

# Eye Health and Vision Correction

A guide to our services



DR SANCY LOW  
EYE SURGEON

# Our Director, Dr. Sancy Low

---

Consultant Ophthalmic Surgeon  
MB BS BSc (Hons) PhD FRCOphth CertLRS

Dr. Sancy Low is a renowned consultant ophthalmic surgeon with extensive experience in cataract and refractive surgery. Trained in leading eye hospitals in London, Dr. Low performs over 500 cataract/ lens replacement operations annually. She utilises state-of-the-art techniques and equipment for vision correction and laser refractive surgery.

She brings a wealth of experience and expertise to her practice, having dedicated over a decade to groundbreaking research in ophthalmology. Her significant contributions include the cloning of the first gene (*SPATA13*) known to cause Primary Angle-Closure Glaucoma.

Throughout her career, Dr. Low has served at all the major teaching hospitals in London, showcasing her extensive knowledge and skills. In 2018, she was appointed as a Cataract Specialist at the renowned St. Thomas' Hospital, in London. STH is known for pioneering the first intraocular lens (IOL) implant for cataract treatment. She is a leading figure in the field of eye surgery and well known across London and the UK.

With a focus on delivering skilled, compassionate surgery tailored specifically for you, Dr. Low and her team are dedicated to advancing ophthalmic care with an integrated and comprehensive approach to eye and health care. Experience the difference at Dr. Sancy Low's practice, where innovation meets compassionate care.

WWW.SANCYLOW.COM



<b>Our Director, Dr. Sancy Low</b>	<b>1</b>
<b>A to Z of Eye care</b>	<b>3</b>
<b>The Start of Your Journey</b>	<b>8</b>
<b>Intraocular Lens (IOL) Selection Guide</b>	<b>9</b>
<b>Refractive Lens Exchange (RLE)</b>	<b>10</b>
<b>Implantable Contact Lenses (ICL)</b>	<b>12</b>
<b>Complex Cataract Surgery</b>	<b>14</b>
<b>Lens Brands We Collaborate With</b>	<b>16</b>
<b>Your Cataract/ Lens Surgery Journey</b>	<b>17</b>
<b>Glaucoma Surgery</b>	<b>18</b>
<b>The Glaucoma Surgery Journey</b>	<b>19</b>
<b>SMILE vs. PRESBYOND</b>	<b>20</b>
<b>Your Laser Surgery Journey</b>	<b>22</b>
<b>Revital Vision</b>	<b>23</b>
<b>Read our Testimonials</b>	<b>25</b>
<b>Price List</b>	<b>26</b>
<b>Why choose us?</b>	<b>27</b>
<b>Contact</b>	<b>29</b>
<b>Our Team</b>	<b>30</b>

# A-Z of Eye Care

---

## **A**STIGMATISM

Astigmatism is a common vision condition caused by an irregular curvature of the cornea or lens in the eye. This irregularity prevents light from focusing properly on the retina, resulting in blurred or distorted vision at all distances. People with astigmatism may experience headaches, eye strain and difficulty with night vision.

## **B**LEPHARITIS

Blepharitis is an inflammatory condition affecting the eyelids, characterized by redness, swelling and irritation along the eyelid margins. It often results in crusting or flaking of the skin around the eyelashes and can cause symptoms such as itching, burning and a sensation of a foreign body in the eye.

## **C**ATARACT

A cataract is a clouding of the eye's natural lens, leading to a decrease in vision clarity. It typically develops slowly and is most associated with aging, although it can also result from genetic factors, injury or medical conditions such as diabetes. Symptoms of cataracts include blurred vision, glare, difficulty with night vision and a fading or yellowing of colours.

## **D**EGENERATIVE EYE CONDITIONS

Degenerative eye conditions are a group of disorders that progressively deteriorate the structure and function of the eyes, often leading to vision loss. One common example is age-related macular degeneration (AMD), which affects the central part of the retina, impairing central vision critical for activities like reading and recognising faces. Glaucoma, another degenerative condition, damages the optic nerve due to increased intraocular pressure, gradually causing peripheral vision loss.

## **E**YE MOVEMENTS

Eye movements are crucial for visual perception, allowing us to track moving objects, switch our focus between different points and stabilise our vision. These movements are controlled by six muscles around each eye, coordinated by a complex neural network in the brain. Please tell us if you had a lazy eye in childhood or had any double vision or previous squint surgery.

## **FLOATERS**

Floaters are small, shadowy shapes that drift across the field of vision, often described as spots, threads or cobwebs. They are caused by tiny strands of the eye's vitreous gel inside of the eye breaking down over time. These are normal and can become more visible around 60 years of age. If floaters are accompanied by bright flashing lights this is an urgent condition needing the retina to be checked for detachments.

## **GLAUCOMA**

Glaucoma is a group of eye diseases that damage the optic nerve, often due to increased intraocular pressure, leading to progressive and irreversible vision loss. It is a leading cause of blindness, particularly affecting peripheral vision initially before advancing to central vision loss if untreated. There are several types of glaucoma, including open-angle glaucoma, which develops slowly and is the most common form, and angle-closure glaucoma, which can occur suddenly and is a medical emergency.

## **HYALURONIC ACID**

Hyaluronic acid is a naturally occurring substance in the human body, particularly abundant in connective tissues, skin and eyes. It plays a crucial role in retaining moisture, providing lubrication and maintaining tissue elasticity. Many lubricating eye drops are formulated with this compound.

## **IODINE AND OTHER ALLERGIES**

Iodine is an essential mineral crucial for thyroid function and overall health, but in some individuals, exposure to iodine can trigger allergic reactions. These allergies are rare but can occur after consuming iodine-rich foods, such as seafood, or using iodine-containing medications and antiseptics. Symptoms of an iodine allergy may include skin rashes, hives, itching and, in severe cases, anaphylaxis. Please tell us about any allergies you may have.

## **JOINED UP CARE**

Please bring any past letters, spectacle prescriptions and sight test reports to your appointment as Dr. Low will put everything in context and give you the best advice on managing your eye condition. Many long term conditions are cared for on the NHS and supplementary follow up with specialist consults with Dr. Low will enable you to ask the right questions and help you to manage any long term eye conditions more confidently

## **KERATOCONUS**

Keratoconus is a progressive eye disorder characterised by the thinning and bulging of the cornea, the clear outer covering of the eye. This condition results in a cone-shaped deformation of the cornea, leading to visual distortions, blurred vision, sensitivity to light and frequent changes in prescription eyewear. Patients with keratoconus are not suitable for LASIK but have other treatment options.

