

ADVERTISING FEATURE

MY CONTACT LENSES ARE *inside* MY EYES

Case Study of Nadege Le Monnier

A growing number of people with myopia, or short-sightedness, are opting for laser surgery to correct their vision. But this procedure is not suitable for everyone.

Nadege Le Monnier, 30, of St Saviour, discovered her prescription was too high for laser to completely correct her eyesight. Instead, she opted for a newer treatment, which involved having contact lenses implanted into her eyes.

Nadege Le Monnier had worn glasses since the age of 10 and could barely see without them. Having tried contact lenses but found them too uncomfortable, she asked her opticians, Harry Fosters of St Helier, about laser surgery.

The opticians advised that her prescription of -8 in both eyes was so high it was "borderline" for laser. This is because the stronger a person's prescription, the more tissue has to be cut away in laser surgery. At a certain point, the risk to overall vision is too high to remove further tissue, making it unlikely the patient will achieve 100 per cent perfect sight.

"When I realised that even if I had laser I might still need glasses, I decided not to go ahead," says Nadege. "But then my optician told me about the Implantable Contact Lens (ICL) technique. On her recommendation, I went for a consultation at Advance VisionCare, a specialist eye clinic in Harley Street, London, which carries out this procedure and has close links with Harry Fosters."

At the clinic, Nadege underwent testing to make sure she was suitable for ICL and a surgeon explained the procedure in detail to her. The ICL is a false lens, made of soft flexible plastic and a small amount of natural collagen, which is injected into the eye through a three-millimetre incision. When placed on top of the natural eye lens, in a procedure that takes about 15 minutes, it acts like a normal contact lens to correct the vision.

"I thought ICL sounded good because – unlike laser – no tissue would be removed," says Nadege. She underwent the treatment earlier this year, with operations for each eye carried out two weeks apart to safeguard against the remote chance of complication or infection. As with all its patients, AVC paid for her to stay overnight in a London hotel with her sister on both occasions.



"I was very impressed with my surgeon," she says. "I was given local anaesthetic drops so the operation didn't hurt at all, although I had to keep very still. I kept each eye covered for the first day afterwards. It took a day or so for my vision to unblur but after that I was amazed at how well I could see. "My sight is far better than it was with glasses, particularly my peripheral vision. The operation changed my life and I'm really glad I had it done. I can see when I go in the sea, wear nice sunglasses and, very importantly, I won't have to wear glasses to my sister's wedding!"

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www.advancevisioncare.co.uk

ICL treatment costs from £2,690 to £2,990 per eye, including an overnight stay in London and one year of aftercare. Easy payment options, including two years interest free, are available. Harry Fosters in St Helier has been associated with AVC for five years and can carry out initial consultations and aftercare for ICL, laser and other treatments. Nadege Le Monnier is happy to talk about her experience of ICL surgery and can be contacted via Advance VisionCare.