



## Mr Alastair Stuart

Consultant Ophthalmic Surgeon  
and Medical Director

### Locations:

Optegra Eye Hospital Hampshire

After graduating from Medical School in Nottingham, Alastair completed his Ophthalmology rotations in London, culminating in his Corneal Fellowship at Moorfields Eye Hospital. He is one of a handful of surgeons worldwide who has received formal Laser Eye Surgery Training. He completed a fellowship in Refractive Surgery under Professor Reinstein at the London Vision Clinic where he worked for a further 4 years before joining Optegra.

He became Medical Director of Optegra in the UK in January 2025. Alastair offers treatment for both private and NHS patients.

He is a key opinion leader and Consultant both Carl Zeiss Meditec, Rayner and Bausch & Lomb, for whom he has given several International presentations.

Alastair has extensive experience in both Laser eye surgery and Cataract Surgery. He has completed over 2000 laser eye surgeries, including more than 1000 SMILE procedures, and over 8000 cataract/lens based surgeries.

Outside of work Alastair is a runner and lover of sports, especially football and golf. He is married to Rebecca and together they have 3 young boys; Jackson, Sam and Rory. They love to travel and cook together; in particular barbecuing with friends and family.

### Expertise

- LASEK
- LASIK
- Presbyond Laser Blended Vision
- Lens Replacement
- Cataract Surgery
- Laser Eye Surgery
- Implantable contact lens

### Education

- Primary medical qualification
- BM BS 2008 University of Nottingham

### Qualifications

- FRCOphth
- Diploma of Cataract and Refractive Surgery

### Additional Professional Memberships

- Consultant for Rayner IOLs
- Independent Doctors Federation
- Key Opinion Leader for Carl Zeiss Meditec

### Private Medical Insurance Memberships

- Alliance
- Allianz
- AVIVA
- AXA
- Cigna
- Healix
- Vitality
- WPA



### What first attracted Alastair Stuart to ophthalmology?

Dr Alastair has relished his journey into ophthalmology, he expressed: "As a junior doctor straight out of medical school, ophthalmology was the first job I was given. I loved it immediately!" That instant spark became the foundation for a career focused on restoring vision and transforming lives. Today, he continues to take pride in seeing patients rediscover everyday joys, from reading to driving, thanks to clearer sight.



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## Patient Feedback



Alastair has been absolutely superb. He has always explained every step in detail and has been on hand when I had a slight haze complication. Alastair is very accommodating and a delight to talk to. A real gentleman in every respect and a complete asset to Optegra.



Alastair couldn't have done anything more to put me at my ease before during and after the procedure. nothing felt rushed about the surgery and I was delighted with the result.



I had my first cataract operation at Optegra Eye Health Care 3 days ago. Every member of the ophthalmic team was very professional, everyone introduced themselves, were polite, gave all relevant information before and after the surgery. The procedure was done by Mr Alastair Stuart, who was also very professional and friendly. The procedure was quick and completely painless and I have had only minor discomfort on the day of the operation and nothing since. I wish NHS providers were the same!



After a thorough assessment I was thrilled to be able to go ahead with laser eye surgery. I was able to book a date and time that was convenient for me. The procedure was painless and I was reassured by Mr Stuart the whole way through. Everyone at Optegra Whiteley from the receptionists, nurses, optometrist and surgeon were friendly and happy to answer any questions I had. I am very pleased with the results and enjoying life without having to wear glasses or contact lenses!



I had cataract surgery 6 weeks ago at Optegra performed by Mr Alastair Stuart and am extremely satisfied with the outcome. The surgery itself was quick and painless. Enhanced lenses were recommended for me and a reading and intermediate lens put in one eye and a distance and intermediate in the other, and I no longer need glasses for reading, computer or daytime driving ! Night time long distance vision remains slightly blurry so I haven't driven at night yet, but am told this will improve with time. I would highly recommend treatment at Optegra - surgical and admin staff combine efficiency with a friendly and caring approach both at Guildford and Solent.