



Patient Information and consent brochure

Laser eye surgery

Vision correction

About Laser Vision Scotland

About Laser Vision Scotland

Why choose Laser 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 held substantive posts 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.

Patient care - the way it should be - while you have treatment with us, you are our number one priority. Our patient care team are on hand to help whenever you need them.

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

Time - 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.

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

Excellent reputation - We've built an impressive reputation in patient care. Take a look at unbiased reviews on Reviews.io



Consultant-led eye care in a clinic you can trust

Laser Vision Scotland provides the highest quality of eye care from state of the art facilities at our clinics in Edinburgh, Aberdeen, 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 Laser Vision Scotland patient receives bespoke care because your eyes are unique so your treatment should be too.





The surgeons

Laser Vision Scotland handpicks its ophthalmic surgeons to ensure our patients all receive the service and care they deserve.

Our surgeons are renowned for their groundbreaking work in refractive surgery. The surgeons possess a keen eye for detail and understand the importance of a compassionate approach to patient care.

Precision and mastery of advanced technologies have enabled countless individuals to regain their sight and improve their quality of life. Every surgeon epitomises excellence in their respective specialties, shaping the landscape of ophthalmology through their unwavering commitment to innovation and patient well-being.

The surgeons



Mr Jonathan J Ross

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

Mr Ross is originally from Edinburgh and has now been a full-time eye surgeon for 21 years, performing approximately 1,500 to 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)

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 has 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 Paul Flavahan

MBChB, FRCOphth, BSc,
Cert LRS

Dr Flavahan is a dedicated and caring consultant ophthalmic surgeon with a special interest in cornea, cataract and refractive surgery. After graduating from Liverpool Medical school in 2008, Dr Flavahan moved back to Scotland with his young family to train in ophthalmology.

In 2015, he won the Oxford Congress research prize for his work looking at corneal transplant healing. He is currently Clinical Lead at NHS Forth Valley where he specialises in corneal transplant surgery and where he was able to introduce high volume cataract surgery. He is one of only a few surgeons in Scotland to hold the coveted CertLRS qualification in refractive surgery from the Royal College of Ophthalmologists, and has performed more than 4,000 surgical cases to date.



Laser eye surgery

Each year, over 100,000 laser eye surgery procedures are carried out in the UK.

The most common use for laser eye surgery is to correct short-sightedness (myopia). But the technique is equally safe and effective for long-sightedness and mild astigmatism. The surgery suits people who want an alternative to contact lens or glasses wearing.

LASEK

LASEK

Who is suitable for LASEK?

You are most suited to LASEK if you wish to have vision correction and are a young adult (aged 20-45) who wears glasses. It is suitable for treating mild to high levels of short-sightedness and mild levels of long-sightedness.

How the treatment works

A diluted alcohol solution is placed on the eye to gently loosen a thin layer of cells from the front of the eye. These cells are moved aside, revealing the underlying tissue. You'll be asked to look at a blurry light while the laser does its work. The laser makes tiny, precise adjustments to the shape of your cornea based on measurements taken before surgery.

Precise computer calculations, based on pre-surgery measurements, determine the optimal number of laser pulses needed to correct vision.

Once the laser treatment is complete, the surgeon will replace the moved cells making sure everything is smooth. To protect your eye during the healing process.

Laser eye surgery is like upgrading the lens of your eye with the help of a special laser, so you can see more clearly without glasses or contact lenses.

LASEK is a swift, single-step procedure where the laser is typically employed for less than 10 seconds.

