



See life through a better lens with ICL

A guide to understanding
Intraocular Collamer Lens
(ICL)

See things differently.

Hello,

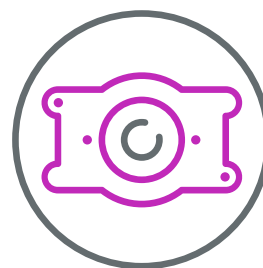
Thank you for your visit and entrusting us with your vision corrective procedure. We hope that your consultation today left you feeling confident that Lumea is the right choice for you.

Our commitment is YOU. While our processes, techniques and cutting-edge technology provide exceptional results, it's our dedication to delivering first-class patient care that makes us different.

We know you have choices. Our hope is that you're one step closer to choosing us.

[Learn more](#) about what makes us unique.





Understanding ICL

Patients under the age of 45 and with severe near-sightedness, far-sightedness, or astigmatism or have certain cornea conditions may be more ideal candidates for ICL surgery or “intraocular collamer lens” surgery rather than laser vision correction of the cornea.



In ICL surgery, an ultra-thin and extremely soft lens is inserted into the patient's eye order to correct a patient's refractive error. ICL surgery is analogous to placing a contact lens permanently inside the eye, instead of daily practice of placing and removing a contact lens on top of the eye. The thin collamer lens is inserted into the through a microscopic incision and placed behind the iris and in front of the natural crystalline lens.

Due to the extremely small size of the incisions and ample pain control, most patients will experience nearly no pain during the extremely short surgery. ICL surgery is designed to decrease a patient's dependence on glasses for both distance and reading vision.

Early side effects of ICL surgery may include swelling, increased eye pressure, inflammation or rarely, infection. Patients may also experience temporary dry eye or glaring around lights in the evening. Essentially all side effects can be successfully treated with medications and allowing the eye to fully heal from surgery.

Ideal candidates for ICL:

- Are under 45
- Have severe myopia (near-sightedness)
- Have moderate to severe hyperopia (far-sightedness)
- Have moderate to severe astigmatism up to 5.0D
- Have certain corneal conditions (too thin, or too “soft” for laser vision correction)

SURGERY LENGTH

- 30 minutes

ANAESTHESIA

- Local with oral sedation

SIDE EFFECTS

- Dry eyes
- Irritation
- Temporary night glare

RISKS

- Infection
- Temporary swelling or inflammation
- Increased eye pressure

RECOVERY

- Discomfort 12-24 hours
- Vision 2-4 days
- Exercise 5-7 days
- Make up 7-14 days

FINAL VISUAL OUTCOME

- 1-3 weeks
- Dry eyes typically resolve in 4-8 weeks

DOWNLOAD INSTRUCTIONS

- Before your procedure (pre-op)
- After your procedure (post-op)

Get to know your surgeon

Dr. Baseer Khan

MD, FRCSC

Glaucoma, cataract, anterior segment and refractive surgeon

Dr. Baseer Khan is an internationally respected ophthalmologist, serving as a global and national consultant and thought leader for many top industry-related partners and organizations. Prior to founding Lumea, he opened Clarity Eye Institute – the largest ophthalmic group in Ontario – and remains active in the business today. His vision to ensure the best patient care and experience is the foundation in which Lumea has been created.

After graduating top surgical resident in the ophthalmology program at University of Toronto, Dr. Khan went on to sub-specialize in complex anterior segment reconstruction and glaucoma surgery. Upon completion, he spent three years working as an associate in multiple practices before deciding to open his own practice. In 2009, he founded Clarity Eye Institute, a private surgery clinic (and sister-company to Lumea) and has been growing the business to multiple locations across the GTA. He also holds an active medical license to practice in Jamaica and works alongside three other ophthalmologists in Montego Bay.

In addition to his surgical and consulting work, Dr. Khan has also served as principal investigator on many medical and surgical trials in both the cataract and glaucoma space and continues to educate and share knowledge through the several advisory boards on which he sits.

Dr. Khan is currently the Chief of Ophthalmology at Southlake Regional Health Centre in Newmarket, and is on staff at Mount Sinai Hospital, Kensington Eye Institute and North York General Hospital.

[Learn more about Dr. Khan](#)

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Through our desire to always have the latest and greatest technology, along with the top surgeons on staff, we are committed to providing the best care for eyes and for the world through our Lumea-led sustainability efforts and extensive humanitarian work.

