

## The Team



A few of the theatre team you may meet.



*Vida Healthcare Partners provide NHS medical care from Carole Brown Health Centre (Dersingham), Gayton Road Health Centre (King's Lynn), Hunstanton Medical Practice (Hunstanton), St Augustine's Surgery (King's Lynn) and The Hollies Surgery (Downham Market). The Practice is Research Active*



## YAG Capsulotomy Information at Gayton Road Health Centre



This leaflet has been designed for patients undergoing a laser treatment

## Why have you been referred?

Your optometrist has referred you to us to determine if laser treatment can improve your vision. They have diagnosed thickening of the posterior capsule, the fine membrane behind the lens of your eye, which is causing a gradual reduction in vision.

## What to expect afterwards

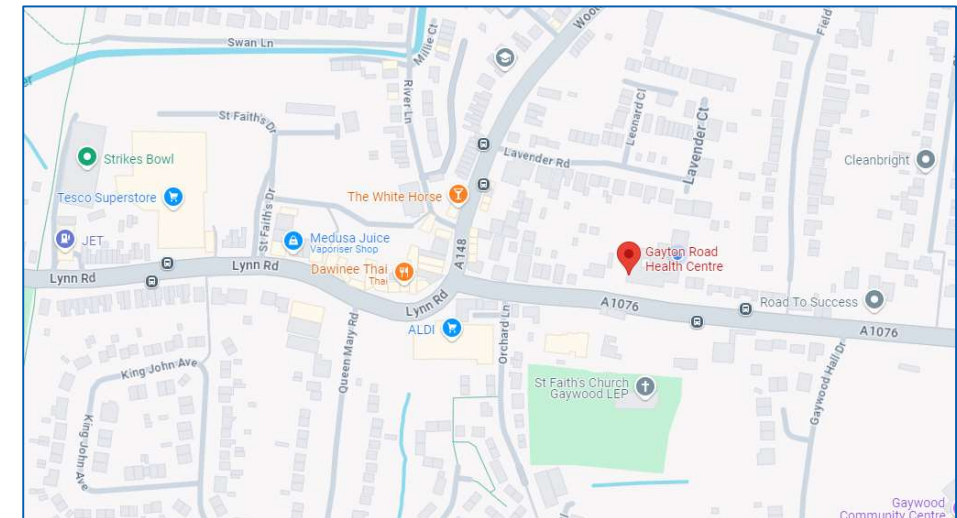
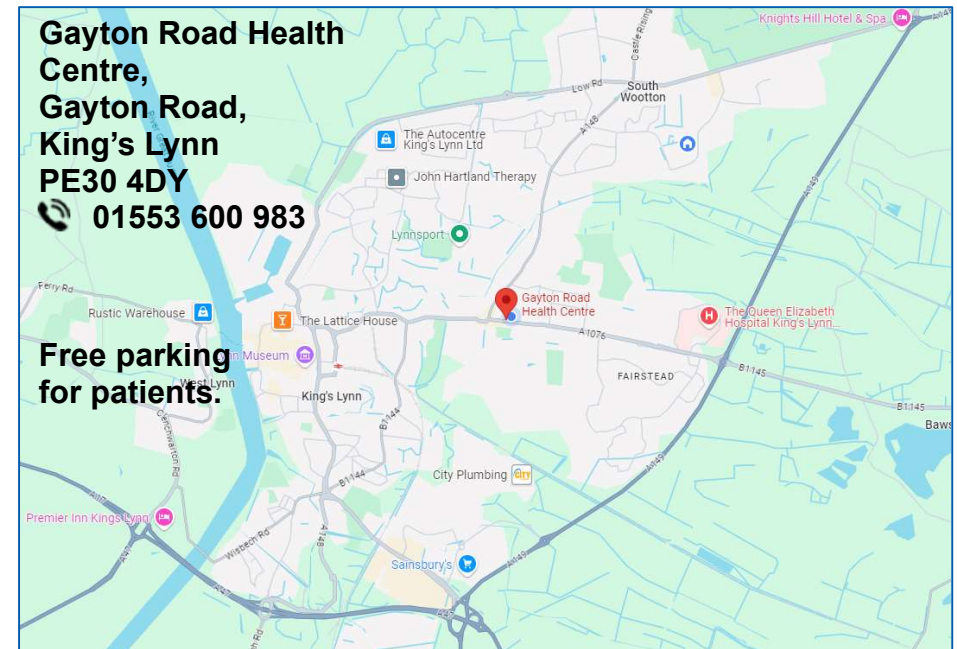
If your eye is otherwise healthy, you should see an improvement within 24 hours, although it may take a bit longer in some cases. Improvement can continue over several days.

