Laser Treatment of the Retina
Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Building, 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 precisely 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 make sure your current level of vision lasts and to prevent any further loss of vision.

Normal eye
The 3 most common types of retinal disease treated with laser are:
› Retinal holes or tears
› Diabetic eye disease (diabetic retinopathy)
› Other problems with retinal blood vessels

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

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.

What are your questions? Please ask.
We are here to help you.

How do I get ready for a laser treatment session and where do I go?
• Eat your meals as usual (or bring a snack).
• Take your eye drops and all medications as usual.
• Bring all of your medications and/or drops or a list of their names to the Centre with you.
• 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.

• 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.

What happens during laser treatment?

• Your pupils will be dilated (made bigger) to give your doctor a good view.

• You will be seated at a microscope, similar to the one used in your doctor’s office. The laser beam is controlled through the microscope.
• During the treatment you should 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 lids apart. This lens also magnifies (makes it look bigger) the area being treated.
• During treatment you will see bright flashes of light. Laser treatment is almost always painless, although you may have slight discomfort.
• The treatment will take 5-15 minutes depending on the amount of treatment needed.

What happens after laser treatment?
• Things will look blurry right after your treatment.
• The blurring from the dilation drops will clear in 3-4 hours.
• Keep using your usual eye drops and medications.
• Your doctor will tell you about any activities that you should avoid.
• You will get a time for your next appointment.
• Tell your doctor about any sudden loss of vision or severe pain.
• It is recommended that you do not drive on the day you have your laser treatment.