Eye Clinic
A Centre of Excellence

www.thechelmsford.co.uk
The most friendly and loveliest people in their kind of profession I have ever come across, from the nurse to the anaesthetist, surgeon and recovery nurses.
The Chelmsford Eye Clinic is a centre of excellence for all eye conditions. Conveniently located in the centre of Chelmsford, we offer state-of-the-art treatment and surgical facilities supported by specialist ophthalmic consultants.

Patients can usually be seen within 2-4 days of contacting the Clinic or a referral has been received.

As a private eye clinic, we dedicate ourselves to providing the highest standards of clinical expertise and patient care.
Eye conditions treated

Cataracts
The normal lens of the eye gradually becomes denser as we get older which can result in a blurring of the vision. This is the common type of cataract (nuclear sclerosis) that occurs with age and may result in constantly blurred vision or a frequent need for a change in the spectacle prescription. Other types of cataract at the front or back of the lens (anterior or posterior sub-capsular cataracts) can also occur and can give rise to symptoms of glare and dazzle with lights, for example when driving at night. Some cataracts can be associated with underlying medical conditions.

Corneal disorders
The cornea is the clear, dome shaped surface of the eye that protects the eye from germs and helps the eye to focus. There are a number of disorders than can affect the cornea, examples of which include: allergies, conjunctivitis, infections, dry eye, Fuchs’ dystrophy, other corneal dystrophies, keratoconus, herpes simplex and Zoster. A corneal abnormality can cause blurring of vision and/or eye pain.

Glaucoma
Glaucoma is the name given to a group of conditions that cause a characteristic pattern of damage to the eye that is in part related to an intraocular pressure (eye pressure) that is too high. This damage causes patchy loss of vision that varies in severity.

Macular degeneration
Age-related macular degeneration (AMD) is an eye disorder in which the central retina, the macula, becomes damaged, leading to a reduction in central vision. AMD is the most common cause of serious loss of vision in Europe and the USA. It affects the central (detail) vision, but normally leaves the outer (peripheral) vision unaffected.

Refractive disorders
The inability to focus light rays sharply is called refractive disorder and is caused by abnormal size, shape or consistency of the cornea and/or lens, in relation to the length of the eye. Refractive disorders can be corrected with glasses, contact lenses, laser or surgical procedures.

Squints / Lazy Eye
Lazy eye is a reduced vision in either or both eyes that persists after correction of any refractive error (i.e. when looking through the optimum glasses) and without any other eye diseases being present. It can be caused by squints, different spectacle prescription between the eyes or through using very strong glasses. Some cases are also caused by uncorrected astigmatism and diseases in the eye structures that prevent images getting to the retina.

Ectropion
Ectropion is the medical term used to describe outward turning of the lower eyelid and eyelashes. The margin of the eyelid and the eyelashes evert (turn out). This can lead to excessive tearing, crusting of the eyelid, mucous discharge and irritation of the eye.
Entropion
Entropion is the medical term used to describe the rolling inward of the lower eyelid and eyelashes towards the eye. The skin of the eyelid and the eyelashes rub against the cornea and conjunctiva. This rubbing can be very uncomfortable and damage the delicate tissues around the front of the eye. It can also impair vision.

Ptosis
Droopy upper eyelid occurs when the edge of the upper eyelid that contains the lashes falls too low. When this happens, the edge of the eyelid covers part of the pupil blocking the upper part of your vision. In severe cases it is necessary to tilt one’s head back or lift the eyelid with a finger in order to see out from under the drooping lid.

Blepharitis
Blepharitis is a very common condition which affects the eyelid margins of both eyes and can affect both children and adults. It is a low-grade chronic infection caused by common skin bacteria and a number of uncomfortable symptoms such as crusting, irritation, eyelid margin redness, watery eyes and burning or itching of the eyelids. It is sometimes associated with the skin condition called rosacea.

