

Cyclodiode laser

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What is Cyclodiode laser?

If you have healthy eyes, the fluid in your eye (aqueous humour) flows through the pupil into the front chamber of the eye. It then drains away through drainage channels. If you have glaucoma, the fluid in the eye cannot drain away properly. This can result in a build-up of pressure within the eye and this high pressure injures your optic nerve (the nerve that carries information from your eye to your brain) and damages your vision.

The cyclodiode laser is a highly concentrated beam of light, which is targeted upon the ciliary body, which is a tissue just beneath the surface of the eye. The ciliary body produces the fluid in the eye. The aim of the laser therapy is to lower the pressure in the eye, by reducing the production of this fluid. The reduced production of fluid causes the eye pressure to fall.

Why is it needed?

This procedure is performed to save the sight you still have.

It will neither restore any sight you may have already lost nor improve your sight.

Cyclodiode laser treatment is generally successful and well tolerated. In some patients, the treatment has the additional benefit of reducing pain caused by high pressure.

What does it involve?

It is important to use your normal eye drops and other medications on the day of your treatment, unless your doctor has told you not to.

The laser treatment is a day case procedure performed in the operating theatre, normally under local anaesthetic i.e. the eye is numbed.

The laser is 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 to help reduce inflammation that may occur afterwards. An eye pad will be applied over the eye. You will be given drops to take at home. The procedure normally lasts around 20 minutes.

You will probably need to continue your glaucoma eye drops or tablets – you will be advised about this before you leave.

We will arrange an appointment for you to come back to the clinic, usually one to two weeks later.

What are the alternatives?

There are many alternative treatments which your eye specialist should discuss with you.

This is a type of laser usually used in patients with glaucoma where other types of treatment have failed or would be of little use.

How will I feel during the procedure?

You may experience pressure on the eye during treatment but it is very rare to experience pain.

How will I feel afterwards?

Your eye may be red and sore when the anaesthetic wears off. If this happens, you should take normal painkillers.

Your sight may be blurred for a few days or even a few weeks, but it should settle down to how it was before the laser treatment was performed.

What happens after the procedure?

You will be able to go home within a few hours of the procedure finishing. You should not travel home alone.

You will be given eye drops (usually two different drops, 4-6 times daily) to use until your follow-up appointment.

You can continue normal activities, but the eye specialist and nurse will explain what precautions should be taken to minimise the risk of infection.

What are the risks?

In 30% of cases, patients need repeat treatment with the laser to achieve low pressure in the eye.

It is rare to have any serious complications after this procedure.

In some cases, reduced vision may last for up to six weeks.

The pressure may be too high or low following treatment. In rare cases, persistently very low pressure can cause permanent loss of vision and alter the cosmetic appearance of the eye.

If you experience any problems, such as sudden loss of vision or pain, please contact the Eye Clinic on either **01271 322647** (Monday to Friday – 8am to 6pm) or **01271 322577** (out of hours).

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

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