

West Hertfordshire Hospitals NHS Trust

Ophthalmology
Watford General Hospital
Vicarage Road
Watford
Herts
WD18 0HB

Tel: 01923 436887

(Option 4 for clinical advice team)



West Hertfordshire
Teaching Hospitals
NHS Trust



A guide to...

Laser Eye Treatment

Patient Information

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals.nhs.uk



Department	Ophthalmology
Ratified / Review Date	Nov 2022 / Nov 2025
ID Number	37/2065/V3



Laser Treatment

Your ophthalmologist (eye doctor) has told you that you need to have laser treatment.

Laser treatment is given to prevent, and occasionally treat deterioration of, eye conditions. Lasers are used to treat glaucoma, diabetic eye disease, and following cataract surgery, a retinal tear or hole, and other retinal conditions.

How is laser treatment carried out?

A laser is a machine, which is attached to a slit-lamp microscope (similar to the one used when you were examined in the clinic) which emits a highly concentrated beam of light.

Before you have laser treatment, drops may be put in your eye to enlarge, or make your pupil smaller depending on the eye condition you have. This may blur your vision for several hours.

During the laser treatment you will experience a flashing light from the laser machine. It may or may be uncomfortable depending on the type of treatment. Please inform the doctor if you experience pain.

How long will the laser treatment take?

It varies depending on the type of laser treatment and the reason for having it, but typically can take between 5 to 40 minutes.

Will I need any special after care?

This depends on the reason for the laser treatment. You may be asked to remain in the unit for a while afterwards. You may be given eye drops to use at home. For some conditions, eg diabetes, you may require further laser treatment.

How long will I be at the hospital?

Laser appointments are booked in sessions of six patients, but sometimes more urgent appointments may have to be added. Your arrival time will allow the staff to prepare you for the treatment. If you are diabetic, it is advisable to bring with you insulin/ tablets/food in case your stay at the hospital is prolonged for any reason.

Can I eat and drink before laser treatment?

Yes, you can eat and drink as normal.

Will I be able to drive home?

No, it is advisable not to drive after laser treatment. Try to arrange for someone to collect you after the treatment.

If you have any further questions, please do not hesitate to ask a member of the medical or nursing staff.