Dr James Dalgliesh completed his medical degree at the university of Sydney as a post graduate student. Prior to his medical studies he completed a Bachelors of Science in molecular biotechnology. During medical school James was an active member of the student surgical society and maintained an interest in ophthalmology and global health. After leaving medical school with honours, James completed his internship and resident years in Sydney and Broken Hill. During these years James was able to travel to Myanmar with the Myanmar Eye Care Project to provide ophthalmic care to a population with one of the highest rates of blindness in the world. James in conjunction with a colleague organized a two day plastic surgery teaching and training conference for resident doctors.

James commenced his ophthalmology training in 2015 as part of the Sydney Eye Hospital network. After completing his training James undertook a further 2 years of subspeciality training in oculoplastic surgery, first at Christchurch in New Zealand and then at Sydney Eye Hospital. Following his fellowship at Sydney Eye Hospital James stayed on in the department as a locum oculoplastic consultant. During his time James has actively been involved in teaching and supervision of registrars in both oculoplastic and cataract surgery.

James remains a keen teacher and when not working he can often be found on the beach with is family.