Watery eyes
Eyes may water either because of too much tear secretion (due to irritation of the eye, Blepharitis or allergy) or because of a blockage in the tear drainage system. Watery eyes symptoms include blurred vision, irritation of the skin around the eye and infection of the tear drainage system. It can sometimes prevent people from wearing make-up and potentially causes embarrassment.

Other procedures carried out include:

- Reconstructive eye surgery following injury, unsuccessful previous eye surgery or ocular burn
- Refractive surgery
- The removal of eyelid lesions and cysts
- Reconstructive surgery of the eyelids following tumour excision or injury
- Management of spasms/twitching of eyelids using botulinum toxin injections
- The removal of excess upper eyelid skin
- All types of eyelid and tear drainage surgery

Sight testing
Private sight tests and diabetic screening are both available at the eye clinic.
Ophthalmic Diagnostic Testing

At The Chelmsford Eye Clinic, our goal is to achieve the best clinical outcomes for all our patients. Our approach combines the skills of our consultant-led eye health team with the latest diagnostic technology and the highest standards of patient care.

We also understand how important it is to take the time to explain diagnoses, treatment options, procedures and expected outcomes to ensure the whole experience at The Chelmsford Eye Clinic is as comfortable as possible.

Glaucoma tests comprise:

- **Computerised Visual Field Assessment**: this will map out the function of the retinal nerves at the back of the eye. The simple hi-tech assessment detects, plots and analyses less sensitive and blank areas of the patient’s field of vision.

- **Optical Coherence Tomography (OCT)**: this provides exceptional detail of the structure of the optic nerve. The detailed statistical analysis makes it possible to detect glaucoma damage before vision is lost.

- **Retinal Photography**: this high resolution digital camera photographs the back of the eye recording even the smallest abnormality.

- **Central Corneal Thickness**: the thickness of the front surface of the eye is scanned and measured to provide a more accurate interpretation of the pressure inside the eye. For example, a thin cornea underestimates a pressure reading so this additional measure is important for accurate detection. Incidentally, a thin cornea is also a risk factor for glaucoma in itself.

- **Consultation**: the health of your retina, optic disc and structures of the eye are examined using a slit lamp and ophthalmoscope by our consultant ophthalmologist. The pressure in the eye is measured using the gold standard applanation tonometer attached to the slit lamp. This is the only part of the testing which patients may find slightly uncomfortable but anaesthetic eye drops with yellow dye are used to allow the instrument to painlessly touch the front of the eye.
Retinal problems and macular disorders are detected using:

- **A computerised eye test**: to assess the patient’s sight and visual acuity.

- **Optical Coherence Tomography**: the OCT uses the latest definition scanning technology to record magnified cross sectional images of the retina and macular. A colour photograph of the retina is also recorded. OCT detects problems early to allow medical practitioners to initiate treatment to preserve and save eyesight. OCT has revolutionised the early detection and treatment of retinal conditions such as Wet Age Related Macular Degeneration (Wet AMD) that damages precise and central vision.

- **Consultation**: the health of the retina, optic disc and structures of the patient’s eye are examined using a slit lamp and ophthalmoscope by our consultant surgeon.

Squints / Lazy Eye are assessed using:

- **A full eye examination**, including measurement of visual acuity and refraction, which is required to look for any treatable causes that need correcting.

- An orthoptic assessment is also required for any squints that may be present so that visual acuity and coordination of the eyes can be assessed.
The careful explanation of the surgical procedure and aftercare removed much stress and concern whilst at the hospital.”
Treatment options

We offer specialist and comprehensive treatment for a very wide range of eye conditions, including some of the less common and more complex. We bring together the skills of consultant ophthalmologists with our wider patient care team to create an eye health service that delivers clinical excellence in an environment that is comfortable, caring and discreet.

Cataract Surgery
Cataracts are treated by replacing the cloudy lens of your eye with a new lens. The old, cloudy lens is broken and removed using an ultrasound probe. The old lens is replaced with an artificial lens (implant), which is placed inside the eye in the same position as the old one. The strength of the implant is calculated before the operation to ensure that it will suit your eye. The operation is usually carried out through a tiny cut in the eye that seals without any stitches.

