

Ophthalmology department

Implantable collamer lens (ICL) implantation

Information for patients, relatives and carers

Introduction

This leaflet provides information about **implantable collamer lens** and should answer some of the questions that you or those who care for you may have. It is not meant to replace the discussion between you and your medical team but aims to help you understand more about what is discussed. If you have any further questions about the information below, please contact us.

What is an implantable collamer lens (ICL)?

An ICL helps correct common vision problems of nearsightedness (myopia), farsightedness (hyperopia) or astigmatism.

This is a lens that is inserted into the eye. It is also known as a 'phakic IOL', with 'phakic' meaning that the natural lens of the eye is in place, and 'IOL' meaning intraocular lens, or 'a lens inside the eye'.

The ICL is a posterior chamber implant that is situated through a small incision in the eye behind the iris (the coloured part of the eye), and in front of the natural crystalline lens to improve your sight.

What are the benefits of having an ICL?

The key benefit of ICL surgery is the permanent correction or reduction of your prescription allowing you to see clearly at long distances without eyeglasses or contact lenses or reduce your dependence on them. In addition to the improvement of your uncorrected vision (vision without eyeglasses or contact lenses), your best corrected vision (best vision with contact lenses/eyeglasses) may also be improved.

What are the risks of having an ICL?

It is important to understand that this lens is approved by the local health authority and used by many hospitals globally. Some complications include:

- over or under correction of your prescription power
- haloes and night glare

- ~~damage to the crystalline lens~~
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- increase in intraocular pressure due to shallowness of the front chamber of the eye
- infection
- loss of visual acuity
- temporary or permanent corneal swelling

What happens on the day of my procedure?

- You will arrive at the local day-case unit where your details will be rechecked and regular checks will occur in preparation for your procedure.
- Following confirmation of the surgical written consent, you will be taken into theatre.
- During ICL surgery, anaesthetic and sedatives are administered prior to treatment according to discussion to ensure you experience minimal discomfort during the procedure.
- A small keyhole incision (2mm to 3mm) is then made in the edge of the cornea and the ICL is folded and inserted into the eye through this. Using a special delivery device, the lens implant is correctly positioned behind the iris and unfolds into place.

You may experience some side effects after the procedure, such as blurry vision, sensitivity to light, discomfort of the eyes and glare from lights in the dark, but these are only temporary.

If you are driving to your surgery appointment, you must not drive home on the day of your procedure and will need to arrange someone to take you home. Recovery time for ICL is fairly short and most patients can see well enough to return to work the day after surgery.

What happens after the procedure?

Before you leave, you will be provided with something to eat and antibiotic drops to reduce the risk of infection and anti-inflammatories to reduce the inflammation in the eye. Once complete, you will be seen in the clinic after one week.

Are there symptoms I need to watch out for at home?

If you notice pain around the eye, sensitivity to light, haloes, feel nauseous or notice a reduction in vision, please contact the emergency department at Western Eye for further advice.

Will I need any follow-up appointments and will I be listed for surgery on the other eye?

Immediately after the surgery, we will examine you to check the status of the lens and the pressure of the eye. You will then be given a designated time and date for a future follow-up appointment to evaluate how the eye is settling down. Depending upon the reason why you had the initial surgery, your doctor will assess to see if an additional procedure is necessary in your other eye.

Useful contact telephone numbers

If you have questions before your appointment, please contact the pre-assessment nurse on 020 3312 9784/9730/9612 at Western Eye Hospital or 020 3311 0137 at Charing Cross Hospital between 09.00 and 17.00, Monday to Friday.

If your eye becomes red or painful, or have any other concerns, please contact:

- Western Eye Hospital emergency department: 020 3312 3245
- Western Eye Hospital eye clinic: 020 3312 3236
- Alex Cross ward at the Western Eye Hospital: 020 3312 3218
- Day care unit at the Western Eye Hospital: 020 3312 9614
- Charing Cross Hospital eye clinic: 020 3311 1109 or 020 3311 1233
- Charing Cross Hospital – Riverside Daycare unit: 020 3311 1460

If you have not received a post-surgery appointment, please contact 020 3312 3275 option 2 or email imperial.wehoutpatients@nhs.net

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk

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