## **L**ASIK

LASIK (Laser-Assisted in Situ Keratomileusis) is a popular surgical procedure used to correct refractive errors and reduce or eliminate the need for glasses or contact lenses. During the procedure, a specialised laser is used to reshape the cornea, the clear front surface of the eye, to improve its ability to focus light onto the retina accurately. LASIK is commonly used to treat nearsightedness (myopia), farsightedness (hyperopia) and astigmatism.

## **M**ACULAR DISEASES

Macular diseases encompass a range of conditions affecting the macula, a small but crucial part of the retina responsible for central vision and detailed sight. Common macular diseases include age-related macular degeneration (AMD), diabetic macular edema (DME) and macular hole.

## **N**ORMAL PRESSURE GLAUCOMA

Normal tension or normal pressure glaucoma is a type of glaucoma where damage to the optic nerve and loss of vision occur despite normal intraocular pressure (IOP) levels, typically defined as pressures within the range considered normal (10-21 mm Hg). This condition is characterised by optic nerve damage and visual field loss similar to other forms of glaucoma, but with IOP measurements consistently within the normal range. Trabeculectomy is often the only appropriate operation for this type of glaucoma because minimally invasive operations cannot reduce pressures low enough.

## **O**PEN-ANGLE GLAUCOMA

Open-angle glaucoma is the most common form of glaucoma, characterised by a gradual increase in intraocular pressure (IOP) due to the obstruction of the eye's drainage system. This type of glaucoma is more amenable to laser treatments (SLT) and minimally invasive glaucoma procedures to reduce the burden or need for using glaucoma Drops that have side effects. Careful examination and treatment planning is essential. Dr. Low is an expert at classifying glaucoma and has written her PhD on primary angle-closure disease and the genetics of glaucoma.

## **P**OST-OPERATIVE CARE AND ATTENTION

Post-operative care and attention are crucial for ensuring a smooth recovery and optimal outcomes following surgical procedures. Depending on the type of surgery, post-operative care may involve activities such as managing dry eyes, pain and discomfort, administering medications and attending follow-up appointments. Patients are typically instructed to rest for the first week, avoid strenuous activities and follow activity restrictions depending on the type of surgery performed.

## **Q**UALITY CARE

Dr. Sancy Low delivers top-notch care characterised by precision, compassion and innovation. With a focus on enhancing vision and improving quality of life, Dr. Low employs state-of-the-art techniques and personalised treatment plans tailored to each patient's unique needs. From comprehensive evaluations to advanced surgical procedures, Dr. Low's expertise ensures optimal outcomes and patient satisfaction.

## **R**ETINAL DETACHMENT

Retinal detachment is a serious eye condition where the retina, the thin layer of tissue lining the back of the eye, pulls away from its normal position. This separation can disrupt the flow of nutrients to the retina, leading to vision loss if not promptly treated. Symptoms of retinal detachment may include sudden flashes of light, sudden increases in floaters and a curtain-like shadow or blur in the field of vision.

## **S**PECTACLES

Spectacles are available in various designs, materials, and lens types to suit individual needs and preferences. They can correct common vision problems such as nearsightedness (myopia), farsightedness (hyperopia), astigmatism, and presbyopia. Regular eye examinations by an optometrist or ophthalmologist are essential for determining the appropriate prescription and ensuring optimal vision correction with spectacles.

## **T**ORIC LENSES

Toric lenses are a type of contact lens or intraocular lens (IOLs) designed specifically to correct astigmatism. Unlike traditional spherical contact lenses, toric lenses have different powers in different meridians of the lens to compensate for the astigmatism. This design ensures that light entering the eye is focused properly on the retina, providing clear vision. One in three people have significant astigmatism. We aim to reduce astigmatism in ALL our patients and the NHS national standard at present sees an increase of astigmatism after cataract surgery, so choose us instead.

## **U**NCORRECTED VISION

Uncorrected vision refers to your vision without glasses or contact lenses. In our practice we aim to get 90% of our patients independent of permanent spectacle wear. By treating astigmatism, near-sightedness (myopia) and far-sightedness (hyperopia), we manage each stage of life expertly, so that any laser or surgical treatments you have achieve the longest lasting results. We prioritise your daily needs with suitable treatments to give realistic expectations and excellent after care.

## **V**ISION READY?

Vision Ready typically refers to the state of being prepared or equipped with appropriate eyewear or vision correction to meet the visual demands of various activities. Whether it's reading, driving, working on a computer or engaging in sports, having the right eyeglasses, contact lenses or other vision aids ensures optimal visual acuity and comfort. Our clinic does everything we can to help you with this.

## **W**HAT IF THINGS GO WRONG?

In the rare event that complications arise from eye surgery, it's essential to address them promptly and effectively. Complications can vary depending on the type of surgery but may include infection, inflammation, dry eyes, overcorrection or under correction of vision and, in extreme cases, vision loss. However, advancements in surgical techniques and technology have significantly reduced the occurrence of complications. We are here for you at every part of your eye care journey.

## **X**IS THE LITTLE EXTRA WE DO FOR EVERY CLIENT

Under the care of our lead surgeon Dr. Sancy Low, each client receives a personalised touch that goes beyond routine medical attention. Dr. Low is dedicated to providing comprehensive care tailored to the unique needs and preferences of every patient. From the initial consultation to post-operative follow-ups, Dr. Low ensures clear communication, addressing concerns, and providing reassurance throughout the treatment journey. She has a wonderful memory for people which she developed during her PhD recruiting families into research and therefore runs a very family friendly practice.

## **Y**AG LASER TREATMENTS

YAG (Yttrium Aluminium Garnet) is a type “cutting” laser which is used in the front part of the eye, either on the iris – the part of the eye that gives you your eye colour, and up to the level of the lens. This laser can be used to make a small opening in your iris, in order to prevent acute attacks glaucoma. This is called YAG laser iridotomy.

It can also be used to treat posterior capsule opacification (PCO), which is a secondary cloudiness that happens to the lens membrane in about 5% of cases, following cataract surgery. This time, the treatment is called YAG laser capsulotomy, which trims away the cloudiness in the central part of your vision. The original lens membrane then floats to the back of the eye and can sometimes be seen as floaters. Both these treatments are done as outpatient procedures that take about 15 minutes.

## **Z**OOM AND OTHER PLATFORMS

Zoom and other video platforms have become essential tools for communication, particularly during the COVID-19 pandemic, but prolonged use can have implications for eye health. Excessive screen time can lead to digital eye strain, characterised by symptoms such as eye fatigue, dryness, blurred vision and headaches. To mitigate these effects, it's important to practice the 20-20-20 rule, where every 20 minutes, take a 20-second break and look at something 20 feet away to reduce eye strain.