The operation is one of the most successful, with more than 95% of patients achieving an improvement in their vision. Unfortunately cataracts cannot be prevented, but with regular eye tests, particularly as you get older, cataracts can be picked up in their early stages so that you can receive treatment sooner.

Corneal Transplant
Some corneal disorders can be treated with topical or systemic medication, glasses or contact lenses. When corneal disorders become significantly problematic, surgical procedures may be necessary. Corneal transplantation is a surgical procedure which entails replacement of the damaged cornea with a healthy cornea, thus improving the function, appearance of the eye and relieving any discomfort. All types of corneal transplantation (partial or full thickness) are available.

Glaucoma Treatment
The Chelmsford Eye Clinic uses the most advanced diagnostic techniques to identify if glaucoma is present. All test results are carefully reviewed by our ophthalmic consultants before being discussed with the patient. The type of treatment will depend on the severity of the glaucoma with early cases simply requiring eye drops. More advanced cases may require laser or conventional surgery which would be carried out with anti-scarring agents. Most importantly, early stage treatment and repeated testing is effective in preventing glaucoma blindness (which is why the International Glaucoma Association advises early and regular testing).
Retinal and macular disorders
The treatment of retinal problems and macular disorders depend on the diagnosis. If the patient’s condition is advanced, they may need intra-vitreous injections which will also require follow up visits and repeat optical coherence tomography (OCT) testing to assess progress. Lucentis injections are also commonly used to treat age related macular degeneration (AMD) or anti-VEGF injections to treat diabetic retinopathy. For either treatment, the patient is given local anaesthetic eye drops which numb the eye. Recovery is fairly quick and patients typically return home within an hour or two and resume their normal activities within 24 hours.

Squints / Lazy Eye
Squints are treated depending on the cause. Treatment options include the correction of any refractive error and occlusion (covering) of the good eye or blurring the vision in the good eye (penalization) in order to promote the use of the lazy eye. Individual other treatments would also be necessary depending on the cause, such as removal of cataracts, or squint surgery at the appropriate stage. Many eyes can show some improvement in vision even to a level equal to the good eye, but the majority of eyes still have some residual amblyopia. Eyes that show no improvement may require further investigations to exclude other underlying causes.

Ectropion, Entropion & Ptosis treatment
All these conditions can easily be treated with surgery carried out under local anaesthetic to correct the position of the eyelid.

Blepharitis
Blepharitis is often treatable with simple eyelid hygiene guidance but in resistant or severe cases, medical treatment is needed.

Blepharoplasty
Blepharoplasty is an oculoplastic procedure used to improve the appearance of the eyes by surgically addressing some of the effects of ageing on the eye lids. Following a blepharoplasty procedure and the recovery period, the goal is for patients to have more youthful looking eyes.

One-stop consultation and treatment session
Minor eyelid lesions and cysts may be removed during a one-stop consultation and treatment session. All eye surgery at The Chelmsford is performed as a day-case. As soon as patients feel comfortable after surgery (and providing it is safe for them to do so) they can recover in the comfort of their own home.
Because of the high quality of care and treatment I was given, I felt safe and reassured and cared for at all times. This has been the best treatment and best care I have ever received.
Our Consultants

Mr Petros Andreou
BM, FRCOphth
Ophthalmic Consultant Surgeon at Broomfield Hospital & The Chelmsford.
Specialises in: ophthalmology, glaucoma, cataract.

Mr Seyed Ghazi-Nouri
BSc (Hons), MBBS, FRCOphth, MD
Ophthalmic Consultant Surgeon at Broomfield Hospital & The Chelmsford.
Specialises in: general ophthalmology, cataract, oculoplastic treatment, Botox.

Mr Dimitris Pimenides
Ophthalmic Consultant Surgeon at Broomfield Hospital & The Chelmsford.
Specialises in: ophthalmology, cataract, corneal diseases and transplant, refractive surgery.

Mr Hamid Porooshani
Fellowship of the Royal College of Ophthalmologists of London FRCOphth
Ophthalmic Consultant Surgeon at Broomfield Hospital & The Chelmsford.
Specialises in: paediatric ophthalmology, cataract, squint surgery.

