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## News Update February 2026

Your guide to the latest in optometry, clinical practice, CPD events and more

**DROP** ... the inconvenience of daily drops

**DROP** ... the worry of using daily drops incorrectly

**DROP** ... the hassle of relying on friends and family for help

**DROP** ... the pressure of getting every dose right

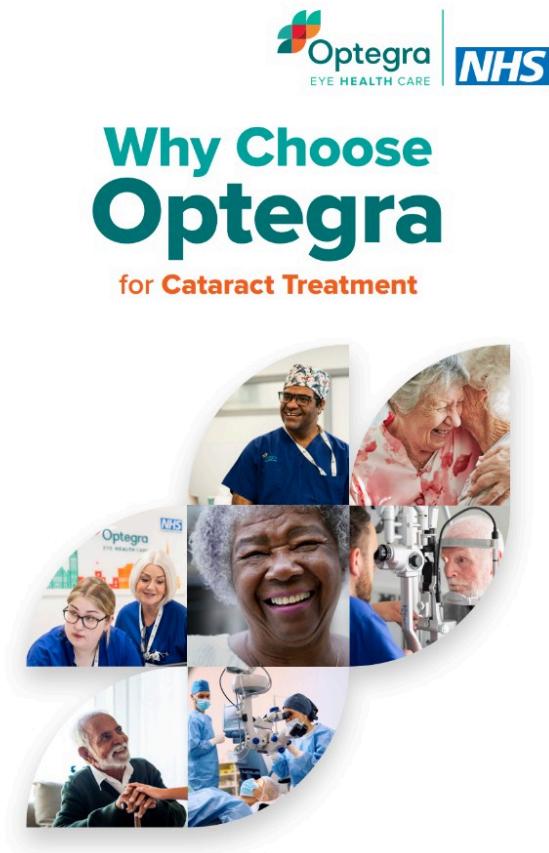
**DROP** ... the potential risk of poorer outcomes from daily drops

### **Drop-Free Cataract Surgery: Simple, Effective, Nationwide**

Months on from launching Drop-Free cataract surgery aftercare for NHS patients, the results across Optegra continue to speak for themselves.

**Over 10,000 procedures** across our sites have shown **lower rates of cystoid macular oedema** (2.73% vs 3.55%) and **fewer post-operative IOP spikes** (0.44% vs 0.68%) compared with traditional drop-based care.

These findings reinforce Drop-Free care as a safe, effective alternative

[Discover Drop-Free Care](#)

**Why Choose Optegra**  
for Cataract Treatment

Optegra  
EYE HEALTH CARE

NHS

## Why Choose Optegra: An Update

Our *Why Choose Optegra* booklet has been refreshed to give NHS optometrists the clearest insight into how we deliver safe, consistent, and patient-focused cataract care. The new edition features our **Drop-Free pathway**, insights into our **J&J TECNIS Monofocal 1-Piece IOL**, and an updated **patient journey** showing how every step is designed to be smooth and reassuring.

We've also included the **latest cataract surgery outcomes**, demonstrating the clinical excellence and reliability that optometrists can trust when referring patients to Optegra. This guide is designed to support you in helping patients understand what to expect from consultant-led NHS care.

[Optometrist Resources](#)

## Cataract Surgery: Outcomes You Can Trust

Optegra consistently delivers **cataract surgery results at, or above, national benchmarks**, giving you

# 2024/25

## Quality Report Data Comparison



From low complication rates to precise biometry and strong post-operative vision, our outcomes reflect the dedication, skill, and consistency of our surgical teams.

Partnering with Optegra means more than just excellent results; it means working with a team that prioritises **patient safety, clinical excellence, and reliable performance** at every stage.

[View our Outcomes Data](#)



### Meet the Consultant: Dr. Magdalena Edington

Dr Magdalena Edington is a Consultant Ophthalmic Surgeon treating NHS patients at **Birmingham, Leicester, Nottingham, and Uttoxeter Eye Hospitals**. She combines precision microsurgery with a patient-centred approach, ensuring care is tailored to each patient's visual needs and circumstances.

Dr Edington **leads advanced cataract surgery** at Optegra, offering premium lens options and drop-free surgery to eligible NHS patients. She also supports the next generation of ophthalmic surgeons as **Optegra's Junior Doctor Training Lead**, enhancing training programmes across the organisation.

