

## Argon Laser Pan-Retinal Photocoagulation (PRP) treatment



*Ophthalmology Outpatients Department*

patientinformation

Hearing about your experience of our services is very important as it means we can pass compliments to our staff and make improvements where necessary. Tell us what you think at [feedback@rothgen.nhs.uk](mailto:feedback@rothgen.nhs.uk)

Slovak

Slovensky

Ak vy alebo niekto koho poznáte potrebuje pomoc pri pochopení alebo čítaní tohto dokumentu, prosím kontaktujte nás na vyššie uvedenom čísle alebo nám pošlite e-mail.

Kurdish Sorani

كوردی سۆرانی

نەگەر تۆ یان کەسێک که تۆ دەبناسی پێویستی بەیارمەتی هەمبەست بۆ نەوهی لەم بەلگەنامە بە تێبگات یان بێخۆنننەوه، تکایە پەڕوێندیمان پێوه بکە لەسەر نەو ژمارەیهی سەروددا یان بەو نېمەبەلە.

Arabic

عربي

إذا كنت انت أو أي شخص تعرفه بحاجة إلى مساعدة لفهم أو قراءة هذه الوثيقة، الرجاء الاتصال على الرقم اعلاه، أو مراسلتنا عبر البريد الإلكتروني

Urdu

أردو

اگر آپ یا آپ کے جاننے والے کسی شخص کو اس دستاویز کو سمجھنے یا پڑھنے کیلئے مدد کی ضرورت ہے تو برائے مہربانی مندرجہ بالا نمبر پر ہم سے رابطہ کریں یا ہمیں ای میل کریں۔

Farsi

فارسی

اگر جناب عالی یا شخص دیگری که شما او را می شناسید برای خواندن یا فهمیدن این مدارک نیاز به کمک دارد لطفاً با ما بوسیله شماره بالا یا ایمیل تماس حاصل فرمایید.

If you require this document in another language, large print, braille or audio version, please contact Patient Information on 01709 424281 or email [patientinformation@rothgen.nhs.uk](mailto:patientinformation@rothgen.nhs.uk)

### Introduction

Your diabetic retinal disease (retinopathy) has now progressed to a stage that the retina has sensed a lack of oxygen and started to develop new blood vessels on its surface. This unfortunately isn't good news, as these new vessels service no useful purpose. Being fragile they can rupture from minor trauma or even a sneeze and bleed inside the eye. This will cause a sudden loss of vision.

Should the new vessels grow on the surface of the iris (the coloured part of the eye) they can block the drainage of fluid out of the eye and can cause the pressure inside to build up to high levels fairly quickly. This is very painful and can also cause irreparable loss of vision. Laser treatment is done to help get rid of these vessels. The treatment is generally performed over 1 to 4 sittings.

### The procedure

- Please do not drive to the hospital for your appointment or for the rest of the day.
- A Laser is a focused beam of light energy of a specified wavelength. It is applied as spots on the back of your eye.
- The surface of your eye will be made numb with local anaesthetic drops after which a contact lens will be applied.
- You will not have to worry about keeping your eyes open but it would help if you co-operate by looking in the direction that your doctor asks you to.

## Argon Laser Pan-Retinal Photocoagulation (PRP) treatment

- You will see bright flashes of light in quick succession as the laser is applied. These spots can number up to a thousand in one sitting and will be completed in approximately 20 minutes time. These flashes of light (together with the fact that your pupils have been made big) will leave you dazzled for a few hours.
- We recommend that you go straight home and have a good rest. Should you experience any headache afterwards, you can take a couple of Paracetamol tablets (500mg) or other painkillers that you are used to.

Laser treatment is not a painless procedure. You will 'feel' a minor burn from the laser each time it is applied. However, the sensation at the back of your eye which most people experience is not intolerable. Re-treatments can be more painful at times. It is important that you remain still during the procedure, as movement can be dangerous as it may direct the laser to a wrong part of the eye. If you wish to draw attention, please knock on the table or say "stop" and the doctor will stop immediately.

### **Alternative treatment options**

Laser treatment is the current gold standard intervention for this condition. The injection of steroids, steroid implants and Anti-VEGF agents into the eye are being tried for resistant conditions. Some of these are licensed for use in the eye, while others are being used Off-license. These may become available on the NHS in the future. Please discuss with your eye doctor.

**What happens if you don't have this treatment?**

The new blood vessels will continue to grow and cause severe and persistent bleeding, scarring and retinal detachment together with irreversible loss of vision.

**The benefit of having this treatment**

The treatment should help get rid of the new vessels and reduce the risk of bleeding in future. It is not done to improve your eyesight.

**The serious or frequently occurring risks**

- Laser treatment can cause deterioration in central vision, which is usually transient.
- This treatment reduces your visual field (side vision/ peripheral vision). This can affect your fitness to drive. You are obliged to inform the DVLA, especially if you have this treatment in both eyes. In severe cases it may cause tunnel vision.
- It can impair your night vision and you may take longer to adapt in darkness. Again this has implications for you driving at night. You are expected to use your judgement in these circumstances.

**For further information**

Please refer to the RNIB booklet Understanding Diabetic retinopathy. Please feel free to ask the doctor or the nursing staff should you require further information or clarification on the information that has been provided to you.

