Retinal Argon Laser Treatment

Department of Ophthalmology
Directorate of Operations

This leaflet has been designed to give you important information about your condition / procedure, and to answer some common queries that you may have.
This leaflet offers guidance and information to those patients undergoing Retinal Argon Laser treatment.

Retinal Argon Laser treatment is given for many different conditions in the eye/s such as vascular diseases, diabetes, membranes, retinal breaks, degenerations and selected eye tumours.

Your eye doctor will discuss this with you including the risks and benefits involved before you consent to treatment.

Laser treatment at this hospital is NOT for cosmetic purposes/getting rid of spectacles.

**What should I wear?**

Please wear clothes that are loose fitting at the neck. Please do not wear earrings or necklaces.

**Will I be able to drive home?**

No, you will not be able to drive home following treatment due to the eye drops used that will temporarily dilate your pupils and blur your vision. It is ideal to bring a relative/friend with you if possible; however, they cannot stay in the laser room during your treatment due to Health & Safety Regulations.

**Possible Benefits and Risks**

The purpose of having laser treatment is to produce a therapeutic burn to a problematic area of the retina while causing minimal damage to surrounding areas. This is to prevent further damage to the eye from whatever is causing the problem. However, some peripheral sight may be lost in order to hopefully, save central vision.

The risks include swelling, bleeding, burning or scarring to the back of the eye, effects on vision such as constriction of visual field, night blindness or altered colour/brightness appreciation and retinal detachment, which may require surgery.

You may get a headache after treatment due to the bright lights used during treatment, we advise your normal treatment for a headache.

**Alternative Treatment**

Alternative treatments include retinal surgery and in some cases medications, eyedrops or injections.

**Your Appointment**

An appointment for treatment will be sent to you via the booking office.

You will require eyedrops to dilate your pupils that can take between 30-60 minutes for maximum effect and further anaesthetic eyedrops just before treatment to numb your eye/s.

A lens will be placed on the surface of your eye/s and you will need to keep very still during treatment, which is a series of bright lights. This takes between 10 to 45 minutes. You will then have further eyedrop/s. A prescription may be given for further eyedrops or cream.

You should avoid heavy lifting for 48 hours after laser treatment.

If you experience severe floaters and flashing lights or loss of vision please contact us as soon as possible.

If you have any worries after laser treatment you can contact Grimsby eye clinic on Tel.
No. 01472 874111 ext. 1155 between 8.30am to 5pm Mon-Fri. or Scunthorpe on 01724 282282

At all other times please contact NHS direct or the A&E Department/ Emergency Care Centre.

References

Concerns and Queries
If you have any concerns / queries about any of the services offered by the Trust, in the first instance, please speak to the person providing your care.

For Diana, Princess of Wales Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01472) 875403 or at the PALS office which is situated near the main entrance.

For Scunthorpe General Hospital
Alternatively you can contact the Patient Advice and Liaison Service (PALS) on (01724) 290132 or at the PALS office which is situated on C Floor.

Alternatively you can email: nlg-tr.PALS@nhs.net

Confidentiality
Information on NHS patients is collected in a variety of ways and for a variety of reasons (e.g. providing care and treatment, managing and planning the NHS, training and educating staff, research etc.).

Everyone working for the NHS has a legal duty to keep information about you confidential. Information will only ever be shared with people who have a genuine need for it (e.g. your GP or other professionals from whom you have been receiving care) or if the law requires it, for example, to notify a birth.

Please be assured however that anyone who receives information from us is also under a legal duty to keep it confidential.

Moving & Handling
The Trust operates a Minimal Lifting Policy, which in essence means patients are only ever lifted by nursing staff in an emergency situation.

Patients are always encouraged to help themselves as much as possible when mobilising, and if unable to do so, equipment may be used to assist in their safe transfer.

If you have any questions regarding moving and handling of patients within the Trust, you may speak to any member of the nursing staff, the designated keyworker within the department or the Trust Moving & Handling Coordinator.

Zero Tolerance - Violent, Threatening and Abusive Behaviour
The Trust and its staff are committed to providing high quality care to patients within the department. However, we wish to advise all patients / visitors that the following inappropriate behaviour will not be tolerated:

- Swearing
- Threatening / abusive behaviour
- Verbal / physical abuse
The Trust reserves the right to withdraw from treating patients whom are threatening / abusive / violent and ensuring the removal of those persons from the premises.

All acts of criminal violence and aggression will be notified to the Police immediately.

**Risk Management Strategy**

The Trust welcomes comments and suggestions from patients and visitors that could help to reduce risk.

Perhaps you have experienced something whilst in hospital, whilst attending as an outpatient or as a visitor and you felt at risk.

Please tell a member of staff on the ward or in the department you are attending / visiting.

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**Northern Lincolnshire and Goole Hospitals NHS Foundation Trust**

**Diana Princess of Wales Hospital**
Scartho Road
Grimsby
01472 874111

**Scunthorpe General Hospital**
Cliff Gardens
Scunthorpe
01724 282282

**Goole & District Hospital**
Woodland Avenue
Goole
01405 720720

[www.nlg.nhs.uk](http://www.nlg.nhs.uk)