

Patient Information

Ophthalmology

Going home after cyclodiode laser treatment

This leaflet 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. It 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



Patient Information

treatment, these may include:

- Inflammation of the affected eye such 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.
- 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 of or all your eye drops.

Please see overleaf for information about using 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.

Medication Name	8 AM	10 AM	12 NOON	2 PM	4 PM	6 PM	8 PM	10 PM

Patient Information

General practitioner (GP)

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

Tuesdays - 024 7696 6492

Thursdays and Fridays - 024 7696 6491

For administrative queries

Mr. A. Bansal's secretary 0247 696 6501

Ms. S Turner's secretary 0247 696 6502

Amy Sehmbi - SLT Laser Coordinator 0247 696 6401

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.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 024 7696 4800.

This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.