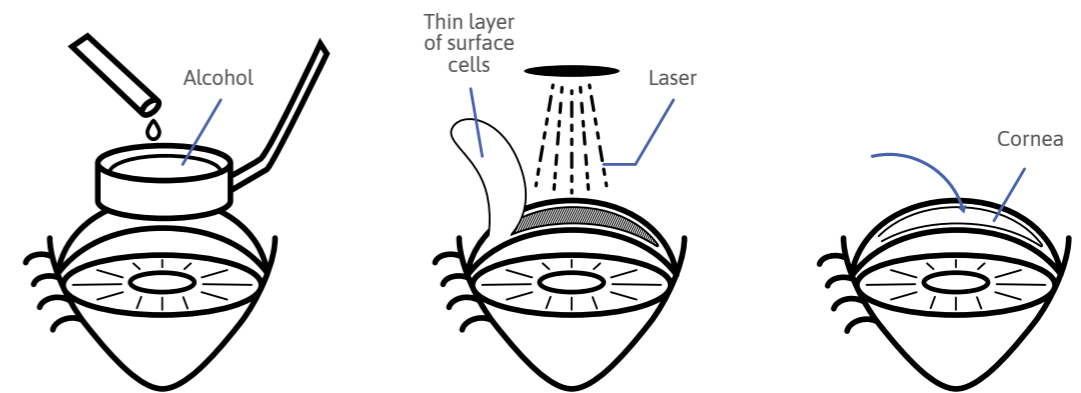
After LASEK

After treatment you will see more clearly straight away but you will need to wear special contact lenses for comfort and aid with healing for approximately five days. Initially your eyes will be sore and watery. Vision quality fluctuates over the first couple of days while the eye surface heals and you should expect to achieve driving standard vision after five to ten days.

! The Royal College of Ophthalmologists (RCO) recommends that doctors carrying out this surgery should always be registered ophthalmologists and have additional specialist training in laser refractive surgery. At Vision Scotland, laser eye surgery will always be carried out by an experienced Consultant Ophthalmologist.

LASEK

Laser 'Assisted' Epithelial Keratomileusis



1. Dilute alcohol is used to soften the epithelium surface cells.

2. Laser is then used to gently reshape the cornea.

3. The surface cells are carefully replaced back on the cornea as a sheet.

LASIK

LASIK

Who is suitable for LASIK?

LASIK is suitable for treating mild to high levels of short-sightedness and mild levels of long-sightedness in young adults.

How the treatment works

LASIK is a technique designed to reshape the cornea and correct blurry vision. Before your procedure, your surgeon will administer anaesthetic drops. The surgeon uses a specialised femtosecond laser to make a thin, uniform flap on the cornea.

During surgery, the surgeon gently lifts the flap, revealing the surface of the cornea where the excimer laser is applied to reshape the cornea. The flap is repositioned after the laser procedure is complete.

What's the difference between LASIK and LASEK?

The procedures are nearly the same. There is slight variance in how the eye is prepared for the laser, and in how the eye recovers. With LASEK the cells from the surface of the eye are pushed to the side, and then moved back over this part of the eye after laser is complete.

LASIK is a different kind of laser that creates a flap on the eye which can be peeled away and re-applied after the main laser is used. Recovery from LASIK tends to be more comfortable than LASEK over the first few days.

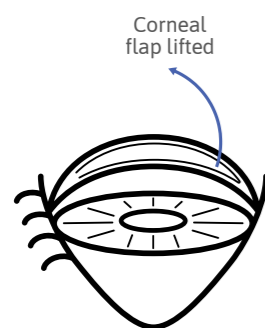
After LASIK

Recovery time from LASIK is quick with minimal discomfort. Whilst you'll feel back to normal very quickly, there's certain activities you need to avoid for a short while, and you'll need to use eye drops for four weeks to aid in the healing process.

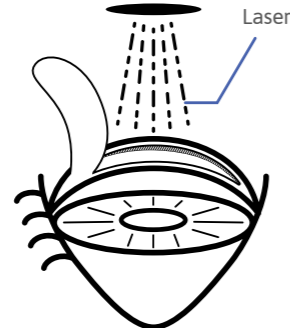


LASIK

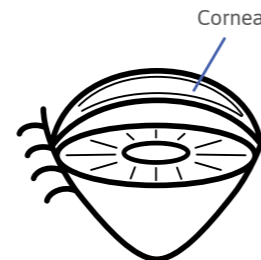
Laser Assisted In-Situ Keratomileusis



1. Femtosecond laser creates a custom flap. This takes around 6-8 seconds to create.



2. Laser is then used to gently reshape the cornea.



3. The flap is carefully placed back on the reshaped cornea.



More than
100,000
laser eye surgery
procedures are
carried out every
single year in
the UK.



Aftercare

Following treatment you'll be able to see better straight away, although your vision will be blurred to some extent. You are usually discharged within 30 minutes of having treatment.

In order for your eyes to recover properly, there are a number of things which we would recommend for you to avoid or take extra care with for a short while.

We will give you information about what type of activities you should avoid while your eyes are healing, as well as the contact details of your surgeon in case you have any questions or concerns.

