

# Why Choose Optegra

for **Cataract Treatment**



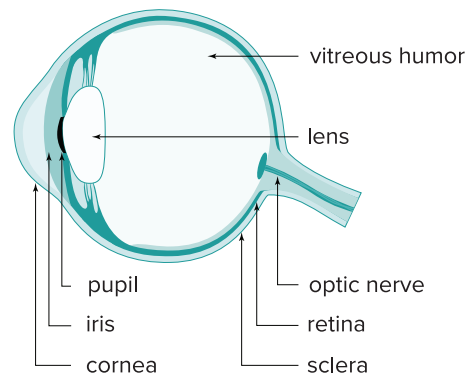
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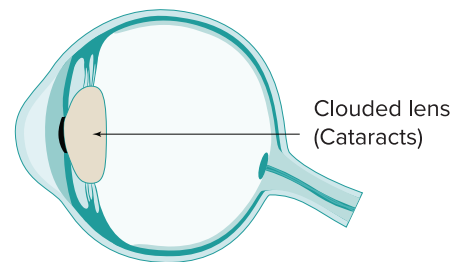
## What are Cataracts?

A cataract is the natural clouding of the lens of the eye. Over time, this clouding causes blurred vision, rather like looking through frosted glass. Cataracts can also cause colours to fade and may cause glare or double vision.

Normal Eye



Eye with a Cataract



Normal Vision



Vision with a Cataract



At present, the only treatment for cataracts is surgery. If the cataract is not removed, vision will gradually deteriorate.

## Why Choose Optegra?

Cataract treatment is one of the most common procedures in the UK, offering life-changing improvements to vision and quality of life. It can only be performed once, so ensuring you have been referred to the right hospital for you is very important.

### Why do so many patients choose Optegra?

- Patients will benefit from treatment at state-of-the-art, immaculate, and dedicated eye hospitals.
- Thousands of NHS patients choose Optegra for excellent outcomes.
- We are proud to be the first to provide our patients with nationwide drop-free cataract surgery on the NHS, for a smoother and faster recovery.
- Our leading consultant ophthalmic surgeons are highly experienced and have delivered thousands of treatments with industry-leading low-complication rates.
- We use a premium Johnson & Johnson lens for all our NHS patients.
- Our teams provide the compassionate care and exceptional eye treatment that all our patients deserve.
- We offer an excellent standard of aftercare, with help on hand 24 hours a day.
- We are rated excellent on Trustpilot by our patients\*.
- We have been a trusted NHS partner for over 15 years, and patient needs will be at the heart of our personalised treatment plans.

### NHS cataract surgery at Optegra

**Over 234,809**  
cataract surgery  
procedures  
performed to date

**99.2%**  
of patients were  
satisfied with their  
results

**99%**  
of patients would  
recommend  
treatment to their  
family or friends if  
they needed it

\*Results based on feedback from 27,201 patients.

## Our Lens

The Johnson & Johnson TECNIS® Monofocal 1-Piece IOL is engineered for optical excellence and is our standard lens for NHS cataract surgery patients. Designed to deliver sharp, high-quality distance vision from day to night, this lens allows patients to engage confidently in everyday activities such as driving and reading street signs. Its proven performance ensures patients receive the visual clarity they need, backed by years of clinical evidence.



### Key benefits for NHS patients

#### Sharp, Clear Vision

- Provides high-quality distance vision, improving clarity for everyday distance-vision tasks.

#### Enhanced Functionality

- Offers reliable performance in real-world settings, including low-light conditions.

#### Long-Term Reliability

- Made from hydrophobic acrylic.
- Data reported to date reveals this lens does not develop glistenings (which can cause light scatter and reduce visual quality).
- Millions of procedures performed globally, over long-term follow-up no lens material failure, opacification or lens related secondary surgery observed.

Material	Hydrophobic Acrylic
Design	Aspheric, tri-fix design, 360° square edge
% of YAG Procedures within 3 years	3.1%**
Spherical Aberration Correction	Fully corrected to essentially zero
Glistenings Reported	None

\*\*Of the patients who came back to Optegra for YAG Laser

## Drop-Free Treatment

Optegra are pleased to offer patients drop-free cataract surgery nationwide. We place excellent outcomes and a focus to continuously improve patient experience at the very centre of what we do, and this treatment solution reflects that commitment.

Thanks to recent advances, we're now able to provide the same protective benefits that post-operative eye drops traditionally offered, without routine cataract patients following a course of drops after surgery.

An audit of our NHS outcomes for 11,000 drop-free patients in January 2026, showed excellent results. It demonstrated that common post-operative complications are lower in the drop-free patient group compared to the traditional drop standard regime.

### Benefits to You

- Removes the inconvenience of a daily drops routine
- Removes the potential risk of poorer outcomes from daily drops
- Removes the pressure of getting the drops dose correct and administering drops incorrectly
- Removes the hassle of relying on friends and family for help





