

Patient Information

Ophthalmology

Laser treatment for diabetics

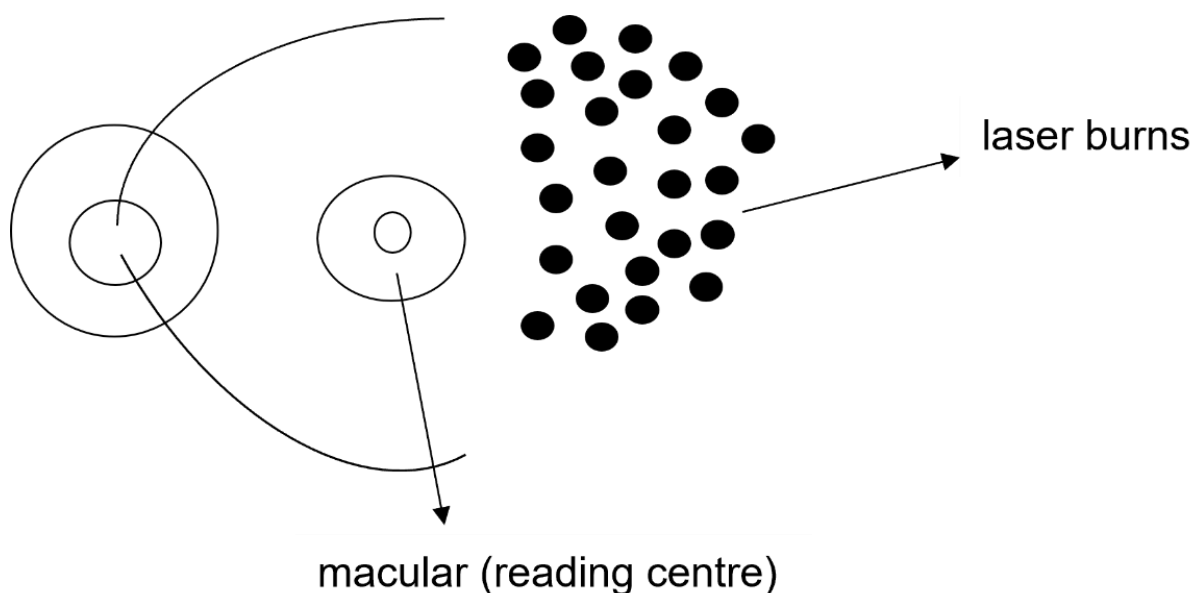
The aim of laser treatment is to stabilise your sight and condition.

Laser types

1. Focal laser

Focal laser treatment is used to seal specific leaking blood vessels in a small area of the retina, usually near the macula. The macula is your reading centre.

Your ophthalmologist identifies individual blood vessels for treatment. Your ophthalmologist then makes a limited number of laser burns to seal off the blood vessels.

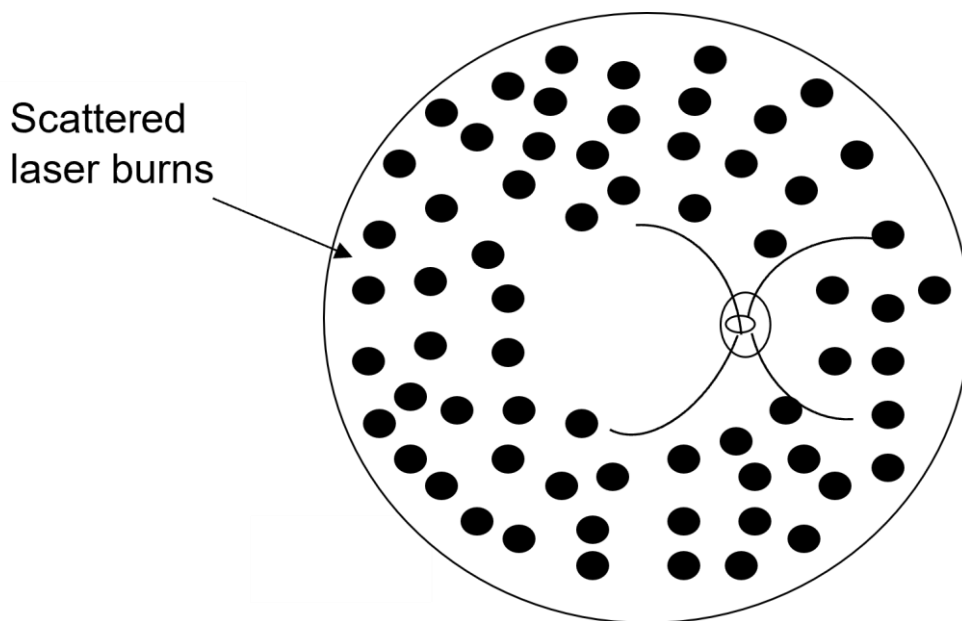


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2. Scattered laser

Scattered laser treatment is used to prevent or slow down the growth of new abnormal blood vessels. The abnormal blood vessels may or may not have developed over a wider area of your retina.