Aftercare

First week:

- ✓ No eye make-up / eyelash extensions
- ✓ No sports or exercise
- ✓ Do not touch or squeeze your eyes
- ✓ Wear the goggles provided each night whilst sleeping
- ✓ Ensure hands are thoroughly washed and dried before administering any medication
- ✓ Avoid water, soaps and shampoos getting into your eyes
- ✓ Avoid any dirty or dusty environments
- ✓ A bandage contact lens is inserted on the eye; your optometrist will take this out within 3-5 days. A bandage contact lens is used to make your eye feel more comfortable post-surgery. In the unlikely event this falls out, do not attempt to put it back in, contact the hospital straight away.

Other:

- ✓ No contact sports or swimming for 4 weeks
- ✓ Post 24-hour check and any other post-surgery checks must be attended. During these appointments, the optometrist will check to ensure your eyes are healing as they should and also check your vision. You will also be advised if you are able to drive, or need more time to allow your vision to settle further
- ✓ If there is any change to your symptoms (discharge, severe pain, worsening vision) please contact the hospital immediately.



Treatments

Laser Vision Scotland is part of our parent company, Vision Scotland. As a premier facility, we not only specialise in laser eye surgery treatments but also provide a wide range of advanced services to ensure optimal vision for our patients.

Our team of skilled ophthalmologists and optometrists are dedicated to delivering personalised care using state-of-the-art technology. From routine eye exams to complex surgeries, our clinic offers the following specialties:

- ✔ Laser eye surgery (LASIK, PRK)
- ✔ Cataract surgery
- ✔ Retinal surgery
- ✔ Glaucoma management
- ✔ Oculoplastic surgery
- ✔ Refractive lens exchange

At Laser Vision Scotland, your vision and eye health are our top priorities, and we strive to deliver exceptional care tailored to your individual needs.

Pricing of treatment

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 correcting any clinical complications that arise as a result of your surgery for six months after treatment.

Laser Eye Surgery

Cost per eye

£1,995

- ✔ FREE Consultation
- ✔ Affordable payment options

Implantable Contact Lens

Cost per eye

£4,350

- ✔ FREE Consultation
- ✔ Affordable payment options

Lens Replacement Surgery

Cost from per eye

£2,750

- ✔ FREE Consultation
- ✔ Affordable payment options

Spread the cost

To help you get the treatment you need we offer interest free finance options, with 12 months repayment, to spread the cost. And finance options over 3, 4 or 5 years, at 9.9% APR representative.

Interest free finance

Interest free finance allows you spread the cost of treatment without accumulating additional fees.

9.9% Representative example:

Fixed price, per month, per eye

Cash price:	£1,995
Deposit:	£600
Total amount of credit:	£1,395
Amount per month (60 months)	£29.28
APR representative:	9.9%
Total amount payable	£2,356.93



Help! I'm unsuitable for laser eye surgery. Are there other options?

If you are over 40 years of age or have a prescription higher than the normal range for laser eye surgery, you are likely to be suitable for ICL or RLE.

Surgery options

Although laser eye surgery has become synonymous with vision correction, other types of surgery such as refractive lens exchange (RLE) and Implantable contact lens surgery (ICL) are available.

Laser eye surgery is fast, incredibly safe and more affordable than RLE and ICL.

However, laser eye surgery has limited benefit for those with the following:

- ✓ Patients who are over 40 years of age
- ✓ Patients with thin corneas
- ✓ Patients with high refractive errors
- ✓ Patients with dry eye syndrome

Why does age matter?

As we get older, vision deteriorates for reasons other than prescription. In young adults, the lens inside the eye is supple and flexible. It has the ability to change shape with ease and this process is known as accommodation. This allows you to quickly change the way you focus from distance to near.

But as you age, your natural lens becomes stiffer and its ability to change shape deteriorates. Eyesight suffers because your lens cannot work as an efficient system with the cornea in the way it once could. Images may start to appear blurry for people who once had perfect vision. Termed presbyopia, it is the reason why people in their late 30s or early 40's find that for the first time in their lives they require reading glasses.

ⓘ During your initial consultation you will undergo a series of diagnostic tests to establish whether RLE or ICL is the most appropriate procedure for you.

If presbyopia is the cause of poor vision then unfortunately laser eye surgery will not help. In order to correct an error in the lens, you will need a procedure that removes the natural lens and replaces it with a new artificial lens.

Surgeons will rarely recommend laser eye surgery for people over 40 years of age. Although immediate results from laser eye surgery may be impressive and the costs are attractive, the risk is your vision improvement may be short lived.

