

DR. NIKILA P

Associate Consultant - Ophthalmology

Qualification

MBBS | M.S (Ophthalmology)

Overview

Dr. Nikila P is a cataract specialist in Salem. She is currently practising as an Associate Consultant - Ophthalmology at Manipal Hospitals, Salem, bringing over 6 years of focused clinical and surgical experience in cataract and glaucoma care. An MBBS graduate from Coimbatore Medical College and Hospital, Dr. Nikila completed her MS in Ophthalmology at Aravind Eye Hospital, Madurai, a high-volume tertiary eye care centre known for structured surgical training and outcome-based ophthalmic practice. Her training environment emphasised meticulous pre-operative evaluation, surgical precision, and structured post-operative care, foundations that continue to shape her current practice. Dr. Nikila has independently performed over 3000 Cataract Surgeries. Her surgical approach focuses on restoring functional vision while maintaining safety protocols and careful patient selection. She routinely conducts detailed pre-operative assessments, including visual acuity evaluation, slit-lamp examination, intraocular pressure measurement, and posterior segment assessment, ensuring appropriate surgical planning for each individual. This combination of surgical volume and community exposure establishes her among the

best ophthalmologists in Salem for structured cataract and anterior segment care. Beyond cataract surgery, she performs laser procedures such as posterior capsulotomy and peripheral iridotomy, along with minor ophthalmic interventions. Her clinical scope includes general ophthalmology consultations, glaucoma assessment, and neuro-ophthalmic evaluation. Dr. Nikila has actively contributed to academic ophthalmology. She presented a poster at the 2021 All India Ophthalmological Conference (AIOC) on Horner's syndrome following bull gore injury. In 2024, she presented her thesis as a Gold Medal paper at the Tamil Nadu Ophthalmic Association (TNOA) conference. In 2025, she published a paper in the Indian Journal of Ophthalmology titled "Understanding Papilledema: Insights into its Clinical Presentation Across Diverse Etiologies." These academic contributions reflect her engagement with evolving evidence and structured clinical research. Within Manipal Hospitals, Salem, Dr. Nikila manages outpatient consultations, surgical cases, and postoperative follow-up within a multidisciplinary framework. She also contributes to training junior doctors and residents, reflecting ongoing academic engagement. Her focus remains on improving visual outcomes while maintaining ethical, patient-centred care standards. Her surgical depth and structured ophthalmic practice place her among the best ophthalmologists in Salem for comprehensive cataract management.

Field of Expertise

- Cataract surgery - Sutureless cataract surgery, Phacoemulsification, complicated cataract surgery
- Screening for Amblyopia, Glaucoma, Diabetic Retinopathy, ROP, Squint
- Management of Refractive errors, Glaucoma, Retinal diseases, corneal disorders, uveitis
- Pterygium surgery
- Laser procedures

Languages Spoken

- English
- Tamil