## When should I see my optician?

You should schedule an appointment with your optician four weeks after the treatment for an eye examination and to update your spectacles if necessary.

## Interpreters

Family members are not allowed to interpret. Please contact us at the telephone number provided if you need an interpreter, and we will arrange one for you.



## After the Treatment

- Your vision will be blurry immediately after the YAG laser treatment but should improve over the following hours.
- If a follow-up appointment is necessary, it will be sent to you by post.
- Your eye may be a bit sore afterward; if so, you can take pain relief.
- You should start to notice a difference in your vision the next day.
- You can drive the day after your procedure.
- If you need to see your optician, schedule an appointment four weeks after the treatment. However, if you require laser treatment for your other eye, wait until after this has been completed.
- It is common to notice floaters in the eye, which usually settle within the first two weeks.

Please ensure someone can bring you to and from your appointment, as your vision may be blurred.

## Risks of laser treatment

While serious complications are rare, they may include:

- **Retinal Detachment:** The retina, the inner lining of the eye, can become detached. If left untreated, this can lead to reduced or complete loss of eyesight, but early detection allows for successful treatment.
- **Macular Edema:** Swelling of the retina can cause blurry vision, which may take several weeks to improve.
- **Worsening of Glaucoma:** In some cases, the procedure might exacerbate glaucoma.
- **Damage to the artificial lens:** Although rare, the YAG laser might damage the artificial lens, leading to visual problems.
- **Additional YAG laser treatment:** Very rarely, extra treatment may be needed to achieve the best vision.

## What is laser surgery?

YAG stands for Yttrium-Aluminum-Garnet, a type of crystal used to generate the laser. This laser machine focuses light energy precisely and accurately. The procedure uses a laser connected to a conventional slit lamp. The laser light is just above the visible spectrum, so you will not see a bright flash but may hear some clicking sounds. You will see a small red light indicating where the laser is focused. The energy from the laser breaks up the foggy capsule, allowing light to enter the eye.

The procedure typically lasts between five and ten minutes and involves minimal discomfort.

## Before the laser treatment

- A clinical team member will collect you from the reception area and perform a vision test.
- You will be asked some questions and asked to sign a consent form, which the clinical staff will review with you.
- We will then transfer you to another room, where we will administer drops to dilate your eye and prevent pressure buildup.



## What to Expect During Surgery

- At your appointment, a consultant will assess whether your eye is suitable for treatment and address any concerns.
- We will use dilating drops to help us get a clear view of the foggy capsule and the back of your eye. These drops take about 15 minutes to work.
- You will be positioned comfortably in front of the laser, and anesthetic drops will be applied to make the procedure more comfortable.
- Sometimes, a contact lens may be placed on your eye to minimize the laser energy required. This may feel slightly unusual but is not uncomfortable.
- We treat one eye at a time, so if both eyes require treatment, a separate appointment will be scheduled.
- The laser treatment takes about five to ten minutes. You may hear some clicks and might feel a slight tap on the eye.
- After the procedure, additional drops will be administered to stabilize the pressure and reduce inflammation. You can then go home.

If needed, you will be given home care instructions and may require a follow-up appointment. The total time at the clinic will be approximately 30 minutes.