RLE and ICL in these cases provide a relatively safe and effective route to vision correction. You do not need to know which surgical option is best for you prior to your consultation. All options will be explored by your specialist team who will provide a recommendation based on your individual eyes and lifestyle.



← Scan to download our other treatment brochures

LASER EYE SURGERY CONSENT FORM

PLEASE SIGN AND INITIAL WHERE INDICATED ON ALL PAGES

Consent information for [Laser Eye Surgery](#)

For the correction of long-sightedness, short-sightedness, astigmatism, presbyopia or a combination of these

Introduction

LASIK and LASEK are both commonly referred to as laser eye surgery. These procedures are usually performed to get rid of wearing corrective glasses. Both of these procedures re-shape the cornea (front transparent window of the eye) to treat myopia (shortsighted) or hyperopia (longsighted). In a case of myopia, the procedure makes the centre of cornea flatter by removing tissue from the centre and in the case of hyperopia, the laser removes tissue from periphery of the cornea to make it more steep at the centre. Laser eye surgery can also treat astigmatism by removing more tissue from one axis of the cornea more than other axis.

The difference between LASIK and LASEK is location where the tissue is removed. In LASIK a hinged flap is made in the cornea and the laser is applied under the flap which is then replaced. This makes the recovery much quicker. In LASEK there is no flap and the laser is applied to the surface of the cornea. Both procedures are very successful but the recovery is faster after LASIK (the one with the flap). We usually recommend LASIK to patients. However, some patients are not suitable for LASIK (usually because the cornea is not thick enough for making a flap). Those patients can have LASEK instead.

Please initial to confirm you have understood the above:

Alternatives to laser eye surgery

The laser eye surgery is a procedure to eliminate or reduce the need for wearing glasses or contact lenses. You have the option of continuing with glasses or contact lenses. There are also other surgical options such as natural lens exchange and surgical implantation of a contact lens inside the eye. Both of these procedures are more involved and not suitable for everyone. Your consultant would be able to advise you on which procedure is more suitable for you and your circumstances.

Please initial to confirm you have understood the above:

Laser eye surgery and Presbyopia

Presbyopia is the gradual loss of your eyes ability to focus on nearby objects. It's a natural, often annoying part of aging. Presbyopia usually becomes noticeable in early to mid-40s and continues to worsen until around age 65. This is why most people in that age category start to use near vision glasses. Near vision glasses are commonly referred to as reading glasses. The glasses are not for only reading but are needed for seeing any nearby object.

If you are under the age of 40 then you are very unlikely to need reading glasses immediately after laser eye surgery however, as you age, ultimately you will need reading glasses.

If you are at age that you need reading glasses, then you have 2 options if you choose to have laser vision correction.

1. Full distance correction:

You can choose to have your distance vision fully corrected in both eyes (perfect focus for distance) but this means that you will need reading glasses after surgery.

2. Monovision:

In this set up one eye (dominant eye) is corrected to full distance correction but the other eye is treated to become "the near vision eye". This set up is not suitable for everyone and we will test your suitability before the procedure. If you choose to have Monovision, you should expect that your distance vision might be compromised, you might need to wear glasses for driving at night or when reading for long periods. The longevity of this treatment depends on the strength of Monovision. Small amount of Monovision (+1.0) can usually be sufficient until age of 50. Bigger amount of Monovision (+2.0) is usually sufficient long-term and sometimes permanently.

Please initial to confirm you have understood the above:

More common complications of laser eye surgery:

1. Dry eyes

Dry eye symptoms can include uncomfortable, gritty and red eyes. Vision can also fluctuate and be blurred. Most patients have symptoms of dry eyes for a few days after the procedure. LASEK patients have symptoms for longer. In majority of patients symptoms of dry eyes improve in the first 6 months following the procedure and most will have no further symptoms after a year. However, in some patients the dry eye symptoms can continue to be a long term problem. These patients might need long term treatment for dry eyes which includes frequent lubricating eye drops and ointments. In minority of patients the dry eye problem can be very severe and permanent. Some patients are more at risk of developing dry eyes. We will advise you in advance if you are more at risk of developing dry eyes.

2. Glare, haloes, star bursts and low light vision problems such as driving at night

These symptoms are common for the first few weeks following the procedure. In the majority of patients, symptoms improve and are no longer an issue after 3 months. In a small minority of patients the symptoms can last for longer and occasionally this may necessitate further treatment. In a very small number of people, the symptoms may be permanent.