Her holistic approach extends beyond surgery, emphasising early detection, lifestyle, and nutrition to help preserve long-term eye health.



In partnership with  
**ASDA** Opticians

## ASDA Opticians Annual Conference

Optegra is proud to exhibit at the ASDA Opticians annual conference, hosting up to 1,000 attendees

**10th February 2026**

**Coventry CBS Arena**  
Judds Lane  
Coventry  
CV6 6GE



## ASDA Opticians 2026 Conference: See You There!

Optegra is excited to be exhibiting at the ASDA Opticians Annual Conference on **Tuesday, 10th February 2026 at the Coventry CBS Arena**.

The team looks forward to connecting with optometrists, sharing insights, and highlighting the latest developments at Optegra in NHS ophthalmic care.

Visit our booth to learn more about how Optegra supports optometrists and their patients with safe, consistent, and patient-focused care!

[View all our upcoming events](#)



## 💬 AMD Awareness Month

February marks AMD Awareness Month, highlighting the importance of **early detection and timely treatment for wet age-related macular degeneration (Wet AMD)**. This aggressive form of AMD can cause rapid central vision loss, but prompt intervention with anti-VEGF therapy can stabilise and, in some cases, improve vision.

Optegra provides NHS Wet AMD treatment at our Manchester and Yorkshire Eye Hospitals. **We also treat Dry AMD on our private pathway at**

comprehensive AMD care. Our approach ensures that assessments and treatments are optimised for each individual patient, helping to preserve vision and quality of life.

Early diagnosis and consistent monitoring are key to protecting vision, and Optegra's dedicated eye hospitals and expert teams make this process straightforward for patients and referring optometrists alike.

### AMD Optegra NHS Offering



### **NHS Cataract Care Survey: Raffle Winner Announced**

Thank you to everyone who took part in our NHS Cataract Care Survey. Your feedback helps us continue to improve care for NHS patients and support optometrists in referring with confidence.

**We are delighted to announce that the winner of the £300 surprise hamper is Stephen McEnaney from Specsavers! Congratulations!**

If you missed the survey, don't worry, your input is always valued, and we look forward to sharing more opportunities to get involved in the future.

[Explore Optegra NHS Care](#)



## ☀ Patient Story: An Optometrist's Recommendation

Andrea Hainsworth from West Bridgford, Nottingham, knew it was time for cataract surgery when her vision began to affect driving and daily life. She felt reassured by a personal recommendation from her optometrist, who had undergone cataract surgery at Optegra himself!

With rapidly progressing cataracts, Andrea was referred to Optegra Eye Clinic Nottingham and treated by Consultant Ophthalmic Surgeon Dr Magdalena Edington.

The improvement was immediate. “Colours are more vibrant, I don’t need glasses for everyday activities, and driving at night feels safe again.”

Andrea’s experience highlights the value of timely referral and consultant-led NHS cataract care.

[Read the Full Story](#)

# Did You Know?

IRIS now handles Optegra appointment confirmations, reschedules, and outbound calls, helping patients attend their first appointments and reduce delays after referral. She’s already managed thousands of interactions, **making a meaningful difference by improving patient access and supporting timely treatment across our hospitals.**

IRIS is also helping the team explore new ways to add value in clinical care,

# Boost Your Skills With Our CPD Accredited Events

## Q1 2026 CPD Focus: Drop-Free Cataract Surgery

Join our interactive sessions to explore a Drop-free cataract surgery aftercare approach through real-world case scenarios. Learn about patient selection, pathway integration, and practical considerations while engaging in hands-on discussion with peers. Build your understanding of how Optegra is delivering Drop-Free cataract surgery and how this approach fits into modern cataract care.

[Join An Event Near You](#)

## Hear from our Patients:



“Great experience from start to finish! Initial examination was thorough and information with clear explanation of the various options open to me. This was followed up by an hour long discussion with the surgeon, Mr. Fadi Alfaqawi. The experience on the days of the surgery was first class. Although a little nervous beforehand, the procedure was quick & painless while the surgeon talked me through what was happening at all times. Caroline, the receptionist was helpful, professional at all times and arranged a taxi for me for my second eye surgery which had to be done on the following day at Nottingham. I am very satisfied with the outcome, with good all round vision, without the need for glasses any longer.”

- Colin Jones, treated at our Nottingham Eye Hospital

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Optometry!**

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