# Our NHS Locations



Birmingham



Bradford



Brighton



North London



Nottingham



Preston



Colchester



Hampshire



Leicester



Sheffield



Surrey



Utttoxeter



Maidstone



Manchester



Newcastle



West London



York



Scan to find out  
more about your  
nearest hospital



# NHS Cataract Patient Journey

1



Diagnosis & referral

2



Pre-assessment & booking

3



Face to face appointment

4



Booking surgery

5



Day of surgery

6



Post-operative assessment

7



Discharge

# Our Patient Portal

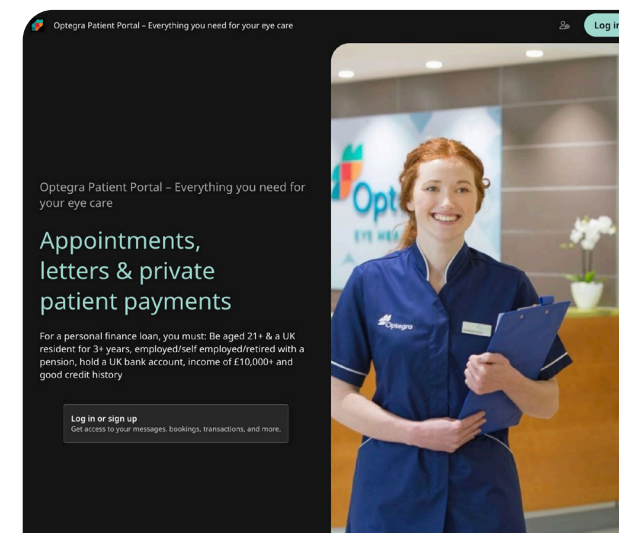
Our patient portal provides the fastest and most convenient means for patients to access any information about their eye health, anytime, anywhere, on any device.

**This allows you to:**

- Manage your Optegra Online Profile
- Check the time & date of upcoming appointments
- View Optegra correspondence

**How you can access your secure online account**

1. Go to [www.optegraeyes.com](http://www.optegraeyes.com) and click Sign-In.
2. If it's your first time, click Sign Up to create an account using your email, name, and password.
3. Verify the account with your Optegra Patient ID, date of birth, and chosen verification method.
4. Enter the verification code; your account is then ready to use.



**Need some guidance?**

Watch this video to help you navigate the portal easily.





# Frequently Asked Questions

## What should I bring to my appointment?

Bring all the spectacles you regularly wear and a copy of your most recent prescription if available. It's also helpful to note any medications you take. If you are on Warfarin, please bring your INR book.

## Can a chaperone or carer attend my appointment?

Yes, your chaperone is welcome to wait in our spacious waiting room. If you need assistance during your appointment or would like a carer to attend, please speak to reception on arrival -we'll do our best to accommodate you.

## Is parking available?

Free onsite parking is available at most hospitals. Please check with reception if a parking permit is required. Disabled parking bays are available, and your blue badge should be displayed clearly. If you require assistance from your car to the hospital entrance, notify reception in advance. GP-arranged transport may also be an option if criteria are met.

## Can I travel by public transport?

Travel options vary by location. Detailed information is available on our website: [www.optegra.com](http://www.optegra.com)

## Can I drive to my appointment?

No - you should not drive to your appointment, as eye drops may blur your vision for 6–24 hours. After surgery, your vision can take up to 48 hours to settle. Only drive once your eye health professional advises it is safe to do so.

## Do you offer transport to appointments?

Yes, we offer free transport to eligible NHS patients travelling to and from cataract appointments, treatments, and surgery. Please check eligibility here: [www.optegra.com/free-transport-for-nhs-patients](http://www.optegra.com/free-transport-for-nhs-patients)

## Is my first appointment for consultation or surgery?

Your first appointment is an initial consultation with the clinical team to discuss the procedure and give you the opportunity to ask any questions.

## How long will my appointment take?

Please allow up to two hours for each appointment.

## Can I have both cataract surgeries on the same day?

No - each eye is operated on separately.

## Will I be awake during the procedure?

Yes. Local anaesthetic is used, and a mild sedative can be given if required.

## Can I rearrange my appointment?

If you need to change your appointment, please contact us as soon as possible on 0207 509 4186 or email [optegra.bookings@nhs.net](mailto:optegra.bookings@nhs.net). You can also manage appointments via the patient portal.

## Will I need eye drops during aftercare?

Drop-free cataract surgery is now part of the NHS service at Optegra. This means you won't need weeks' worth of drops after surgery and can enjoy clear, comfortable aftercare with less hassle while achieving the same exceptional results. For more information visit [www.optegra.com/nhs/drop-free-cataract-surgery](http://www.optegra.com/nhs/drop-free-cataract-surgery)

## How long should I wear the eye shield?

Most patients are advised to wear the eye shield overnight for one week, unless your surgeon gives different instructions.

## How long will it take for my eyes to recover after surgery?

Recovery varies, but on average it takes 4–6 weeks for your eyes to settle and adjust.

## When can I return to work after surgery?

Most patients can return after around three days. For dusty or smoky environments, a two-week delay is recommended.

## How soon after surgery can I fly?

We recommend at least one week before a short-haul flight, and two weeks before medium or long-haul flights (three hours or more).



## Meet Our Patients

I was very fortunate to find out that both eyes could be treated with a new element to the procedure which meant I did not have to apply any drops. When I had the treatment, I must admit I burst into tears! Very happy tears! I could see everyone and everything so clearly and honestly have never had vision like this in my life. I would recommend this drop-free treatment to anyone!

**Mrs Susan Moore**

A really positive experience and great communication throughout. Fantastic service, staff really friendly and welcoming and super helpful, hot drinks on tap and spotlessly clean. Would highly recommend! A\*

## Caterina Walsh

## Optegra Eye Health Care is rated Excellent

**Based on over 7,500 reviews**



**Scan here for more  
patient feedback that  
truly speaks for itself.**



## Notes

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Tel: 0207 509 4186

[www.optegra.com/NHS](http://www.optegra.com/NHS)

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