DR. BASEER KHAN



Get to know your surgeon

Dr. Paul Sanghera

MD, FRCSC

Cataract and refractive surgeon

Dr. Paul Sanghera is a nationally renowned cataract and refractive surgeon. Having performed more than 25,000 intraocular and 30,000 laser surgeries across Canada, he is recognized as a leader in his field and a pioneer in the use of new technologies. His experience has afforded him the skill and knowledge to cater today's cutting-edge surgeries to match every patient's unique visual needs and improve their visual outcomes.

Having completed his bachelor's degree and medical school at the University of Alberta, where he was on the dean's list, Dr. Sanghera was also the recipient of numerous awards and scholarships, including the Opal Hess Memorial Scholarship and the Dr. AJ Pauly Bursary in Medicine. Additionally, he was cited as the highest ranked applicant to enter the MD Program in 1997. He then specialized in ophthalmology at the University of Toronto and went on to receive further post-graduate training in refractive laser surgery.

Dr. Sanghera has been actively involved in research since his residency, including a \$10,000 research grant from the Glaucoma Research Society of Canada and numerous ongoing projects using state-of-the-art technologies in cataract surgery and intraocular lenses. He has also lectured both nationally and internationally at major ophthalmology conferences. He is currently a lecturer at the University of Toronto, on staff at Mount Sinai Hospital and Kensington Eye Institute, both in Toronto, as well as Stevenson Memorial Hospital in Alliston, ON. Dr. Sanghera is also actively involved in both resident and medical student education across the Greater Toronto Area.

[Learn more about Dr. Sanghera](#)



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Whether it's surgical innovations or advancements in processes, technologies, services or products – innovation is at the very heart and soul of our culture. Our belief in continuous improvement means we're never satisfied with anything being less than it can be.

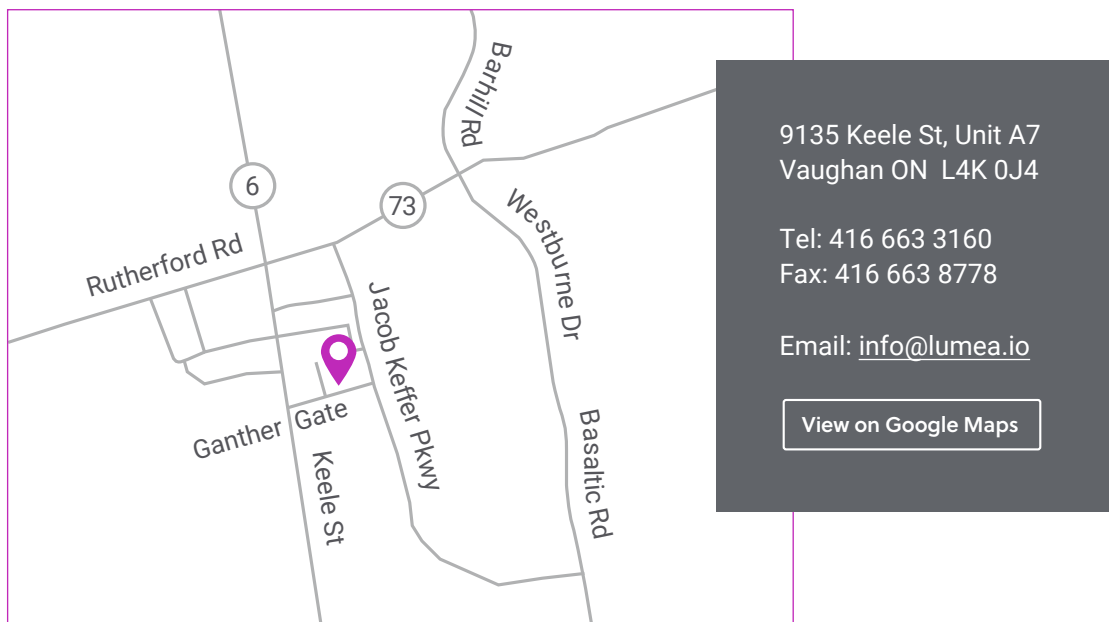
DR. PAUL SANGHERA

Our locations



Vaughan office

Lumea acknowledges that our Vaughan, ON location is situated in the Territory and Treaty 13 lands of the Mississaugas of the Credit First Nation and the traditional territory of the Huron-Wendat and the Haudenosaunee.



Barrie office

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