**How to contact us**  
**Rotherham Hospital**  
**Switchboard**

Telephone 01709 820000  
and ask for Eye Clinic during  
working hours or the on-call  
Ophthalmologist at other times.

**Useful contact numbers**  
**NHS Direct**

Telephone 0845 4647

**Health Info**

Telephone 01709 427190

**Stop Smoking Service**

Telephone 01709 422444

**Patient Services**

Telephone 01709 424461

**A&E**

Telephone 01709 424455

**For GP out of hours,  
contact your surgery**

**Useful websites**

[www.nhs.uk](http://www.nhs.uk)  
[www.direct.gov.uk](http://www.direct.gov.uk)  
[www.therotherhamft.nhs.uk](http://www.therotherhamft.nhs.uk)  
[www.doh.gov.uk](http://www.doh.gov.uk)  
[www.nei.nih.gov/health](http://www.nei.nih.gov/health)  
[www.eyemovies.co.uk](http://www.eyemovies.co.uk)

**We value your comments**

If you have any comments or  
concerns about the care we have  
provided please let us know, or  
alternatively you can write to:

Patient Services

**The Rotherham NHS  
Foundation Trust**

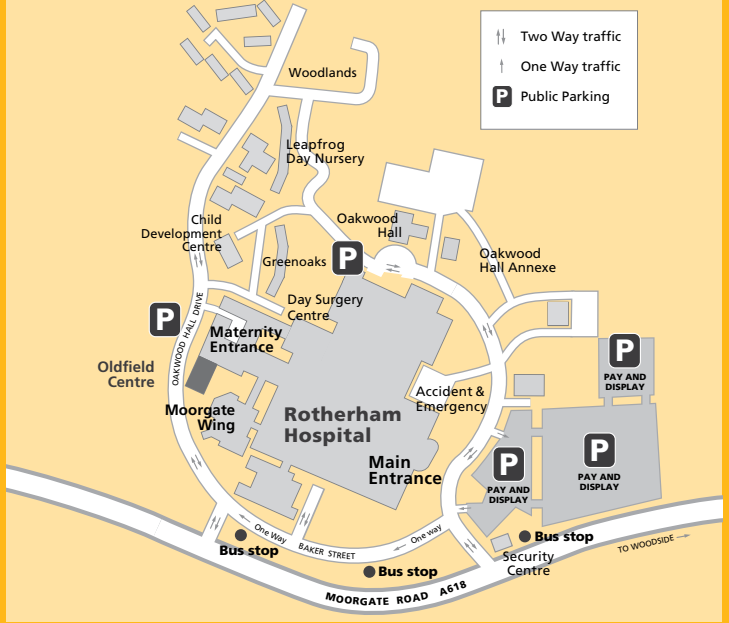
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Email [complaints@rothgen.nhs.uk](mailto:complaints@rothgen.nhs.uk)

# How to find us

## Hospital site plan



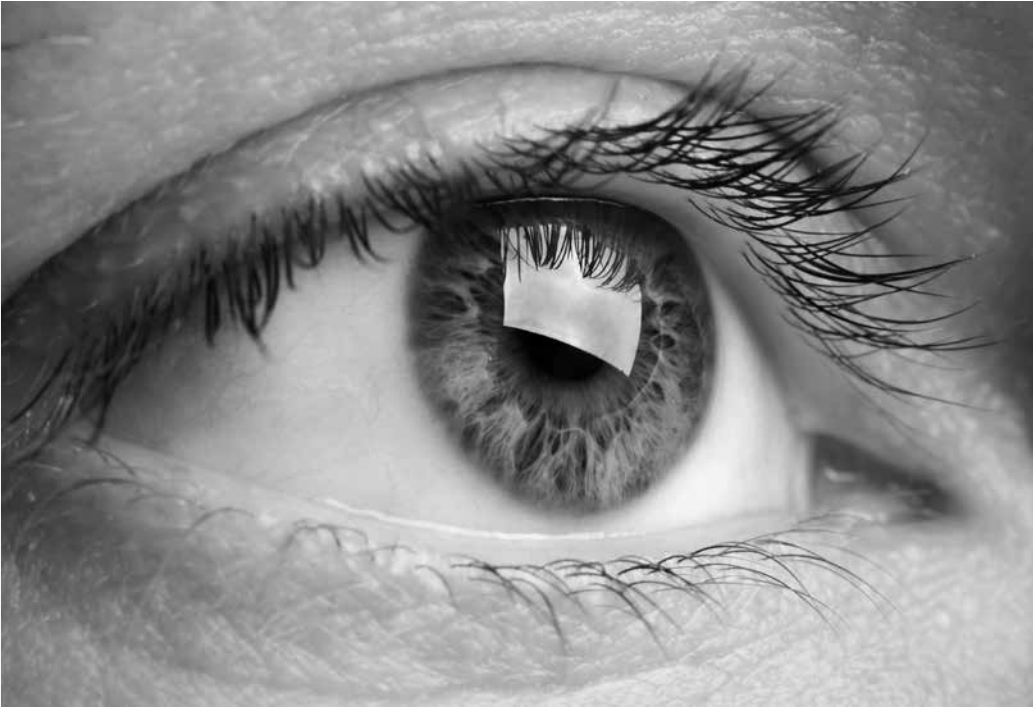
## Rotherham main routes





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NHS Foundation Trust

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