

DR. AADITHREYA VARMAN

PROFILE

Highly skilled and accomplished Cataract and Refractive Surgeon with extensive experience in advanced ophthalmic procedures, including cataract surgery, ICL implantation, and SMILE. Proven expertise in training novice surgeons and leading educational initiatives. Recipient of multiple prestigious awards for research and surgical innovation. Actively involved in the ophthalmic community, contributing to advancements in surgical techniques and patient outcomes

PROFESSIONAL EXPERIENCE

Cataract and Refractive Surgeon **|Uma Eye Clinic, Chennai|**

- Performed over 3000 cataract surgeries, including complex cases with multifocal, toric, and EDOF IOLs.
- Executed 2000+ SMILE procedures (VisuMax 500 & 800).
- Completed 300 ICL procedures.
- Recently started performing Presbyond LASIK for presbyopia correction

Head of Phacoemulsification Training Program **|Uma Eye Clinic, Chennai|**

- Developed and led comprehensive phacoemulsification training programs for novice surgeons.
- Demonstrated surgical proficiency through multiple live surgery demonstrations at national and state conferences (5 live phacoemulsification surgeries, 1 live SMILE surgery).

CONTACT

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EDUCATION

- M.B.B.S. (Bachelor of Medicine, Bachelor of Surgery)
- M.S. (Master of Surgery) - Ophthalmology
- FWCRS (Fellowship in World College of Refractive Surgery)
- FAICO (Fellow of All India Collegium of Ophthalmologists) - Cataract and Phacoemulsification



CAREER HIGHLIGHTS & ACHIEVEMENTS

- Best Paper of Session Award, ASCRS Annual Meeting 2024-“Assessing the surgical competency of novice surgeons using a 3D heads-up display microscope.”
- Prof. C.P. Gupta Gold Medal for Overall Best Paper, Tamil Nadu Ophthalmic Association (TNOA) Annual Meeting.
- 3× Best Paper Awards, TNOA Annual Meeting.
- Chief Instructor, ASCRS Instruction Course: “Nuances to Achieve Optimal Outcomes with SMILE” (2022–2025).
- Live Cataract Surgery Presenter at national ophthalmology conferences – among the youngest to do so (at age 28).
- Speaker/Presenter at leading state, national, and international forums including ASCRS and AIOS.
- Executive Member, Young Ophthalmologists Association of India.

PUBLICATIONS

- Varman A., Varman A., Balakumar D. Comparison of visual and refractive outcomes of keratorefractive lenticule extraction for compound myopic astigmatism between VisuMax and VISUMAX 800. *Clinical Ophthalmology*. 2024;18:3557–66. doi:10.2147/OPHTH.S492552
- Varman A., Varman N.V.A., Balakumar D. Assessing the surgical competency of novice surgeons using a three-dimensional heads-up display microscope. *Indian Journal of Ophthalmology*. 2024;72(9):1329–35. doi:10.4103/IJO.IJO_2677_23
- Varman N.V.A., Varman A., Balakumar D. Safety and efficacy of low-energy SMILE for correction of myopia and myopic astigmatism: A retrospective analysis. *Indian Journal of Ophthalmology*. 2023;71(2):476–80. doi:10.4103/ijo.IJO_1757_22
- Karupppiah P., Varman N.V.A., Varman A., Balakumar D. Trifocal vs. EDOF intraocular lenses: A comparative analysis of clinical outcomes. *Indian Journal of Ophthalmology*. 2022;70(8):2867–71. doi:10.4103/ijo.IJO_2921_21
- Varman N.V.A., Varman A., Balakumar D. Post-operative outcomes of SMILE in moderate to high astigmatism. *Indian Journal of Ophthalmology*. 2022;70(2):396–99. doi:10.4103/ijo.IJO_1532_21