

# Laser Treatment of the Retina

Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Buildings, Victoria General site.

Next, go to the Eye Care Centre in the Centennial Building, 2A.

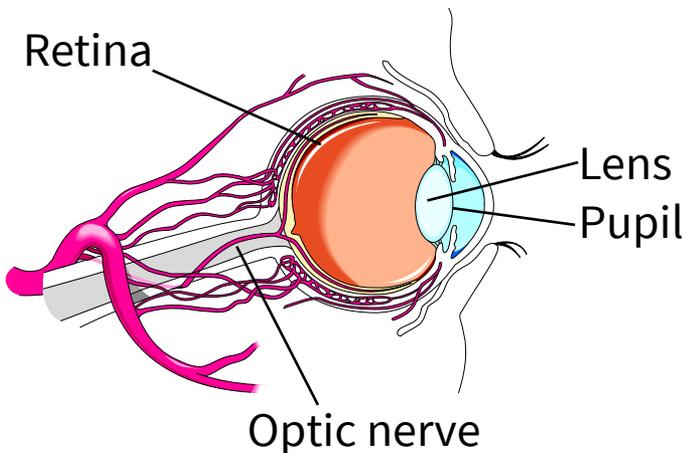
# Laser Treatment of the Retina

## What is laser treatment?

Laser treatment uses a strong beam of light (laser) that can be focused to treat certain diseases of the retina. The retina is a delicate lining in the back of the eye where the images you see are made.

Laser treatment is done to try and keep your current level of vision and to prevent any further loss of vision.

### Normal eye



## **The 3 most common types of retinal disease treated with a laser are:**

- › Retinal holes or tears
- › Diabetic eye disease (diabetic retinopathy)
- › Other problems with retinal blood vessels

### **Retinal holes or tears**

- If retinal holes or tears are not treated, fluid can leak through. This causes the layers to separate and detach (pull away). This may cause loss of vision, depending on how much detachment there is. Laser treatment seals the layers of the retina together.

## **Diabetic eye disease (Diabetic retinopathy)**

Diabetes can cause 2 types of damage to the retina:

1. Leaking from small blood vessels causes swelling. If the swelling happens in the centre of your vision, it can cause blurred vision. Laser treatment may be used to stop the leakage.
2. Blood vessels are blocked and new blood vessels grow into the eye, where they may break and bleed. Laser treatment is used to stop the blood vessels from growing and lower the risk of vision loss.

## **Other problems with retinal blood vessels**

- Laser treatment may also be used for ocular (eye) problems caused by abnormal blood vessels.

# How do I get ready for a laser treatment session? Where do I go?

- Eat your meals as usual. You may bring a snack with you, if needed.
- Take all of your medications (including eye drops) as usual.
- Bring all of your medications and drops or a list of their names to the Centre with you.
- **Bring a pair of sunglasses with you.** Your eyes will be very sensitive to light after the treatment, so wearing sunglasses is recommended. This is very important on bright, sunny days.
- You must have a responsible adult come with you to the Eye Care Centre and drive you home after.
- Come to the main entrance of the Centennial or Dickson Building. Register using a self check-in kiosk.
- Go to the Eye Care Centre in the Centennial Building, 2A. Plan to be at the Centre for about 2 hours.
- You will be asked to sign a consent form.

# What will happen during laser treatment?

- You will be given eye drops to dilate (make bigger) your pupils. This will help your eye doctor to see them better.
- You will be seated at a microscope, much like the one used in your eye doctor's office. The laser beam is controlled through the microscope.
- During the treatment try to keep your teeth together and your head pushed forward against the band.
- Local anesthetic (freezing drops) will be placed in your eye. This is to prevent discomfort from the special contact lens placed on your eye to hold your eyelids apart. This lens also magnifies (makes it look bigger) the area being treated.
- During treatment you will see bright flashes of light.
- The treatment will take 5 to 15 minutes depending on the amount of treatment needed.

# What will happen after laser treatment?

- The eye drops used to dilate your pupils will make things look blurry right after your treatment.
- The blurring will get better in 3 to 4 hours.
- Keep using your usual eye drops and medications.
- **Do not drive** on the day you have your laser treatment.
- Your eye doctor will tell you about any activities to avoid.
- The Centre will give you your next appointment time.
- **Tell your eye doctor about any sudden loss of vision or severe (very bad) pain.**