Blood vessel growth can develop into a haemorrhage in the jelly of the eye (vitreous). Scattered laser treatment can stop the progress of blood vessel growth. You may need two or more treatment sessions, and this is more likely if you have diabetes.



Your laser treatment

You will be given laser treatment in outpatients and you may need more than one session.

Do not drive to this appointment. Your pupils will be dilated for this treatment. You will also be given eye drops to numb the surface of your eye for this treatment. Laser treatment involves directing an intense beam of light onto the retina in small spots.

Is laser treatment painful?

You may feel a sharp prickling feeling during your treatment.

If you find your first treatment painful, you can take painkillers, such as paracetamol, before your next visit.

After your laser treatment

Your sight may be blurred and your eye may ache 1-2 days after laser treatment. Some people notice spots in their side vision if they look at anything with a white background. Other people notice flashes of light at night.

If a lot of laser treatment is needed it does affect your sight. You may notice glare which is difficulty seeing in sunlight. You may also notice difficulty seeing and driving at night. Wearing a peaked hat, tinted glasses, or glasses that change colour in bright weather may help if you experience glare.

What treatment can do

Laser treatment can increase the chance of improvement or stabilisation of your vision. Visual improvement takes place gradually if it occurs.

What treatment cannot do

Laser treatment does not guarantee the improvement or stabilisation of vision in every case. Some eyes will continue to deteriorate after laser treatment.

Risks and benefits

Some people can see the focal laser pattern after treatment. This usually continues for up to 2 months and very occasionally for up to 6 months.

A lot of scattered laser treatment can reduce the peripheral (edge) field of vision. You may not notice the effect of this; however, your night vision may be reduced

Around 1 in 10 people have reported a small, permanent blind spot close to the centre of their sight.

There is less than a 1 in 300 (0.3%) chance of you losing most of your central vision months or years after laser treatment.

We cannot eliminate the very small risk of accidental laser burns to the very centre of your vision. This can happen if you find it difficult to stay still or look directly at the laser during treatment.

Your colour vision may be altered in the eye having the treatment.

Occasionally, laser treatment can cause new blood vessels to grow under the macula months or years after treatment. These blood vessels can bleed and scar up resulting in permanent loss of your central vision.

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How successful is laser treatment?

Focal laser treatment for diabetes affecting the macular (centre) may prevent serious sight loss in 60% to 70% of cases.

Scattered laser treatment may prevent severe sight loss in over 90% of cases when it is given when changes are noticed in early diabetic proliferative retinopathy.

Driving

Car or motorcycle

If only one eye is affected

You do not need to tell the DVLA if you have, or have had, retinopathy in one eye and you are still able to meet the visual standards for driving.

If both eyes are affected

You must tell the DVLA if you have, or have had, retinopathy in both eyes.

The DVLA will require a visual field check if you have had laser to both eyes

Bus, coach, or lorry licence

You must tell the DVLA if you have or have had retinopathy in one or both eyes.

DVLA contact information

DVLA website

www.gov.uk/government/organisations/driver-and-vehicle-licensing-agency

DVLA telephone

Car Licence Group One: 0300 790 6806

LGV and PVC Group Two: 0300 79 06807

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Contact numbers

University Hospital Coventry

Retinal Specialist Nurse, Sister Mann (Jas):

024 7696 4000 (switchboard) and ask them to bleep **2828**

Macarthur Calica:

024 7696 4000 (switchboard) and ask them to bleep **5836**

Mr Manjunatha and Mrs Mukherjee secretary: **024 7696 6496**

Mr Pagliarini and Miss Priti Kulkarni secretary: **024 76 966497**

Rugby St Cross

AMD injection co-ordinator: **01788 663338**

Diabetic injection co-ordinator: **01788 663992**

Eye Clinic Liaison Officer:

Sue Grewcock

University Hospital Coventry: Monday, Wednesday and Thursday

07834147178 (please leave voicemail)

Rugby St Cross: Tuesday and Friday

01788 663004

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 0247 696 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 Emergency Department.

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6474 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

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www.uhcw.nhs.uk/feedback

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