3. Under/over correction and natural regression of treatment

The procedure is not 100% predictable and ultimately the healing response influences the final outcome. Because of this, there is a chance that you might need additional treatment to adjust the outcomes. We call these extra procedures enhancements. Usually if you have a more complex treatment (higher initial prescription or astigmatism) then there is more risk of needing an enhancement procedure. Any enhancement procedure carries some risks. We cannot guarantee that you will not need glasses/contact lenses after laser eye surgery.

The laser eye surgery is not a permanent treatment. As over years, the shape of your eyes change, you might need to wear glasses or contact lenses again. Alternatively, you can have the procedure repeated if deemed suitable.

Please initial to confirm you have understood the above:

Rare but potentially serious complications of laser eye surgery:

1. Corneal scarring and haze

Infection and inflammation can cause corneal scarring. If the scarring is severe and central, it can affect the vision. The treatment of infection is with antibiotics. In rare circumstances, the scarring is severe and requires corneal graft surgery, The risk of total and irreparable loss of vision is very small.

2. Corneal ectasia

In rare occasions, the cornea becomes unstable after the procedure and bulges irregularly. This means the vision becomes blurred. This condition can be treated with stabilizing laser treatment and rigid contact lenses. Ultimately, corneal graft surgery might be required which is not always successful. We perform specific tests prior to surgery, to identify individuals at risk of this complication. The results of these tests are not 100% guaranteed. If you are a suitable candidate, we consider the risk of corneal ectasia to be very small.

3. Flap related complications

Holes, wrinkling free flaps and debris under the flap

We can encounter problems during the creation of the hinged flap. These include formation of wrinkles, holes or a free unhinged flap. Occasionally we spot debris under the flap. These complications are rare and in most cases can be treated effectively with further procedures.

4. Other complications

Double vision, ghosting of images, imbalance between eyes, light sensitivity, chronic intractable and unexplained eye pain, re-activation of herpetic virus which might not be known before the procedure and growth of blood vessels into the cornea.

As you will appreciate, it is not possible to list every possible complication of any procedure.

Please initial to confirm you have understood the above:

Simultaneous treatment of both eyes

It is possible to have both eyes treated at the same time (bilateral treatment) or you can have your second eye treated at a later date. Most people elect to have both eyes treated at the same time. The advantages are convenience and minimising imbalance between the eyes. Most people reach driving standard vision around a week following laser treatment. The disadvantage of both eyes being treated in the same treatment session is that the outcome of surgery to either eye is not yet known. Therefore, it is generally accepted that bilateral simultaneous refractive surgery carries a higher risk.

Please initial to confirm you have understood the above:

Aftercare instructions

By consenting to procedure, you also agree to follow the aftercare instructions including use of necessary eye drops. Inappropriate use of eye drops can potentially damage your eyes or affect the outcome of the procedure. You also agree to any alternative measure as may be found to be necessary during the procedure and administration of local anaesthetic for these purposes.

Please initial to confirm you have understood the above:

Brochure LES-V5210524

PATIENT'S ACCEPTANCE OF RISKS

I understand that it is impossible for the consultant to inform me of every possible complication that may occur. By signing below, I agree that I have been given enough time to read the consent form and accompanied Laser eye surgery information leaflet. I agree that I have been given opportunity to ask questions and my consultant has answered all of my questions. I agree that I have been offered a copy of this consent form and that I understand and accept the risks, benefits and alternatives of laser eye surgery. My decision to undergo laser eye surgery has been my own and has been made without duress of any kind. Although the purpose of the procedure is independence from glasses or contact lenses, I understand and accept that I have not been given a guarantee that I will not need glasses/contact lenses after laser eye surgery.

I wish to have laser eye surgery as follows:

LASIK: LASEK:
Both eyes at the same time:
or
Right Eye: Left Eye:
Full distance correction:
Monovision:

Patient full name:

Patient signature:

Date:

TREATING PHYSICIANS DECLARATION

I have thoroughly discussed the content of this form with the patient. I am satisfied that the patient understands the meanings of the technical terms used, the nature of treatments and potential side effects. The patient accepts these risks.

Consultant full name:

Consultant signature:

Date:

Brochure LES-V5210524



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EH28 8QQ



Edinburgh South East

Spire Shawfair Park Hospital,
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Vision Scotland Glasgow

3 Seaward Place,
Kinning Park,
Glasgow,
G41 1HH



Galashiels

Roxburgh House Court,
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Aberdeen

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Stirling

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Lomond House,
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