



York Teaching Hospital  
NHS Foundation Trust

# Undergoing Laser Treatment

Information for patients, relatives and carers

① For more information, please contact:

**Eye Clinic**

Tel: 01723 342055

Scarborough Hospital

Woodlands Drive  
Scarborough, YO12 6QL

Caring with pride

This leaflet sets out to answer some of your questions on laser treatment. We hope that you will find it useful.

## **What is laser treatment?**

A laser is a brief, intense, highly focused light beam, which is used to treat a variety of eye disorders.

## **Will laser treatment affect any medication I am taking?**

No. Take your tablets or medicines as normal.

## **Can I eat and drink before my appointment?**

Please eat and drink as normal prior to your appointment.

## **How much time should I allow for this appointment?**

Depending upon the eye disorder we are treating, it can take two hours or longer for this appointment; though the actual laser treatment may take only few minutes.

## **What happens at the laser Clinic?**

You will receive an appointment letter to attend the laser Clinic. The Laser Clinic is part of the Eye Clinic. Please go to Reception B of the Outpatient Department on the ground floor of the hospital.

When you arrive, your vision will be checked. The doctor will decide if it is necessary to dilate your pupil with eye drops.

Most patients having laser treatment will require this. The drops will take about 20 minutes to work. You will then be taken to a laser treatment room where we strictly follow laser safety guidelines.

It should already have been explained to you why you need to have laser treatment, but please ask us any questions you still have. We are here to help.

We will explain the risks and benefits of the treatment along with alternative treatments if available. You will be asked to sign consent form if you already haven't signed one.

When the doctor is ready to start, we will put some local anaesthetic drops in your eye. The anaesthetic drops will sting a little. The doctor may then place a contact lens on your eye. This may feel a little odd, but will not hurt.

When the laser is in operation, you will be aware of flashing lights and clicking noises. This is all quite normal. Most patients feel no pain at all, but this varies between individuals.

It is important for you not to pull away if there is any discomfort, but to inform the doctor.

During the treatment, the doctor may tell you to look in a certain direction. The laser beam is aimed very accurately and your co-operation essential.

## **What happens after laser treatment?**

After the treatment, your eye maybe dazzled for a few hours and it is therefore advisable for you not to drive.

You may return to normal activities as much as your vision will permit. You may be prescribed eye drops after the laser. It is important that you continue taking eye drops as prescribed.

The eye may be red, irritable and the vision blurred for a few days following the laser treatment.

## **Will I need to be accompanied to and from the hospital?**

It is advisable for you to bring someone with you. It is also not safe to drive as your vision may be blurred due to the dilating drops.

## **Who can I contact if I have any questions or problems after I go home?**

During office hours please phone  
01723 342055.

Weekdays after 5pm and at any time weekends and bank holidays please phone our switchboard on 01904 631313 and ask for the Ophthalmology Nurse or Ophthalmologist on call. Alternatively, you can contact your own GP.

## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Mr A Vyas, Consultant Ophthalmologist, Scarborough Hospital, Woodlands Drive, Scarborough, YO12 6QL or telephone 01723 342117.

## **Teaching, Training and Research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [pals@york.nhs.uk](mailto:pals@york.nhs.uk).

An answer phone is available out of hours.

Please telephone or email if you  
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