

# Implantable Collamer Lens (ICL)

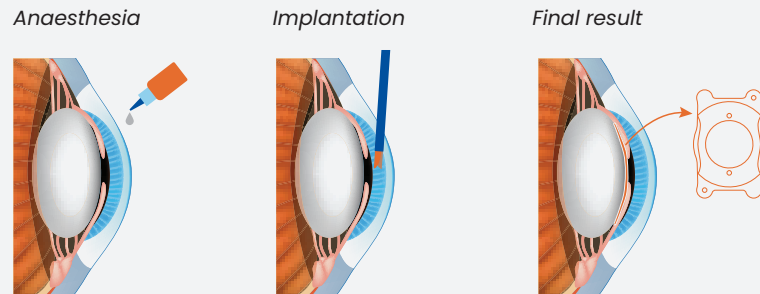
Your guide to the future of vision correction.



## What is an Implantable Collamer Lens (ICL)?

An Implantable Collamer Lens (ICL) is a premium vision correction option designed to treat myopia (nearsightedness), hyperopia (farsightedness), and astigmatism. Unlike traditional contact lenses, which sit on the surface of the eye, an ICL is surgically placed inside the eye, between the iris and the natural lens.

Once in place, the lens provides immediate vision correction without altering the cornea's shape. The surgery is quick, typically taking about 20–30 minutes per eye, with a fast recovery time. Since the ICL is invisible and undetectable once implanted, patients enjoy a natural visual experience.



## Who is a good candidate for ICL surgery?

ICL surgery is ideal for individuals who:

- Have moderate to severe myopia, hyperopia, or astigmatism
- Are between 21 and 45 years old with stable vision
- Have thin corneas or dry eyes, making them unsuitable for LASIK or PRK

A consultation with one of our ophthalmologists is necessary to determine if ICLs are the best choice based on individual eye health, prescription strength, and lifestyle needs.

## What are the benefits of an ICL?

- Exceptional Vision Quality
- Biocompatible Material
- Reversible & Removable
- Preserves the Cornea
- UV Protection
- Fast Recovery
- Dry Eye Risk is Minimal
- Stable, Long-Term Results



## What is the expected recovery post ICL surgery?

ICL surgery offers a quick recovery period, with most patients experiencing clear vision within 24 hours. Here's what to expect during recovery:

### Immediate Post-Surgery (First 24 Hours):

- Some patients notice immediate vision improvement, while others experience slight blurriness as the eyes adjust.
- Mild discomfort, light sensitivity, and redness are normal but usually subside within a day or two.
- Patients are advised to rest and avoid strenuous activities.
- Most people should be able to drive within 24–48 hours.

### First Week:

- Eye drops (antibiotic and anti-inflammatory) are prescribed to prevent infection and aid healing.
- Patients should avoid rubbing their eyes, swimming, or exposing their eyes to dust and direct water contact.
- Most people can return to work and daily activities within 2–3 days, depending on their ophthalmologist's recommendations.

### First Month:

- Vision continues to stabilise and improve.
- Follow-up appointments ensure the lens is properly positioned and that healing is progressing as expected.
- Strenuous activities, including heavy lifting and high-impact sports, should be avoided for at least a few weeks.

ICLs provide an excellent vision correction option for those seeking a long-term, flexible, and high-quality solution without permanently altering the eye's natural structure. With their advanced technology and proven success, they continue to be a preferred choice for individuals looking for clear, crisp vision without compromise.

*NOTE: This is a surgical procedure. With any surgical procedure, there are risks and limitations. For more information, please discuss with your eye care professional.*



## Dr Andrew Apel

*MBBS (QLD) FRANZCO*

Dr Andrew Apel is an ophthalmologist with additional sub-specialty training in corneal and anterior segment surgery. He is an accomplished, highly-esteemed refractive surgeon with more than 25 years' experience. He is a Fellow of the Royal Australian College of Ophthalmologists.

Dr Apel is highly sought-after and greatly respected by patients and peers.



## Dr John Hogden

*MBBS (UNSW) BMedSc FRANZCO*

Dr John Hogden is an ophthalmologist with sub-specialty training in external eye disease as well as corneal, cataract, anterior segment and refractive surgery. He completed an additional sub-specialty fellowship training program at the University of British Columbia Vancouver Eye Care Centre in Canada.

Dr Hogden is well known for his personalised, attentive care.

## Do you have a question or concern about your eye health?

To discuss your condition with an experienced ophthalmologist or optometrist, please contact The Eye Health Centre.



Comprehensive and collaborative care,  
providing bespoke outcomes  
for your everyday eye care needs.

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