

## The Eye Unit - Ophthalmology Department

# Going home after Cyclodiode laser treatment

**This booklet aims to give you the information you need whilst recovering from Cyclodiode laser treatment.**

**Please note** that this type of treatment does not aim to improve your vision.

### After the procedure

- Your eye may be covered with a pad after the procedure. This should remain in place for four hours until the anaesthetic has worn off.
- We advise that you **do not drive** on the day of the procedure.
- Your eye might be uncomfortable for a few days after the treatment. This can usually be controlled with painkillers such as paracetamol.
- The eye is likely to be a little red, may also be watery and gritty for a few days, and your vision may be slightly blurred.

### Potential risks

Cyclodiode Laser Treatment is normally successful and works in most cases. It may also relieve glaucoma sufferers from the pain caused by high pressure in a non-seeing eye.

All types of medical procedures involve potential risks. For Cyclodiode laser these may include:

- Inflammation of the affected eye so that the eye is red and painful after the procedure. You are given drops to counteract this.
- Inflammation at the back of the eye affecting vision.



## Patient Information

- Reduced vision for a few weeks. Rarely there may be a permanent reduction or loss of vision.
- The pressure may go too low. This is usually managed by stopping all your glaucoma drops. Rarely, it can result in shrinkage of the eye.
- The pressure may still be high. Sometimes it takes more than one treatment session to bring the pressure down.
- You may require further surgery in the eye.
- Everybody can develop a cataract with age. This procedure, like other glaucoma surgery, can sometimes enhance the rate at which cataract may form in your eye.
- Very rarely, laser treatment to one eye may cause inflammation and affect the vision in the other eye.
- Rare risk of bleeding or infection from the anaesthetic.

## Cleaning the Right / Left Eye

- Wash your hands;
- Remove the eye dressing;
- Dip cotton wool into cool previously boiled water and squeeze to remove excess water;
- Take one cotton wool ball at a time and squeeze to remove the excess solution;
- Wipe the eyelids gently from the bridge of the nose outwards. Discard after each wipe. **Do not** press on the eye at all.
- Repeat until the eye lids appear clean.
- Wash your hands.
- Put in the drops as instructed.

## Patient Information

### **Medications - Right Eye/Left Eye**

You have been prescribed medication to settle your eye after your treatment. It is important that these are used as directed.

#### **Important**

You should continue with your **glaucoma drops** as usual unless directed otherwise until your first hospital visit. There, your pressure will be fully reassessed and you may then be able to stop some or all of your eye drops.

**Please see overleaf for information about instilling your eye drops.**

## Patient Information

### Eye drops

**Important:** all the eye drops start at ..... **o'clock** when the eye pad is removed (usually 4 hours later) on **date** ...../...../.....

The chart below will be of help to remind you when to put your drops in.

<b>Medication Name</b>	<b>8 AM</b>	<b>10 AM</b>	<b>12 NOON</b>	<b>2 PM</b>	<b>4 PM</b>	<b>6 PM</b>	<b>8 PM</b>	<b>10 PM</b>

## Patient Information

### **General Practitioner (GP)**

You will be given a letter to take to your GP. If you are unable to deliver it, we are able to post it for you.

### **What you can do**

- **All** normal daily activities

### **What you should avoid**

- Rubbing your eye;
- Splashing water into the eye.

### **Follow Up**

- You will need to have a follow up appointment after the treatment, at ..... Hospital, ..... in ..... days /weeks in order to check your response to the laser treatment.
- If you do not receive this appointment please contact a member of the team below.
- All follow up appointments will be arranged from then on.
- If you have any questions please make a list and bring it with you.

### **Contact the hospital if:**

- You experience severe pain, sudden loss of vision, or have any discharge from the treated eye.
- If you notice any change in vision (very rare) in the other eye.

### **Contact Numbers**

#### **University Hospital Coventry and Warwickshire NHS Trust**

Ophthalmology Day Case Unit

024 7696 5923

Monday – Friday: 7.30am – 5.30pm

## Patient Information

### **Sister Mary Jane Oca (Monday to Thursday)**

Glaucoma Nurse Specialist

024 7696 6491

### **For Administrative Queries**

Mrs Robinson's Secretary 024 7696 6502

Mr. A. Bansal's Secretary 024 7696 6501

Ms. S Turner's Secretary 0247696 6491

Amy Sehmbi SLT Laser Coordinator 0247696 6401

### **In case of Emergency, please attend the Eye Casualty Department, Clinic 9, University Hospital, Coventry (not a walk-in service)**

Monday – Thursday: 8.30am – 4.30pm

Friday: 8.30am – 4.00pm

Saturday: 8.30am – 12.00 noon

**Tel: 024 7696 6627**

### **Outside of these opening times, please attend the Accident and Emergency Department at University Hospital Coventry.**

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5923 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

#### **Document History**

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