Our clinic also offers video consultations, particularly if there are a number of treatment choices, so we can support you with decision making.



# The Start of Your Journey

WHICH ASPECT OF YOUR VISION IS MOST IMPORTANT TO YOU?

## NEAR

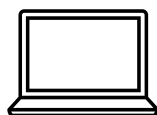
Being able to read small print such as newspapers and books.

## INTERMEDIATE

For those who spend long hours on the computer.

## DISTANCE

Being able to drive without glasses or far distance.



STANDARD  
DISTANCE VISION  
(1 OUT OF 3)



STANDARD  
MONOVISION  
(2 OUT OF 3, ONE  
EYE DISTANCE ONE  
EYE NEAR)



BLENDED  
MONOVISION WITH  
EDOF OR LASER  
(3 OUT OF 3)



TRIFOCAL  
(3 OUT OF 3 ±  
GLARE)



MAY EXPERIENCE  
GLARE

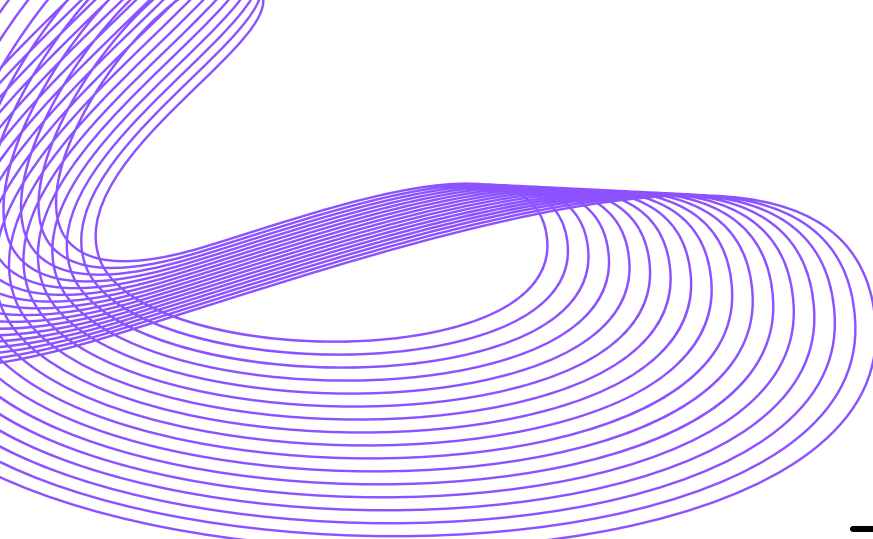


SPECTACLES MAY  
STILL BE  
REQUIRED



VISION IS GOOD

THIS IS A GUIDE ONLY AS  
5% OF PEOPLE HAVE  
SLIGHTLY DIFFERENT  
OUTCOMES



See clearly, Live fully

# INTRAOCULAR LENS (IOL) SELECTION GUIDE

---

## YOUR VISION, YOUR CHOICE

Choosing the right intraocular lens (IOL) is a crucial step in your lens surgery journey. At Dr. Sancy Low's practice, we are dedicated to helping you understand your options and select the IOL that best meets your vision needs and lifestyle. This guide provides an overview of the different types of IOLs available and what to consider when making your decision.

---

### 1. MONOFOCAL IOLS

- Description: These lenses provide clear vision at one distance—near, intermediate, or far. Most patients choose to have them set for clear distance vision, requiring reading glasses for close work.
- Benefits: Typically covered by insurance, provides excellent clarity at a specific range.
- Considerations: You may still need glasses for tasks that are not at the distance for which the IOL is set.

### 2. TORIC IOLS

- Description: Specifically designed to correct astigmatism, these lenses also provide clear vision at a set distance.
- Benefits: Corrects both cataracts and astigmatism, improving overall vision quality.
- Considerations: Like monofocal IOLs, you may need glasses for certain tasks.

### 3. MULTIFOCALS IOLS

- Description: These lenses are designed to provide clear vision at multiple distances, reducing or eliminating the need for glasses.
- Benefits: Allows for greater independence from glasses, suitable for various activities such as reading and driving.
- Considerations: Some patients may experience glare or halos around lights, especially at night.

### 4. EXTENDED DEPTH OF FOCUS IOLS

- Description: These lenses bend light rays by using spherical aberrations, in order to create a larger range of focus than monofocal IOLs. These are the most modern lenses and do not typically generate haloes.
- Benefits: Provides good vision at various distances with minimal reliance on glasses.
- Considerations: However, they may not be as effective for very small print or very far distances.

**Lifestyle Needs:** Think about your daily activities. Do you spend a lot of time reading, driving or using digital devices? Your lifestyle can influence which IOL is right for you.

**Goals:** Discuss your vision goals with Dr. Low. Whether you aim for complete independence from glasses or improved distance vision, your goals will guide your IOL choice.

**Existing Eye Conditions:** If you have other eye conditions such as astigmatism, you may benefit more from specific types of IOLs, like toric lenses.

**Budget and Insurance:** Consider the cost and what your insurance covers. While some advanced IOLs may offer greater benefits, they might also come with additional out-of-pocket costs.

See clearly, Live fully

# REFRACTIVE LENS EXCHANGE (RLE)

## ENHANCE YOUR VISION BEYOND MIDDLE AGE

Refractive Lens Exchange (RLE), also known as Clear Lens Exchange (CLE), is a revolutionary procedure offered at Dr. Sancy Low's practice to correct refractive errors and reduce dependency on glasses or contact lenses. Whether you are seeking to improve nearsightedness, farsightedness or presbyopia, RLE offers a comprehensive solution to achieve clearer vision and enhance your quality of life.

## WHAT IS REFRACTIVE LENS EXCHANGE?

RLE involves replacing the eye's natural lens with an artificial intraocular lens (IOL) to correct refractive errors and improve vision. This procedure is similar to cataract surgery but is performed for patients who do not have cataracts yet desire vision correction.

