

## Information for Patients

# Cyclodiode Laser

### What is Cyclodiode laser?

The diode laser is a highly concentrated beam of light, which can be used to target and treat a selected area. Sometimes, laser treatment is recommended in order to avoid or delay the need for more invasive surgery to lower your eye pressure. The diode laser is used to produce very small burns in the ciliary body, which produces the watery fluid called aqueous humour, and is situated behind the iris (coloured part of your eye). The reduced production of aqueous humour causes the eye pressure to fall.

### What happens on the day of treatment?

The treatment takes place in the operating theatre. You will be asked to attend the Day Case Unit or Ward 55 in advance of the treatment time. Further instructions about this will be given in the letter discussing your admission. The doctor will take your written consent and explain further if you have any questions.

The procedure is usually done under local anaesthetic but may be done whilst you are asleep under general anaesthetic. This will be discussed with you. The local anaesthetic involves drops that numb the front surface of your eye and an injection in the skin around your eye, which will make the area around your eye go numb. The injection will sting for a few seconds. The numbness may last for a few hours and can affect your vision at the time.

The laser is then applied through the sclera (the white of your eye) using a pen like instrument. At the end of the procedure, an injection of steroid is given under the conjunctiva (lining of the eye) to help reduce inflammation that may occur following the laser treatment. You will not feel this as your eye will be numb. An eye pad and a clear plastic shield will be applied over your eye. It is important that you do not drive, and you may wish to arrange for

someone to take you home. You will be given drops to take at home. You will probably need to continue your glaucoma eye drops (and or tablets); the doctor will advise you of this before you leave. You will receive an appointment to come back to the clinic.

## **Are there any risks or side effects of this treatment?**

Immediately afterwards your eye may look bloodshot. This may result from the injections given to the skin of your eye. Your eye may feel slightly bruised afterwards and sometimes become inflamed. The eye drops will control any inflammation and help to relieve discomfort.

You may wish to take a pain relief medication, for example paracetamol, to relieve this discomfort. **If you are already taking pain relief medication for a different condition continue with these, but do not take both.**

Loss of vision may occur after the treatment, although this is uncommon, and may be related to particular types of glaucoma affecting up to 1 in 20 patients. These risks will be discussed with you before your treatment by the doctor.

Over 8 out of 10 (80 %) of patients who have their eyes treated by laser in this way have a successful lowering of pressure. The effects of the laser can wear off in time but may last for months or years. The treatment can be repeated if necessary.

The information in this leaflet is intended as a guide only, as each patient's experience will be different. If you require any further information or are concerned about your eye following laser treatment, please contact your consultant's secretary. The telephone number is on the front of your appointment card.

If your problem is urgent and you are unable to speak to the secretary, please ring the Emergency Eye Centre on (0161) 276 5599 every day between 8.00 am and 9.00 pm.

If at any time you are unable to contact a member of staff on the above numbers telephone Ward 55 on (0161) 276 5512 available 24 hours a day, 7 days a week.



