

Laser can create a small hole on the iris which can facilitate the drainage of aqueous flow and decrease the intraocular pressure

- Opacity in posterior capsule after cataract extraction can be treated by posterior capsulotomy. Laser can create perforation in the capsule and thus improve vision
- Different ocular pathology may require different types of laser therapy

Procedures

- Local anaesthesia in the form of eye drops or topical injection will be applied. Eyedrops for pupil dilatation may also be applied if you have retinal disease
- You will be seated in front of the slit-lamp biomicroscope laser unit
- A special contact lens will be attached during the laser treatment
- Mild discomfort or pain may be experienced when the laser beam passes through the eye ball
- You have to keep your head and eyes still during laser treatment
- Treatment usually lasts for 10 to 30 minutes. Longer time may be required for the treatment of diabetic retinopathy. Inform your doctor immediately if you experience

serious discomfort or pain during laser treatment

- You should be accompanied home after treatment

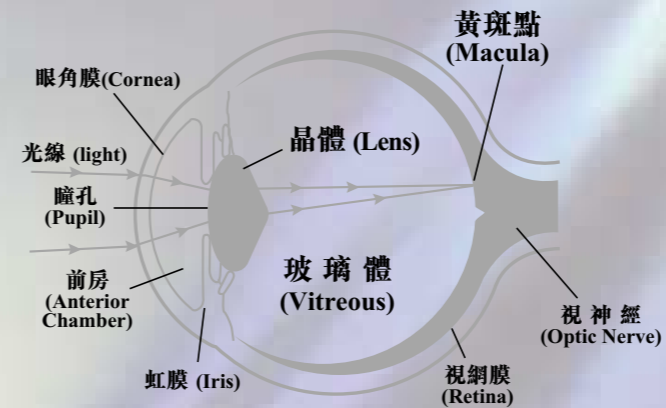
Care and Advice

- If you experience mild discomfort or pain after laser treatment, take the pain killers prescribed
- Attend follow-up appointment as scheduled

Complications

- Transient blurring of vision or floaters may last for a few days. If conditions persist, seek medical advice as soon as possible
- Transient eye discomfort and redness are common. If pain increases or vision gets worse, you should seek medical advise as soon as possible
- Transient increase in intraocular pressure may occur after laser treatment for glaucoma. Close monitoring of intraocular pressure is crucial. You may be asked to stay under observation for a few hours after laser treatment

Should you have any queries, please consult your doctor during follow-up



眼球縱切面圖

醫管局 (港島區) 聯網眼科服務簡介

進入廿一世紀，整個港島區的眼科服務進行了整合，透過三院（東華東院、瑪麗醫院及東區尤德夫人那打素醫院）眼科部門的協作，成立醫管局港島眼科服務聯網，提升眼科臨床醫護的水平及效率，為港島市民提供優質現代化眼科醫療服務。

我們各醫院的眼科專業人員，包括眼科醫生、護士、視光師及視覺矯正師等等，組成一支強大的眼科專業醫療隊伍，為市民提供全面的眼科服務。此外，我們亦負責策劃和推行區內眼科服務的長遠發展，並培訓眼科醫護專職人員，提升市民的健康質素。

東區尤德夫人那打素醫院
Pamela Youde Nethersole
Eastern Hospital
Tel: 2595 6111

東華東院
Tung Wah Eastern Hospital
Tel: 2162 6888

瑪麗醫院
Queen Mary Hospital
Tel: 2855 3111



東區尤德夫人那打素醫院
Pamela Youde Nethersole
Eastern Hospital



東華東院
Tung Wah Eastern Hospital



瑪麗醫院
Queen Mary Hospital



激光治療眼疾簡介

LASER THERAPY FOR EYE DISEASES

激光治療眼疾簡介

激光治療

簡介

激光治療多數用來控制一些視網膜或青光眼病例。它利用能量密度極高的單色性光束集中於虹膜或視網膜上，使產生熱量或其他光學/化學作用而達到治療目的。

在除白內障後膜變厚的情況中，激光治療未必能改善視力，但可防止情況繼續惡化。

激光治療是在診所內進行，病人無需住院。

適應症

- 封閉視網膜的裂縫或嚴重薄化，退化的病變，從而防止視網膜脫落
- 糖尿病人的視網膜可能會產生一些功能不正常新生血管。這些新生血管會引致出血、視網膜和黃斑點病變及水腫，視力因而減退。可利用激光防止及摧毀不正常血管的生長
- 周邊虹膜造孔手術：由於眼壓長期過高而引至視覺神經萎縮，視力減

退及視野收窄。可用激光於虹膜上形成一小孔，矯正眼內房水的循環及防止眼內壓之增加

- 白內障切除手術後，晶狀體後膜有時會變厚，令中軸視力不清，用激光打穿晶體後膜，可提升視力
- 因病理變化而利用不同的激光及光凝可治療其他眼疾

過程

- 治療前會用眼藥水局部麻醉(滴劑或眼球局部注射均可)。治療視網膜疾病需先滴擴瞳藥擴大瞳孔
- 然後安排病人安坐暗室的激光機之前
- 在病人眼球的表面放置一個接觸鏡，然後引導光束到聚焦的部位
- 當強烈的光束進入眼球時，病人會感到輕微的不安和痛楚
- 病人頭部和眼睛位置必須保持穩定不動
- 療程需時約10分鐘至半小時。如果是治療糖尿病視網膜病變，需時較

長。若有任何不適和痛楚，須立即告訴醫生

- 治療完成後，病人應由家人陪同回家休息

護理和建議

- 如有少許痛楚和不舒服，可服用止痛藥
- 需定期覆診

併發症

- 如有視力模糊、視力持續減退或飛蚊現象增加持續數日，應提早覆診
- 會有短暫眼部不適及發紅，若痛楚增加，須及早覆診
- 如果是治療青光眼，眼壓會有短暫性增加。術後須逗留一至數小時觀察眼壓變化，以便治療

如有其他疑問，可於覆診時向醫生查詢

Introduction

Laser is commonly used to control/to treat retinal diseases or glaucoma in ophthalmology. High intensity laser light reaches the iris and retina to induce thermal, chemical and other photochemical effects for treatment.

- In case of 'after cataract', laser therapy can only prevent further deterioration but not improve vision
- Laser therapy can be done in outpatient clinic and does not require hospital admission

Indications

- Retinal degeneration with or without breaks or holes can be treated with laser. Applying laser around the breaks or holes can decrease the possibility of retinal detachment
- In diabetic patients with proliferative diabetic retinopathy, there are new vessels forming on their retina. These vessels (Neovascularization) are fragile and bleed easily. They also affect vision by creating traction on the retina leading to retinal detachment. Laser can destroy these new vessels and prevent their further growth
- Narrow angle glaucoma can be treated by peripheral iridotomy. Persistently high intra-ocular pressures can damage the optic nerve.