## BENEFITS OF REFRACTIVE LENS EXCHANGE

### Correct Multiple Vision Issues

RLE can effectively correct:

- Nearsightedness (Myopia)
- Farsightedness (Hyperopia)
- Presbyopia (Age-Related Loss of Near-Vision)

### Reduced Dependency on Glasses or Contacts

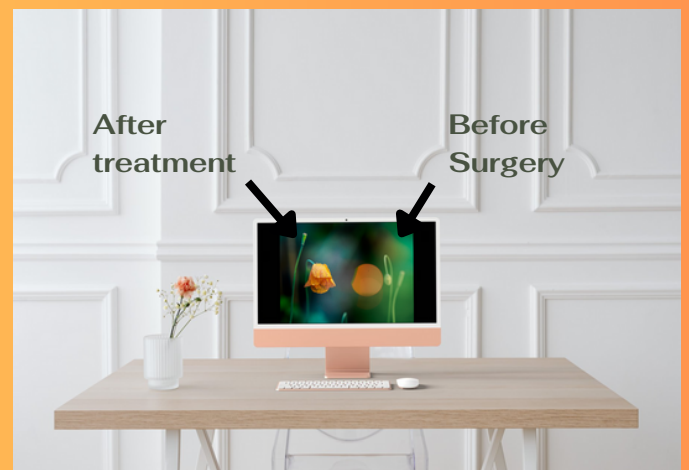
Many patients achieve significantly reduced dependency on corrective eyewear for daily activities such as reading, driving and working on digital devices.

### Long-Term Solution

The implanted IOLs are designed to remain stable and clear for the rest of your life, providing lasting vision improvement.

### Enhanced Visual Quality

Patients often experience improved contrast sensitivity and enhanced night vision after RLE, resulting in clearer and sharper vision overall.



# REFRACTIVE LENS EXCHANGE (RLE)

ENHANCE YOUR VISION BEYOND CATARACT TREATMENT

## RLE may be suitable for individuals who:

- Are over 40 years old and experiencing presbyopia.
- Seek a permanent solution for their refractive errors.
- Have healthy eyes and are not suitable candidates for LASIK or other laser vision correction procedures.
- Desire reduced dependence on glasses or contact lenses for daily activities.

## THE RLE PROCEDURE

### 01 Comprehensive Consultation

Your RLE journey begins with a thorough consultation with Dr. Sancy Low. We will assess your eye health, measure your refractive errors and discuss your vision goals to determine if RLE is the right choice for you.

### 02 Personalised Treatment Plan

Based on your assessment, Dr. Low will recommend the most suitable type of intraocular lens (IOL) for your unique needs and lifestyle. Options include enhanced depth of focus, and multifocal or toric lenses to address specific vision issues.

### 03 Surgical Procedure

On the day of your surgery, our experienced team will ensure you are comfortable and well-prepared. The procedure typically takes about 20-30 minutes per eye and is performed under local anaesthesia. Dr. Low will remove the natural lens and replace it with the selected IOL through a small incision, usually without stitches.

### 04 Postoperative Care and Recovery

Following surgery, you will receive detailed instructions on eye care, medications, and activities to avoid during the initial healing period. Most patients experience noticeable vision improvement within a few days and achieve optimal results after several weeks.

# Implantable Contact Lenses (ICL)

## What Are Implantable Contact Lenses (ICL)?

ICLs are thin, biocompatible lenses that are surgically implanted inside the eye, between the iris and the natural lens. Unlike traditional contact lenses that sit on the surface of the eye, ICLs are placed within the eye to correct refractive errors such as myopia (nearsightedness) and astigmatism.

### Benefits of ICLs

#### Superior Vision Quality

ICLs provide high-definition vision correction, offering clear and sharp vision at all distances. Patients often experience better contrast sensitivity and improved night vision compared to other corrective options.

#### Minimally Invasive Procedure

The implantation of ICLs is a quick, minimally invasive procedure performed on an outpatient basis. Recovery time is typically short, allowing you to resume normal activities within a few days.

#### Long-Lasting and Reversible

ICLs are designed to remain in place permanently, but they can also be removed or replaced if your vision needs change or if new advancements in vision correction become available.

#### UV Protection

ICLs offer built-in protection against harmful UV rays, helping to safeguard your eyes from long-term sun damage.

Unlike LASIK, which involves reshaping the cornea, ICL implantation does not alter the corneal structure. This makes it an ideal option for patients with thin corneas or other corneal irregularities.

---

## IMPLANTABLE CONTACT LENSES OFFER A SOLUTION FOR HIGH MYOPES FROM (-4.00 TO -12.00DS)

### Ideal Candidates for ICLs

- **Refractive Errors:** Patients with moderate to severe myopia with or without astigmatism.
- **Thin Corneas:** Individuals who may not be suitable candidates for LASIK or PRK due to thin or irregular corneas.
- **Active Lifestyles:** Those seeking a durable and reliable vision correction option that is ideal for an active lifestyle.

### The ICL Procedure

#### Consultation and Assessment

Your journey to clearer vision with ICLs begins with a comprehensive consultation with Dr. Sancy Low. During this visit, we will assess your eye health, measure your refractive errors and discuss your vision goals to determine if ICLs are the right choice for you.

#### Customised Treatment Plan

If you are a suitable candidate, Dr. Low will create a personalised treatment plan tailored to your specific needs. This includes selecting the appropriate lens power and size to ensure optimal results.

### Quick and Painless Surgery

The ICL implantation procedure is performed under local anaesthesia and typically takes about 20–30 minutes per eye. Dr. Low will make a small incision and insert the ICL behind your iris. The procedure is quick and most patients report minimal discomfort.

### Aftercare is similar to lens surgery

Following the surgery, we will provide detailed postoperative care instructions and schedule follow-up visits to monitor your healing and ensure the success of the procedure. Most patients experience significant improvement in their vision within a day or two.

Typically your post-operative care would start with a steroid antibiotic and lubricating drops

See clearly, Live fully

# COMPLEX CATARACT SURGERY

## EXPERT CARE FOR CHALLENGING CASES

Cataract surgery is one of the most common and successful surgical procedures performed today. However, some cases are more complex and require specialised expertise and advanced techniques. At Dr. Sancy Low's practice, we are dedicated to providing exceptional care for all cataract patients, including those with complex cases. Our team's extensive experience and commitment to excellence ensure the best possible outcomes for even the most challenging conditions.

### WHAT MAKES CATARACT SURGERY COMPLEX?

Certain factors can make cataract surgery more intricate and demanding, including:

- **Advanced Cataracts:** Dense or mature cataracts that significantly impair vision.
- **Previous Eye Surgery:** Patients who have had prior eye surgeries, such as LASIK or retinal procedures.
- **Co-existing Eye Conditions:** Conditions like glaucoma, diabetic retinopathy, macular degeneration or corneal disorders.
- **Small Pupil Size:** Pupils that do not dilate sufficiently, making access to the cataract more difficult.
- **Weak Zonules:** The fibres that hold the lens in place are weakened, making the lens less stable.
- **Other Anatomical Challenges:** Unique eye structures that require specialised surgical approaches.

### Our Approach to Complex Cataract Surgery

Dr. Sancy Low and her team utilise state-of-the-art technology and advanced surgical techniques to manage complex cataract cases effectively. She has completed over 3,000 procedures and her complication rates are well below national standards (0.2% for posterior capsule rupture, compared to 1.92%).

