

Risks of Laser Treatment

- A scratch on the surface of the eye, which usually heals quickly but can get infected.
- The eye may look inflamed for a few days.
- You may notice some new black spots in your vision, which can sometimes be close into the centre. They usually fade but can be permanent.
- If you require a lot of laser treatment you may notice that your night vision and your peripheral ('corner of the eye') vision fades a little.
- The progression of pre-existing leakage in centre of retina, this may cause a reduction in your vision for a few weeks. This may resolve after a few weeks, or you may require more treatment – including injections to your eye.
- The benefits of laser treatment outweigh these risks, and we do it to stop your vision getting worse over time.

Driving

- After several laser treatments to both eyes, some people find it difficult to drive at night

Follow up appointments

- You will receive a follow up appointment for more laser or for injections into the eye, or just to see how you are doing
- If you have any concerns or questions please ask the eye team at your next appointment

Helping yourself

Because there are so many health problems that can arise with Diabetes, the best person to put in charge of your treatment is YOU. Take your medications as instructed and watch your diet to keep the following under good control:

- Blood sugars
- High blood pressure
- High cholesterol level

Note: Please attend all your clinic appointments and see your family doctor regularly.

Health & Disability Code of Rights

- 1 Right to be treated with respect
- 2 Right to freedom from discrimination, coercion, harassment and exploitation
- 3 Right to dignity and independence
- 4 Right to services of an appropriate standard
- 5 Right to effective communication
- 6 Right to be fully informed
- 7 Right to make an informed choice and give informed consent
- 8 Right to support
- 9 Rights in respect of teaching or research
- 10 Right to complain

Counties Manukau Health Values

We aspire to live and breathe our values every day as the foundation of our strategic goal to achieve health equity for our community:



VALUING EVERYONE - Make everyone feel welcome and valued.

KIND - Care for other people's wellbeing.

TOGETHER - Include everyone as part of the team.

EXCELLENT - Safe, professional, always improving.

Contact Details:

Ophthalmology Department Manukau SuperClinic™
Module 6 between 8.00am – 4.30pm Ph: 09 277 1660
After Hours – Greenlane Hospital Ph: 09 367 0000 or
go to the Acute Eye Department at Greenlane Hospital
PO Box 98743, Manukau City, Auckland 2241
Phone: 09 277 1660 Fax: 09 277 1637



www.countiesmanukau.health.nz

Re-Order SUPC120 Date: May 2019



Retinal Laser treatments



Module 6
Manukau SuperClinic™

Ophthalmology Department

What is a Laser?

It stands for 'Light Activation by Stimulated Emission of Radiation'. There are various types of eye Laser treatments, to treat different eye conditions. For example 'YAG' & 'SLT' laser to treat glaucoma. 'Argon' laser is used for treating diabetic eye disease and blockage of a vein of the retina. The retina is the light sensitive skin lining the inside of the eye ball.

Reasons for Argon Laser Treatment

1. New Blood Vessels

- Abnormal new blood vessels grow at the back of the eye when the blood supply is poor.
- These new blood vessels are fragile and can easily bleed. This can cause scarring and damage the fragile retina and its nerve.
- The new blood vessels can cause blindness if laser treatment is not performed. Argon laser can usually help these new fragile blood vessels to disappear.

2. Leaks of Fluid

- Fluid can leak from damaged blood vessels in the retina.
- The "soggy" retina does not work so well, like a spoilt film in a camera.
- Laser treatment can help dry up the leaks.

Laser treatment can prevent loss of sight!

How will you know if you need Argon laser treatment?

You cannot know yourself whether you need laser treatment or not. If you have diabetes, you must keep your eye clinic appointments so the eye care team can examine your eyes looking for new blood vessels or leaking fluid, and you will be told if you need treatment, and sent an appointment.

The day of your Laser Treatment

- Please bring a driver to drive you home after the laser treatment.

- Laser is performed in the eye clinic, in a darkened room.
- Drops will be placed in your eyes to dilate your pupils. The drops can take between 20-45 minutes to work.
- You will notice that your vision is blurred because the pupils are dilated.
- Anaesthetic drops will be placed in your eye to numb it.
- You are then ready for your laser treatment.

The actual Laser Treatment

- Laser is performed using a laser slit lamp similar to the machine used to examine your eyes during your regular eye examinations.
- It is important during the laser treatment to be seated as comfortably as possible and to keep your eye still. The eye doctor will adjust the chin rest.
- A contact lens will be placed on your eye while you will sit at the laser machine.
- The eye doctor will sit in front of you and aim the laser into your eye.
- During the laser treatment you will see bright flashes of light with a clicking sound.
- The laser treatment can occasionally be slightly uncomfortable and you may require Panadol after the laser treatment.
- The laser treatment may last between 5 and 30 minutes. This depends on how much laser you need and why you need it.
- Several sessions of laser treatment are often needed.

Care following Laser Treatment

- An eye pad may be placed over the treated eye for several hours or overnight.
- Your vision will be blurred after the laser treatment due to a combination of the eye drops and the bright light of the laser. This can last for several hours. You should bring your sunglasses to wear after the laser treatment.
- You will need someone to drive you home.
- As the effect of the drops wear off your sight will clear.

At home

- You need to rest and avoid strenuous activities for a day or so following laser treatment.
- If you experience pain or discomfort in or around your eye or you develop a headache, you may take another 2 Panadol tablets.
- If the pain is severe or continues to get worse, please contact the Eye Module or go to Greenlane Clinical Centre, Acute Eye Department
- You may return to normal activities, as much as your vision will permit after one day.

Note: It is important to remember that laser treatment may not improve your sight but works to stop it getting worse.

What Happens After the Argon Laser Treatment?

1. New Blood Vessels

- If you have laser treatment for new blood vessels and they do not disappear, you may need more laser treatment or injections into the eye.
- You will be told the result and given another appointment at the right time for the eye if it needs it.
- New blood vessels may take some time to disappear. You may need several treatments of laser or injections and may need to come back many times.

2. Fluid

- If you have had laser treatment for fluid leaks, you will be seen 2 to 4 months after the treatment
- If the fluid has not completely dried up, you may need more laser treatment or other treatments.