

DR. POONAM YADAV

Consultant - Cataract & Refractive Surgery

Qualification

MBBS | DNB (Ophthalmology)

Overview

Dr. Poonam Yadav is an ophthalmologist who has 28 years of experience in this field, with 25 years as a specialist. She practices at Manipal Hospitals in Sarjapur Road, Bangalore, as a Consultant - Cataract & Refractive Surgery and is affiliated with esteemed medical organisations, including the All India Ophthalmological Society, Bangalore Ophthalmological Society, Karnataka Ophthalmological Society, and Delhi Ophthalmological Society. Her commitment to continuous professional development is evident in her active involvement in these societies. Dr. Poonam Yadav completed her MBBS from Pandit Bhagwat Dayal Sharma University of Health Sciences, Rohtak, in 1995, DNB - Ophthalmology from the prestigious Mohan Eye Institute in 2002. She also did an M.Phil. at BITS, Pilani, and Tulane University, USA, in 1999. She is associated as a member of the Delhi Medical Council and is an expert in anterior chamber work, having treated many thousands of patients and conducted over a thousand cataract surgeries and several laser procedures. She has mastered using Protege, AMO Diplomax II, Appasamy, Infiniti, Laureate Phaco equipment, and foldable and non-foldable toric, trifocal, multi-focal,

EDOF, and IOL placements. Dr. Poonam Yadav sharpened her skills in general ophthalmology, with a particular focus on glaucoma, anterior segment, refractive surgeries, and paediatric ophthalmology. She has remarkable proficiency in ophthalmic procedures, including pterygium surgeries with graft glue, chalazion treatments, LASIK, C3R, IPCL, and lasers like capsulotomy, iridotomy, selective laser trabeculotomy, and PTK. She is also proficient in Ortho-K lenses for refractive requirements and has worked with advanced LASIK machines such as Zyoptix, Allegretto 200 and 500, and Hansatome and Moria keratomes, successfully performing numerous LASIK surgeries with utmost patient satisfaction. Dr. Poonam is considered one of the best ophthalmologists in Sarjapur, Bangalore. Her specialisation extends to refractive correction with ICL/IPCL, encompassing both spherical and toric cases. She has garnered extensive experience in managing cornea-related conditions such as keratoconus, employing treatments involving glasses, RGP, or C3R techniques. Her expertise also encompasses comprehensive care for medical glaucoma, including screening, diagnosis, laser procedures, and medical management. She employs diagnostic techniques such as gonioscopy, HFA, and OCT to provide thorough assessments. Additionally, she is well-versed in paediatric ophthalmology and manages conditions such as progressive myopia and amblyopia. She upholds a solid ethical approach, practising evidence-based medicine and adhering to national and international protocols in patient management. In terms of communication, Dr. Poonam is fluent in both English and Hindi, ensuring effective communication with her patients.

Fellowship & Membership

- All India ophthalmological society
- Karnataka ophthalmological society
- Bangalore ophthalmological society
- Delhi ophthalmological society

Field of Expertise

- Anterior segment- cataract, glaucoma, refractive

Languages Spoken

- English
- Hindi

Talks & Publications

- Manipal Hospitals Sarjapur: Dr. Poonam Yadav on Why Must One Care For One's Eyes While Bursting Crackers? | The Health Site. Click Here