### Comprehensive Preoperative Assessment

We perform an in-depth evaluation of your eye health, including advanced diagnostic imaging and measurements. We also take into account any medical complexities of your case and plan precise surgical approaches tailored to your needs.



See clearly, Live fully

# COMPLEX CATARACT SURGERY

**EXPERT CARE FOR CHALLENGING CASES**

**ADVANCED SURGICAL TECHNIQUES**

Dr. Low employs cutting-edge techniques and technology to address the challenges of complex cataract surgery, such as:

- **Microincision Surgery:** Minimally invasive approach to reduce healing time and improve outcomes.
- **Specialised Instruments:** Custom tools designed for small pupils, weak zonules and other unique anatomical features.
- **Minimally invasive glaucoma surgery:** Combined with cataract surgery to reduce side effects from glaucoma eye drops, and preventing sight loss.

## **PERSONALISED INTRAOCULAR LENS (IOL) SELECTION**

Choosing the right IOL is crucial for achieving the best visual outcomes. Dr. Low offers a wide range of IOL options, including toric lenses for astigmatism and multifocal lenses for improved near and distance vision. She will work with you to select the IOL that best meets your vision goals and lifestyle.

## **EXPERT POSTOPERATIVE CARE**

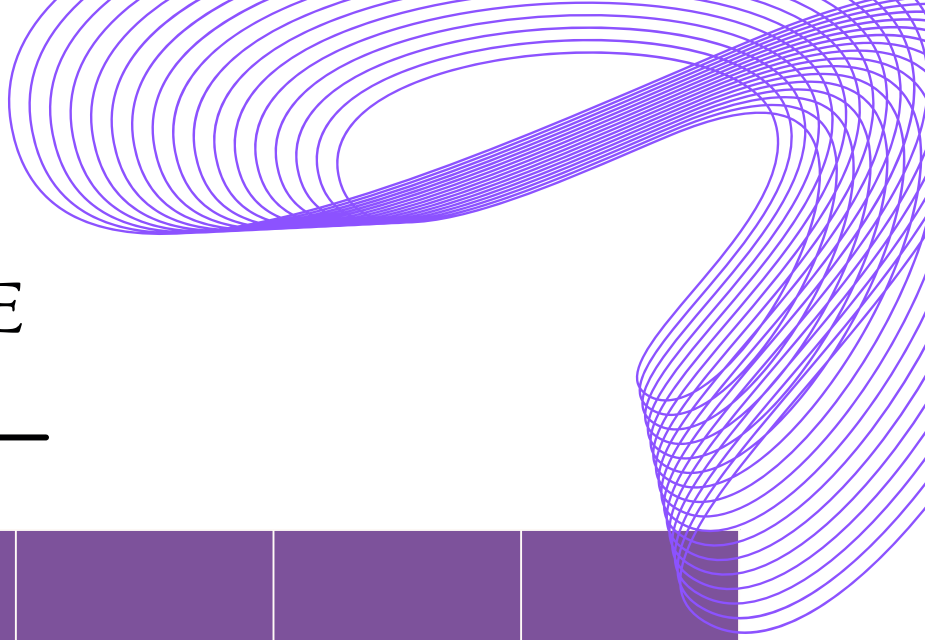
Proper care and monitoring after surgery are essential for a successful recovery, especially in complex cases. We provide comprehensive postoperative care, including multiple follow-up visits to ensure optimal healing and vision improvement.





See clearly, Live fully

# LENS BRANDS WE COLLABORATE WITH:

---



Lens Companies	Monofocal	Enhanced Monofocal	EDOF	Trifocal
	SA60WF		VIVITY	PANOPTIX
			LUXSMART	
		ISOPURE		FINEVISION
	ASPHERIC AF		ACTIVE	INTENSITY
		EYHANCE	PURESEE	
		RAYONE EMV		RAYONE TRIFOCAL
	ASPHINA 509M		LARA	LISA

# YOUR CATARACT/ LENS SURGERY JOURNEY WITH DR. SANCY LOW:

---

## COMPREHENSIVE CARE FOR CATARACT PATIENTS

### INITIAL CONSULT

01

Your journey begins with an Initial Consultation. During this visit, Dr. Low will conduct a thorough eye examination and discuss your vision concerns and medical history. This is the perfect time to ask any questions you may have about the procedure and what to expect.

### BIOMETRY

02

To ensure precise results, we perform Biometry scan, a critical measurement of your eye's dimensions. This step is essential for selecting the appropriate intraocular lens (IOL) for your surgery, tailored specifically to your eyes.

### PREPARING FOR SURGERY

03

Once your surgery is booked, we will place an IOL order for the lens chosen specifically for your needs. We will confirm the IOL Order Received to ensure everything is on track for your surgery.

### CONSENT FORMS

04

A week before your treatment, you will need to complete several forms:

- **Sancy Medical Consent Form:** This form provides detailed information about the procedure and confirms your understanding and agreement.
- **Hospital Consent Form:** Prior to surgery, you will review and sign this form to give your final consent for the operation.

### DAY OF SURGERY

05

On the day of your surgery, our team will be there to support you through the entire process, ensuring you are comfortable and well-informed. The procedure is quick and you will be able to return home the same day.

### POST-OPERATIVE CARE

06

Following your surgery, we provide a detailed Post-Op Leaflet with care instructions to ensure a smooth recovery. We will also send a Post-Op Letter detailing the procedure and your recovery plan.

- **1 week** follow up post-surgery: to check the eye/s are healing correctly.
- **6-8 week** follow up post-surgery: This follow-up appointment will be scheduled to check for any late side effects like fluid collecting at the back of the eye (cystoid macula oedema) and address any concerns.

# GLAUCOMA SURGERY

---

## ADVANCED TREATMENT FOR PROTECTING YOUR VISION

Glaucoma is a serious eye condition that can lead to vision loss if not properly managed. It often runs in families so we ask a detailed family history. At Dr. Sancy Low's practice, we take a pro-active approach to giving you information about your risk factors and treatment options. We maximise your vision so that glaucoma limits your life as minimally as possible. Advanced glaucoma surgery can help to preserve your vision and improve your quality of life. Our team is dedicated to providing personalised, safe and high-quality care for every client.

---

### WHY IS GLAUCOMA SURGERY NEEDED?

While glaucoma is often initially managed with medications or laser treatments, surgery may be necessary if these methods are insufficient in controlling IOP. Surgery aims to improve fluid drainage from the eye, thereby reducing IOP and preventing further optic nerve damage.

