

## LASER RETINOPEXY

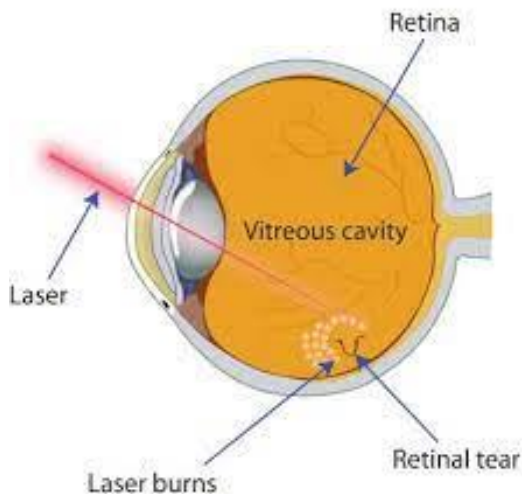
### PROCEDURE INFORMATION SHEET

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#### ABOUT THE PROCEDURE

Laser retinopexy is a procedure to prevent retinal detachment. During the procedure the doctor will seal the retina around the tear by placing laser spots around the hole, which then forms scar tissue acting like a barrier to prevent the retina from detaching.

It usually takes about 14 days for the scar tissue to develop.



#### WHAT IS RETINAL TEAR?

Retinal tears can happen when the jelly inside the eye comes away from the retina (called vitreous detachment) or due to trauma to the eye. Some people who are very short-sighted are at a much greater risk of developing tears. If left untreated, a tear can result in a detachment. The

retina can detach because fluid from inside the eye is able to enter the tear which causes the retina to lift off from the underlying tissue below.

#### COMMON MISCONCEPTIONS

A laser retinopexy is commonly performed in-office procedure and is very safe. It should not be confused with lasers used for corrective eye surgery like Lasik.

Our laser is focused to only target the area requiring treatment at the back of the eye.

#### WHAT TO EXPECT

Many people are concerned about possible pain and side effects of laser retinopexy. The procedure is nearly painless. Your eye is anesthetized with numbing eye drops, and a small lens is placed on the surface of the eye to help focus the laser.

During the laser procedure, you may feel a sensation that something happened or a pinprick sensation, or you may feel nothing at all. You may expect the laser to make a noise when it is activated.

#### YOUR APPOINTMENT

You should allow approximately **1 hour** for your appointment. This includes registration, diagnostic testing, the administration of eye drops, and if needed be a discussion with your ophthalmologist.

For the procedure, you will be seated in an upright position. The procedure is performed with the help of a slit lamp like the one used during routine visit to look at your eyes.

You may be asked to wait for a few minutes after your procedure to ensure you are feeling well before you leave the clinic.

## POTENTIAL SIDE EFFECTS

Most people do well after laser retinopexy and do not experience significant side effects, but it is always helpful to talk with your ophthalmologist so that you can fully understand the procedure and the expected results. Side effects may include:

**REDNESS, PAIN OR DISCOMFORT** These are normal side effects following treatment and will only last a short time.

**FLOATERS** While seeing floaters is expected and they will resettle in about a week, any increase in new floaters after treatment is a reason to seek medical attention.

**BLURRED VISION** In preparation for the procedure, you will be given an eye drop to numb the eye. This eye drop can blur your vision, and the dilating drop will make you light sensitive. The gel used with the special lens may also temporarily cause blurry vision.

**BLEEDING** This is a rare side effect and lasts only a short time if it occurs.

**CENTRAL SCOTOMA** Although uncommon a membrane may develop in the centre of the eye and usually occurs a long time after treatment. Your ophthalmologist will remind you to be still during the treatment to ensure the laser targets the area needing treatment.

## PROGRESSIVE RETINAL DETACHMENT

Occasionally, the laser will not be enough to

prevent a retinal detachment. In this case, you will need surgery.

## RESTRICTIONS

Please keep your activities light (no lifting and straining) for the first **3-4 weeks**.

You may be asked to use anti-inflammatory eye drops for a week after the procedure.

## YOUR NEXT VISIT

We will schedule you for a routine appointment approximately 1 month after your procedure.

## TEMPORARY SIDE EFFECTS

You may experience the following symptoms **temporarily** after your procedure.

Blurred Vision / Light Sensitivity / Redness  
Minor Discomfort /

**They will resolve in ~24-72 hours.**

## WHEN TO SEEK CARE

If you have any of the following symptoms it could be warning signs of a progressive retinal detachment, **call us immediately** or proceed to the nearest outpatients to be assessed by the ophthalmologist on call:

Increase in New Floaters / Flashes /  
Loss of Vision / Curtain-like Defect  
Shadow(s) In Your Vision