Galashiels
TD1 1NY



St Ellen's Hospital

2 Garbett Road,
Livingston, EH54 7DL

Contact information

www.visionscotland.com
0800 8 20 20 80 | info@visionscotland.com