

How advanced eye care technologies can preserve visual clarity and overall daily comfort

By Mr Gok Ratnarajan, Consultant Ophthalmic Surgeon

Chronic eye irritation, such as dryness, burning, grittiness, or excessive watering, affects millions of individuals. Most cases are caused by Meibomian Gland Dysfunction, a state where the protective oil glands in your eyelids become blocked, causing tears to evaporate too quickly.



To provide our patients with an effective solution to a range of eye conditions including Dry Eye disease, Blepharitis and Meibomian Gland Dysfunction, The Ü Clinic has introduced the **Lumenis OptiLight** system. This is the first, FDA-approved Intense Pulsed Light (IPL) device crafted uniquely for dry eye management.

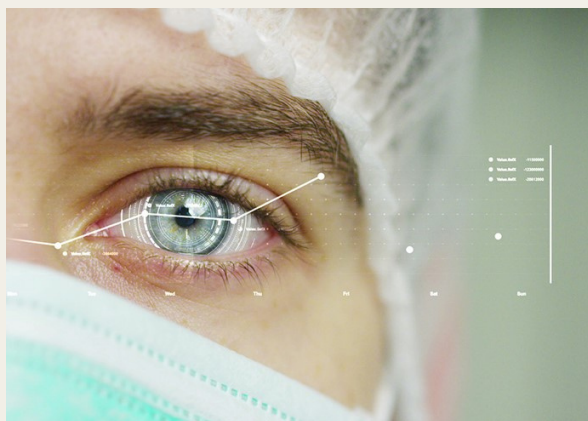
Rather than simply soothing symptoms like standard drops, OptiLight uses gentle, precise light pulses to reduce local inflammation, clear gland blockages, and help your eyes naturally produce high-quality tears again. Treatment sessions are gentle, take only 10 to 15 minutes, and involve no downtime.

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June: Cataract Awareness Month

As we age, the natural lens inside our eye slowly changes; cloudy proteins clump together to form a **cataract**. This gradual change dims colours, blurs small details, and often creates challenging glare during night-time driving.

Cataract care has advanced significantly. Today, surgery doesn't just clear up blurred vision but can significantly optimise both functional sight and day-to-day quality of life. At The Ü Clinic, this is achieved through an advanced form of refractive lens engineering, allowing our Consultants to offer a bespoke and customised approach to cataract treatment.



By analysing the corneal curvature, macular health, and daily occupational needs of each individual, we select an appropriate advanced Premium Intraocular Lens (IOL). These include:

- **Extended Depth of Focus (EDOF) lenses** which allow patients to navigate dynamic environments, read vehicle dashboards, and interact naturally with computers and mobile tablets, while significantly lowering night-time glare and halos compared to historical multi-focal designs.
- **Trifocal Intraocular Lenses** which split incoming light into three precise focal zones: near, intermediate and distant. This architecture maximises true functional freedom, vastly reducing or eliminating a patient's dependence on glasses across the vast majority of daily tasks.
- **Toric Lenses** for patients with pre-existing corneal astigmatism. Whilst standard lenses cannot fully resolve blur, toric engineering can be integrated directly into EDOF, Monofocal or Trifocal optical profiles to neutralise astigmatism and restore absolute geometric sharpness.

If you would like to find out more about our vision care clinics or schedule a detailed ophthalmic assessment, please contact our Ü VISION Sevenoaks team.

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Ü VISION

SPECIAL OFFER - Save £100 off a course of 4 Intense Pulsed Light (IPL) treatments (priced £1,000) at The Ü Clinic, Sevenoaks. Offer valid for bookings made before 31st July 2026. Please speak with a member of the Reception team for further information.

Ü HEALTH

Thank you to everyone who attended our recent educational event **Metabolic Health - The Secret to Weight Management**. We were delighted to share The Ü Clinic's integrated approach to weight loss and the importance of medical, nutritional and aesthetic support in ensuring every part of the body is cared for during a weight management journey.

[WEIGHT MANAGEMENT - FIND OUT MORE](#)



Ü SKIN + AESTHETICS

In keeping with our theme for this month, **Mr Siva Kumar, Consultant Skin & Cosmetic Surgeon** at The Ü Clinic shares why Intense Pulsed Light (IPL) is one of his favourite treatments for skin.

“As a skin specialist, I’m often asked how to treat red veins, facial redness, and brown sun spots. My answer is usually IPL (Intense Pulsed Light), for its versatility and excellent results. IPL effectively reduces thread veins, rosacea, sun damage, freckles, and uneven skin tone, leaving skin clearer and more radiant. Treatments take just 15-30 minutes. With no needles and minimal downtime, IPL fits easily into busy lives. Most patients achieve best results with 3-5 sessions and an annual maintenance treatment.”

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