DEVON EYES
The South West Cataract Specialists

Mr Sam Evans FRCOphth
Nuffield Health Plymouth • GMC 6154157

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Your guide to private cataract surgery

A plain-English overview of what cataracts are, how surgery works, what lens options are available, and what to expect when you come to Devon Eyes.

What is a cataract?

A cataract is a clouding of the eye's natural lens. It develops gradually as part of the ageing process, and cataracts commonly begin to develop in the sixties, and by the seventies some degree of cataract is almost universal. The lens sits behind the iris and pupil, focusing light onto the retina. As it clouds over, vision becomes hazy, colours dull, and glare from headlights worsens.

There is no need to wait until your vision is severely affected. If a cataract is causing you a problem — however mild — it is worth discussing surgery.

Common symptoms: blurred or hazy vision • glare and haloes around lights • difficulty with night driving • colours appearing duller or more yellow • a glasses prescription that keeps changing.

How is cataract surgery performed?

Modern cataract surgery is a brief, highly refined procedure. Mr Evans uses **phacoemulsification** — a small-incision technique in which ultrasound energy is used to break up and remove the clouded lens, which is then replaced with a clear artificial implant called an intraocular lens (IOL).

- **Anaesthetic:** eye drops only — no injections around the eye. Mr Evans has not used injections for over ten years.
- **Duration:** around 8 to 10 minutes per eye.

- **Stitches:** none in most cases. The small incision is self-sealing.
- **Setting:** day case at Nuffield Health Plymouth Hospital. You go home the same morning.
- **Recovery:** vision typically improves within 24 hours. Most patients can drive within a week.

Choosing your lens

The artificial lens implanted during surgery is permanent. Choosing the right type for your lifestyle is one of the most important decisions in the process. Mr Evans will advise based on your measurements and priorities, but the options available at Devon Eyes are:

Lens type	What it corrects	Price per eye	Glasses after?
Monofocal Standard NHS lens	Cataract; set for one distance (usually distance)	From £2,700	Usually still needed for reading
Advanced monofocal	Enhanced clarity and range vs standard monofocal	From £3,000	Less dependence than standard
Toric advanced monofocal	Cataract + astigmatism correction	From £3,300	Reduced for distance; reading glasses likely
EDOF RECOMMENDED **Extended depth of focus**	Cataract; improved range for distance and intermediate	From £3,800	Significantly reduced dependence

Prices are per eye and include surgery, lens implant, and all post-operative care if required. Consultation billed separately. Interest-free payment plans available through the hospital.

Try the IOL Vision Simulator

The Devon Eyes patient app includes an IOL vision simulator. Before your consultation, explore how different lens options affect your vision at near, intermediate, and distance — it takes two minutes and can help you decide which lens suits your lifestyle.

Open the Devon Eyes app →

The Devon Eyes pathway

We have designed our pathway to make the process as straightforward as possible — often with just one visit to the hospital needed.

1

Free discovery call

A 10-minute telephone conversation to discuss your symptoms and whether surgery is likely to help. No commitment required.

2

Consultation

A full ophthalmic examination including biometry measurements to select the right lens power. This is where Mr Evans will confirm suitability and discuss your lens options in detail.

3

Telephone pre-operative assessment

For straightforward cases, pre-operative checks are completed by telephone — meaning your surgery date may be the only hospital attendance required.

4

Surgery

Day case at Nuffield Health Plymouth Hospital, Derriford. Around 8–10 minutes per eye. You will be awake, comfortable, and able to go home the same morning.

5

Post-operative care

Most patients notice dramatically improved vision within 24 hours. Eye drops are prescribed for a short period after surgery. A post-operative review is included in your package if required.

After your surgery

Recovery is usually quick. Here is what to expect in the days that follow:

- **Day 1:** your eye may be a little sore from the anaesthetic drops. Vision may be blurred initially — this is normal.
- **Day 2:** most patients notice a significant improvement. Colours will appear noticeably brighter and more vivid than before surgery.
- **Week 1–2:** continue prescribed eye drops. Avoid rubbing the eye, swimming, or strenuous exercise.
- **Week 1–2:** most patients are able to drive again, often within a week.

> **Concerned after surgery?** Contact Devon Eyes directly on **01752 916 007** or via WhatsApp on **07944 894490**. For urgent out-of-hours concerns, contact Nuffield Health Plymouth on the number provided at discharge.

About Mr Sam Evans

Mr Sam Evans FRCOphth is a consultant ophthalmologist who trained in Wales and has worked in NHS and private practice across Devon and Wales. He established Devon Eyes as an independent private practice based at Nuffield Health Plymouth Hospital.

- Fellow of the Royal College of Ophthalmologists (FRCOphth)
- GMC number: 6154157 — fully registered with a licence to practise
- Specialist registration in Ophthalmology
- MBBS
- Over 8,000 career cataract procedures performed
- PCR complication rate <0.1% (career)

Ready to take the next step?

Book a free 10-minute discovery call, or request a consultation directly. Most patients are seen within one week.

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