Mr Ajay Sinha
MBBS(Hons), MD, FRCOphth
Ophthalmic Consultant Surgeon at Broomfield Hospital & The Chelmsford.
Specialises in: ophthalmology, cataract, diabetes, medical retina.

Orthoptists

Helen Collett
DBO D
Specialises in: Amblyopia, ophthalmic diagnostic testing for glaucoma and retinal diseases, ocular motility, squint and paediatric eye care.

Sharon McCabe
Specialises in: ophthalmology, OCT testing, HFA testing.

Ophthalmic Medical Practitioner

Dr Vibha Rao
Specialises in: ophthalmology, eye sight testing.

Ophthalmic Lead Practitioner

Michelle Hoare
BSc
Ophthalmic lead theatre practitioner.
Referrals / Appointments

We aim to see anyone suffering from an eye complaint within 2-4 days of initial contact or receipt of a referral letter.

Privately insured patients:
Most insurance companies require a letter of referral. This letter can be sent to us via email, fax or post.

Prices

If a patient has private medical insurance, they should check with their provider about their level of cover. Most policies cover the cost of treatment for all of the procedures described in this brochure with the exception of blepharoplasty and sometimes ptosis surgery.

We are recognised and approved by all major medical insurance companies but most insurers will require a referral first.

For patients who do not have medical insurance but wish to self-pay, we are able to offer treatment at a comparatively low cost as we are solely a day-case facility.

Consultations
An initial consultation with one of our Ophthalmic Consultants costs £180-£200.
A follow up consultation costs £90-£120.
An initial consultation with an Orthoptist costs £100-£150.

Ophthalmic Diagnostics
A range of tests can be performed including visual field and OCT at prices ranging from £90-£195 depending on complexity.

Self-paying patients:
A referral letter is helpful but not always a necessity. Patients can book direct for a consultation and for any other treatment that is self-funded.

Appointments can be made by calling our Reception team on 01245 253760 between 8am and 8pm, Monday to Friday, or 8am to 1pm on Saturday.

Cataract surgery
Prices can vary but typical cataract surgery costs £1850-£2300 depending on the lens.

Entropion and Ectropion Surgery
The typical price for entropion or ectropion surgery is £990-£1100.

Macular Degeneration
Consultation and diagnostic testing are required. If further treatment is needed, your options will be explained to you at that time. A rough guide to the price of one course of Lucentis is £1500 to £1800. Three to four courses of Lucentis injections are usually administered over a 4-6 month period.

Sight testing – by experienced Medical Ophthalmologist
Cost of sight tests: from £45.

Also, NHS sight tests carried out with a £5 administration charge.

All procedure prices above are inclusive of facility and surgical fees.

For all other procedures, the fee depends on the complexity of the condition. Please call us for further information.
How to find us

The Chelmsford is located at Fenton House, 85-89 New London Road, Chelmsford CM2 0PP, directly opposite the Chelmsford & Essex Centre.

By car from the M25
Leave the M25 at junction 28 and proceed eastbound on the A12 towards Chelmsford. Stay on the A12 and take the Chelmsford exit, signposted junction 15. At the end of the exit road go straight over the roundabout onto a dual carriageway. Hylands Park and House is on the left. At the roundabout go straight over and at the next roundabout turn right (2nd exit). At Miami Hotel roundabout, turn left into New London Road and follow the road almost to the end. Fenton House is on the right near the Essex County Court House (Priory Place).

N.B.
Satellite navigation systems sometimes misdirect people to the wrong part of New London Road.

Parking
Free parking is available for our patients and visitors in bays marked CMC in white paint at the front and back of the building. Please ask at the security desk for assistance finding a space if needed.

By Train
The Chelmsford is a ten minute walk or a short taxi ride from Chelmsford station.

Opening hours
8am to 8pm Monday to Friday and Saturday mornings.
T: 01245 253760
E: info@thechelmsford.co.uk