### TYPES OF GLAUCOMA SURGERY

#### Laser Surgery (selective laser trabeculoplasty or iridotomy)

- Procedure: Uses laser energy to improve drainage or reduce fluid production in the eye.
- Benefits: Minimally invasive with quick recovery times.
- Considerations: Often used as an intermediate step before more invasive surgery is considered.

#### Minimally Invasive Glaucoma Surgery (MIGS)

- Procedure: Involves less invasive techniques and smaller incisions to reduce IOP.
- Benefits: Shorter recovery time and fewer complications compared to traditional surgeries.
- Considerations: Ideal for early to moderate glaucoma cases.

#### iStents are two very small titanium implants

- Procedure: These are placed inside the drainage angles of the eye.
- Benefits: It is particularly helpful for exfoliation glaucoma and pigmentary glaucoma.
- Considerations: Pressure spikes are avoided and safe for MRI or other imaging.

#### OMNI trabeculoplasty

- Procedure: This is also used for open angle glaucoma, a suture is threaded into the drainage angle then a viscous fluid injected to flush the canal. The suture is then used to open the angle.
- Benefits: Effective in lowering IOP if the drainage channel is accessible.
- Considerations: Adds an extra week to the recovery combined with cataract surgery as there tends to be bleeding (part of the procedure to open the channels).

# THE GLAUCOMA SURGERY JOURNEY WITH DR. SANCY LOW

---

## ADVANCED TREATMENT FOR PROTECTING YOUR VISION

### PREOPERATIVE ASSESSMENT

01

Your journey begins with a comprehensive eye examination and consultation with Dr. Sancy Low. We will evaluate the severity of your glaucoma, and your overall eye health and discuss your treatment options. A detailed plan will be tailored to your specific needs.

### PERSONALISED TREATMENT PLAN

02

Based on your assessment, Dr. Low will recommend the most suitable surgical procedure. Most of the treatments for glaucoma can be done in combination or at the time of cataract surgery so Dr. Low will explain and discuss with you the optimal time for treatment. If your glaucoma is very advanced, other procedures such as trabeculectomy or drainage implant tubes may be required. Or these may already have been done by another surgeon or team. She will take you through the risks and benefits so you fully understand the treatment options available.

### CONSENT FORMS

03

After your consultation, you will need to complete several forms:

- **Sancy Medical Consent Form:** This form provides detailed information about the procedure and confirms your understanding and agreement.
- **Hospital Consent Form:** Prior to surgery, you will review and sign this form to give your final consent for the operation.

### DAY OF SURGERY

04

On the day of your surgery, our experienced team will ensure you are comfortable and well-prepared. The procedure will be performed using state-of-the-art technology in a sterile, controlled environment. Most glaucoma surgeries are done on an outpatient basis, allowing you to return home the same day.

### POSTOPERATIVE CARE

05

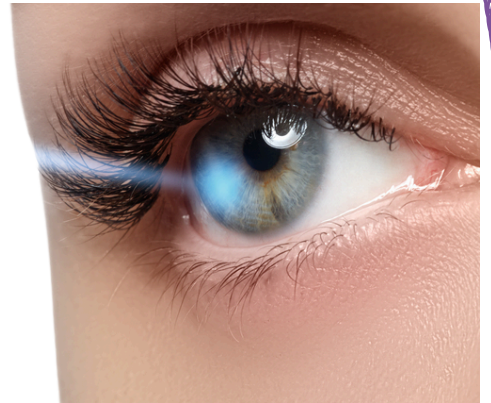
Postoperative care is crucial for the success of glaucoma surgery. Dr. Low will provide detailed instructions on eye care, medications and activities to avoid during the recovery period. You will also have an optometrist available to see you for closer monitoring. Follow-up appointments will be scheduled to monitor your healing and ensure optimal outcomes.

# SMILE vs. PRESBYOND: Advanced Vision Correction

## DISCOVER THE BEST OPTION FOR YOUR VISION

---

At Dr. Sancy Low's practice, we offer the latest advancements in vision correction surgery to help you achieve optimal eyesight. Two of the most innovative procedures available are SMILE (Small Incision Lenticule Extraction) and PRESBYOND Laser Blended Vision. This guide will help you understand the differences between these treatments, so you can make an informed decision about which one is right for you.



### WHAT IS SMILE?

SMILE is a minimally invasive laser eye surgery designed to correct myopia (nearsightedness) and astigmatism. It uses a femtosecond laser to create a small, lens-shaped piece of tissue (lenticule) within the cornea, which is then removed through a tiny incision.

#### Benefits of SMILE:

- Minimally Invasive: Smaller incision compared to LASIK, which means less disruption to the corneal structure.
- Quick Recovery: Many patients experience rapid visual recovery and minimal discomfort.
- Stability: Reduced risk of dry eyes and less corneal nerve damage due to the smaller incision.

#### Ideal Candidates for SMILE:

- Individuals with myopia of up to  $-7.00$ DS and astigmatism (but, not hyperopia).
- Patients seeking a minimally invasive procedure with quick recovery time.
- Those with an active lifestyle who want a stable and durable vision correction option.

# SMILE vs. PRESBYOND: Advanced Vision Correction

## WHAT IS PRESBYOND?

PRESBYOND Laser Blended Vision is an advanced form of LASIK surgery specifically designed to treat presbyopia, the age-related loss of near vision. It combines the precision of excimer laser correction with an individualised approach to extend the depth of field, blending near and distance vision seamlessly.

### **Benefits of PRESBYOND:**

- Blended Vision: Enhances both near and distance vision by creating a blend zone for seamless focus at multiple distances.
- Customisable: Tailored to each patient's unique vision needs and lifestyle.
- Quick and Effective: Provides immediate improvement in vision with minimal downtime.

### **Ideal Candidates for PRESBYOND:**

- Individuals experiencing presbyopia, typically those over 40 years of age  
Hyperopia of up to +2.50DS and Myopia of up to -6.50DS.
- Patients who want to reduce their dependence on reading glasses.
- Those seeking a customised vision solution for both near and far distances.

## COMPARING SMILE AND PRESBYOND

### **Procedure:**

- SMILE: Uses a femtosecond laser to create and remove a lenticule through a small incision (single laser only).
- PRESBYOND: Utilises the femtosecond laser to cut a flap, and then an excimer laser to reshape the cornea, creating a blend zone for enhanced depth of field (two lasers).

### **Recovery:**

- SMILE: Quick recovery with minimal discomfort and a lower risk of dry eyes.
- PRESBYOND: Rapid visual improvement with a short recovery period.

### **Vision Goals:**

- SMILE: Ideal for correcting myopia and astigmatism with a minimally invasive approach.
- PRESBYOND: Perfect for treating presbyopia and achieving a balanced vision for near and far distances.

