



York and Scarborough  
Teaching Hospitals  
NHS Foundation Trust

# Undergoing Cyclodiode Laser Treatment

Information for patients, relatives and carers

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# What is Cyclodiode Laser Treatment?

Cyclodiode Laser Treatment is used in the treatment of Glaucoma that is difficult to control with medication alone. The laser is applied to the ciliary body in the eye, which reduces the production of fluid (aqueous humour) and keeps the pressure low.

## Why am I having this treatment?

This would have already been explained to you in clinic.

Treatments for Glaucoma aim to lower the pressure inside the eye.

- Fluid (aqueous humour) is produced inside the eye by a layer of cells on the muscle (the ciliary body) that moves the lens in the eye.
- The fluid drains mainly through a structure called the Angle of the eye (trabecular meshwork).
- The pressure in the eye is measured in units of mmHg. The normal pressure in the eye is between 9-24 mmHg.
- If for any reason the outflow of the fluid (aqueous humour) is obstructed, the pressure can rise and Glaucoma may occur.

Glaucoma can be treated medically (drops), surgically or with lasers. In most cases, treatment usually starts with eye drops. If this is not effective than either laser or surgery will be considered.

## **What is the benefit of Cyclodiode laser treatment?**

- The treatment is particularly useful for patients with painful glaucoma in non-seeing eyes, who previously needed multiple eye drops to control the pain and pressure in the eye.
- With this laser treatment, usually you will become free of pain and should be able to reduce or completely stop your eye drops.

## **What are the potential risks?**

- Pain during / after the procedure.
- Inflammation in the eye.
- In some cases, pressure can be too high or low following the treatment.
- High eye pressure following the procedure may require further treatment session.
- In some cases, reduced vision for up to six weeks.
- In rare cases permanent loss of vision and altered cosmetic appearance of the eye.
- Rarely bleeding or infection.

## **How is the treatment performed?**

The procedure is usually performed as a day case in an operating theatre under local anaesthetic. Just before the procedure, you will be given eye drops and an injection to numb the eye. You must lie reasonably still during the treatment.

Complications of the local anaesthetic include bruising, swelling or blood shot eyes.

A laser probe is placed on the surface of the eye and pulses of laser energy are passed through the eye wall to reach the surface of the ciliary body causing small burns.

The laser treatment usually takes approximately ten minutes.

Repeated application of laser may be required.

## **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:

Staff Nurse, Eye Clinic, **York Hospital**, Wigginton Road, YO31 8HE, telephone 01904 726758, or Staff Nurse, Willow Ward, **Scarborough Hospital**, Woodlands Drive, YO12 6QL, telephone 01723 342215, or email [yhs-tr.ophtalmologyyorkadminstaff@nhs.net](mailto:yhs-tr.ophtalmologyyorkadminstaff@nhs.net).

## **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 [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

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