

**Laser Treatment
(Laser photocoagulation for
Diabetic Retinopathy & other
retinal diseases)**

Eye Unit

Understanding Laser treatment

The laser is used for several different eye conditions like diabetic eye disease, changes related to ageing and other retinal diseases. Laser photocoagulation uses the heat from a laser to seal or destroy abnormal, leaking blood vessels in the retina.

The treatment consists of a beam of light aimed at the specific area of eye to be treated. The duration of laser treatment session can vary up to thirty minutes or more. You may need more than one treatment session depending on condition affecting your eye.

Why is it done?

Laser treatment is most often done to stabilise vision and to prevent further vision loss rather than to improve vision.

How is the treatment carried out?

- Treatment is normally carried out in an out-patient clinic and you usually do not have to stay in hospital.
- When you arrive at the clinic your vision will be assessed and drops will be put in your eyes to dilate the pupils.
- The doctor will then briefly explain why you are having laser treatment. He/she may also ask you to sign a consent form.
- You will then be taken into the laser room, and the doctor will put anaesthetic drops to numb the eyes before a special contact lens is placed on the eye needing treatment.
- During the treatment you will see flashes of light and hear a clicking sound. You could be asked to move your eyes in certain directions; this can easily be done even with the contact lens in place.

Is it painful?

In most cases the treatment is painless, however some people do experience discomfort. If you experience severe discomfort, please let the eye specialist know.

After lengthy sessions of treatment, it is common to develop a headache and simple pain relief like Paracetamol tablets may be taken.

Does laser treatment have any side effects?

No treatment is possible without some side effects, but the risks of laser treatment are far fewer than the risks of not having laser treatment.

After the laser treatment you may have blurred vision but that is usually a temporary effect. If you have multiple sessions of laser treatment you may lose some vision to the sides (peripheral vision) and this may affect your ability to drive safely. You must inform the DVLA if you are having laser treatment to both eyes. If you do have any concerns about the side effects of laser treatment you should discuss them with the eye specialist.

Important notes:-

1. Do not drive to the hospital for your appointment. The affect of the drops to dilate the pupil can last for several hours, causing the vision to be blurred. This will affect your ability to drive safely or operate machinery for the rest of the day.
2. If you have any concern about your treatment please ring the following contact number:-

Eye Outpatient Department on:-
Tel. No:- 01633 – 656268
Between 8.30am – 5.00 pm

PERSONAL NOTES

**“This document is available in Welsh /
Mae’r ddogfen hon ar gael yn Gymraeg”.**