# YOUR LASER SURGERY JOURNEY WITH DR. SANCY LOW:

## EXCEPTIONAL CARE FOR LASER SURGERY PATIENTS

### INITIAL CONSULT

01

Your journey begins with an Initial Consultation at our clinic. During this visit, Dr. Low will conduct a comprehensive eye examination and discuss your vision goals and medical history. This is an excellent opportunity to ask any questions you may have about the procedure and what to expect.

### OPTOMETRIST APPOINTMENT

02

At your Initial Consultation, you will see the resident Optometrist. This visit is crucial for assessing your eye health and confirming your suitability for laser surgery and will include a refractive consult and Pentacam scan to assess the cornea.

### CONSENT FORMS

03

After your consultation, you will need to complete several forms:

- **Sancy Medical Consent Form:** This form provides detailed information about the procedure and confirms your understanding and agreement.
- **Surgical Consent Form:** Prior to surgery, you will review and sign this form to give your final consent for the operation.

### PREPARING FOR SURGERY

04

We will keep meticulous records, including scanning your Operative Note, to ensure all details are accurately documented and ready for your surgery day.

### DAY OF LASER SURGERY

05

On the day of your laser surgery, our team will be there to support you throughout the entire process, ensuring you are comfortable and well-informed. The procedure is quick and you will be able to return home the same day with clear instructions for post-operative care.

### POST-OPERATIVE CARE

06

Following your surgery, we provide a detailed Post-Op Leaflet with care instructions to ensure a smooth recovery. We will also send a Post-Op Letter to you and your primary care provider, detailing the procedure and your recovery plan.

- **1 day** follow up post-surgery: to check the eye/s are healing correctly.
- **6-8 week** follow up post-surgery: This follow-up appointment will be scheduled six to eight weeks after your surgery to monitor your progress and address any concerns.

# REVITAL VISION

## 01 ENHANCING VISION BEYOND SURGERY

At Dr. Sancy Low's practice, we are committed to providing comprehensive vision care that extends beyond surgical treatments. RevitalVision is an innovative, non-surgical vision improvement programme designed to enhance the quality of your vision, whether you have undergone corrective eye surgery or are looking to improve your visual performance naturally. Discover how RevitalVision can help you achieve sharper, clearer vision and improve your overall quality of life.

## 02 WHAT IS REVITAL VISION?

RevitalVision is a clinically proven, FDA-approved programme that uses a series of personalised computer-based visual training sessions to improve visual acuity and contrast sensitivity. It is designed for individuals who want to enhance their vision beyond the results of surgery or correct natural vision deficiencies.

## 03 BENEFITS OF REVITAL VISION

### Improved Visual Acuity

Many patients experience significant improvements in their ability to see fine details, which can enhance daily activities such as reading, driving and recognising faces.

### Enhanced Contrast Sensitivity

RevitalVision helps improve contrast sensitivity, allowing you to see better in low-light conditions, which is particularly beneficial for night driving and other low-contrast environments.

### Non-Invasive and Convenient

The programme is non-surgical and can be completed in the comfort of your home. It consists of 20 training sessions, each lasting about 30 minutes, typically completed over several weeks.

### Tailored to Your Needs

RevitalVision is customised to your unique visual needs, ensuring that each training session targets specific areas where improvement is needed.

Improve your vision from your home computer

with an advanced online training programme



FROM BRAIN  
SCIENCE TO  
FULL VISION



## Who Can Benefit from RevitalVision?

- **Post-Surgery Patients:** Those who have undergone procedures such as LASIK, cataract surgery or Refractive Lens Exchange and wish to further enhance their vision.
- **Aging Eyes:** Individuals experiencing age-related vision decline who want to maintain or improve their visual performance.
- **Natural Vision Enhancement:** Anyone seeking to improve their natural vision without undergoing surgery.

## How Does RevitalVision Work?

### Initial Consultation

Your journey with RevitalVision begins with a comprehensive eye examination and consultation with Dr. Sancy Low. We will assess your current vision and determine if you are a suitable candidate for the programme.

### Personalised Training Plan

Based on your assessment, a customised training plan will be created, tailored to your specific visual needs. The programme is delivered through a series of computer-based exercises designed to stimulate the brain's visual cortex, enhancing neural efficiency and visual processing.

### At-Home Training Sessions

You will complete the training sessions at home using a computer. Each session is guided and monitored to ensure you are performing the exercises correctly and making progress.

### Continuous Monitoring and Support

Dr. Low and her team will provide continuous support throughout the programme, monitoring your progress and making adjustments as needed to maximise your vision improvement.

### Personalised Attention

We understand that every patient is unique. Dr. Low and her team take the time to listen to your concerns, answer your questions and develop a personalised treatment plan tailored to your specific needs. She also has a team of optometrists so we can monitor improvements in your vision. Conditions most helpful to benefit from Revital Vision are: amblyopia (lazy eye from 8yr old to adults), presbyopia, post-LASIK and post-cataract surgery to enhance either distance or near vision.



# Testimonials available online

Cathy N

Rated 5 out of 5 Stars

December 2023

### Dr. Low was brilliant

Dr. Low was brilliant. Conscientious, sympathetic and really thorough. I wouldn't hesitate to recommend her.



James H

Rated 5 out of 5 stars

November 2023

### Excellent Surgeon

I would like to thank Dr. Low and her team for their friendly and reassuring support at St. Thomas' Hospital in London. The outcome of my vision was great. I can now see clearly, long and short, and I don't need glasses.

Dr. Low is an exceptional surgeon. I'm super happy with the results.



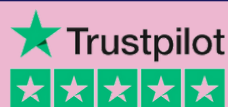
Sue D

Rated 5 out of 5 stars

January 2023

### Amazing Treatment

I would like to say what amazing treatment I have had under the care of Ms Sancy Low, Consultant Ophthalmic Surgeon, STH. I was extremely anxious when attending my appointment but was helped to feel at ease very quickly. My treatment was explained thoroughly and the laser treatment I had to have, for glaucoma, carried out very professionally. Ms Low is not only very professional but also very kind, a winning combination for people, like me, who don't like having their eyes touched! I have to go back for treatment on the other eye and now feel very confident as opposed to extremely anxious! Thank you, Ms Low, see you again soon.



# PRICE LIST

Initial Consultation	£250
Follow Up Consultation	£200
Cataract or ICL Surgery (per eye)	£2,800
Lens Upgrade Fee (per eye)	£1,000-£1,500
LASIK / LASEK / SMILE / Presbyond (both eyes)	£5,500
Minimally invasive glaucoma surgery (per eye)	£3,600
YAG and SLT laser treatments (per eye)	£650
Optical coherence tomography (OCT) imaging	£125
Pentacam and corneal wavefront imaging	£125
Visual field testing	£125
Endothelial cell counts (for ICL surgery)	£125
Incision and curettage of chalazion	£550
Excision of lid lesions including histology	£800



# Why Choose Dr. Sancy Low for Your Eye Care?

---

---

## **Excellence in Eye Surgery and Patient Care**

At the practice of Dr. Sancy Low, we are committed to delivering the highest standards of eye care and surgical excellence. Here are compelling reasons why patients choose us for their vision care needs:

## **Expertise and Experience**

Dr. Sancy Low is a highly skilled and experienced eye surgeon with a proven track record of success in various eye surgeries, including cataract and laser surgeries. Her extensive training and dedication to continuous learning ensure that patients receive the most advanced and effective treatments available.

## **Personalised Care**

We understand that every patient is unique, and so are their vision needs. Dr. Low and her team take the time to listen to your concerns, thoroughly assess your condition and create a customised treatment plan tailored specifically to you. Our patient-centric approach ensures that you receive the best possible care and achieve optimal results.

## **State-of-the-Art Technology**

Our clinic is equipped with the latest, cutting-edge technology to provide precise diagnostics and advanced surgical procedures. By utilising the most modern equipment and techniques, we ensure that our patients benefit from the highest quality of care with improved safety and effectiveness.

## **Comprehensive Care**

From your initial consultation through post-operative follow-ups, we provide comprehensive care at every step of your journey. Our detailed and thorough approach ensures that all aspects of your eye health are addressed, providing you with peace of mind and the best possible outcomes.

# Why Choose Dr. Sancy Low for Your Eye Care?

---

---

## **Compassionate and Supportive Team**

Our friendly and professional team is dedicated to making your experience as comfortable and stress-free as possible. We understand that undergoing eye surgery can be daunting, and we are here to support you through every step of the process with empathy and care.

## **Clear Communication**

We believe in transparent and open communication. Dr. Low and her team make it a priority to explain your diagnosis, treatment options and what to expect during and after surgery in a clear and understandable manner. We are always available to answer your questions and address your concerns.

## **Excellent Outcomes**

Our commitment to excellence is reflected in our outstanding patient outcomes. Dr. Low's meticulous surgical skills, combined with our comprehensive care approach, result in high patient satisfaction and improved vision for countless individuals.

## **Trusted by Patients**

Many of our patients come to us through referrals from satisfied clients who have experienced significant improvements in their vision and quality of life. The trust and confidence that our patients place in us are a testament to our dedication to providing exceptional eye care.

## **Choose Dr. Sancy Low for Your Vision Needs**

When it comes to your vision, you deserve the best. Dr. Sancy Low and her team are dedicated to helping you achieve and maintain optimal eye health with compassionate, personalised and expert care. Thank you for considering us for your eye care needs. We look forward to partnering with you on your journey to clearer vision and a brighter future.

If you have any questions or need further information, please do not hesitate to contact our office. We are here to help you every step of the way.

# Contact Information

## YOUR EYE CARE SPECIALIST

### We're Here to Help

At Dr. Sancy Low's practice, we prioritise your vision and eye health, providing exceptional care and support throughout your treatment journey. Whether you're a new patient or returning for a follow-up, we're here to address all your eye care needs. Please feel free to reach out to us using any of the following contact methods.

### Clinic Locations

The Wimpole Eye Clinic  
46 Wimpole Street  
London  
W1G 8SD

Main Location  
For Consultations, Scans,  
YAG and SLT Laser

St. Thomas' Hospital  
Westminster Bridge Road  
London  
SE1 7EH

For Consultations, Scans,  
Cataract Surgery, YAG and  
SLT Laser, minor eyelid  
surgeries

My-iClinic  
960 High Road  
North Finchley  
N12 9RY

For Consultations, Scans,  
Cataract and Laser Eye  
Surgery

Book an appointment  
T: 077 1772 1442  
E: PA contact@sancylow.com  
www.sancylow.com


Correspondence to:  
The Wimpole Eye Clinic  
46 Wimpole Street  
London  
W1G 8SD

 @sancylow

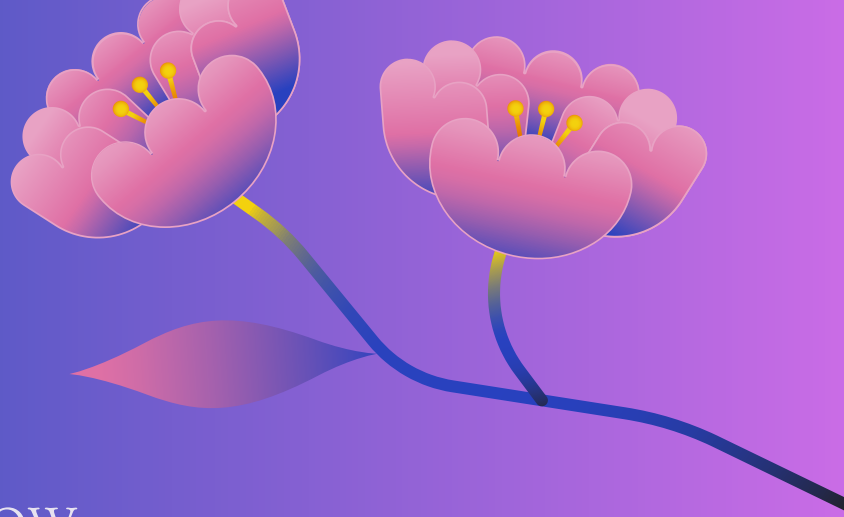
 @sancylow

 @sancylow

 @sancylow

 Sancy Low

# OUR TEAM



**DR. SANCY LOW**  
Director and Ophthalmic Surgeon

**NIALL MULLALLY**  
Practice Manager



**KATHERYN CRUIKSHANK**  
Executive Assistant

**BHAVI PANDYA**  
Optometrist,  
My-iClinic  
Wimpole Eye Clinic



**CHARLOTTE MCALLISTER**  
Optometrist,  
Wimpole Eye Clinic

**KRUPA MISTRY**  
Optometrist,  
St. Thomas' Hospital



**TINA PATEL**  
Optometrist,  
Wimpole Eye Clinic

# GIVE YOURSELF THE GIFT OF SIGHT



## **Book an appointment**

Call PA: 07717 721442

Email PA: [contact@sancylow.com](mailto:contact@sancylow.com)

[www.sancylow.com](http://www.sancylow.com)

Correspondence to:

The Wimpole Eye Clinic

46 Wimpole Street

London

W1G 8SD