



Procedure Information Sheet

Introduction

Cryotherapy consists of the transmission of freezing temperatures to the retina, by applying a very cold probe to the outside of the eye (the sclera). Like a laser, the intense cold applied to the retina can seal abnormal retinal tears and leaking retinal blood vessels. Indirect laser refers to the use of equipment to apply laser light to the retina to achieve therapeutic effects.

Indication

- Retinal tear, break or degeneration

The Operation / Procedure

1. The procedure can be performed under local anesthesia.
2. Before the therapy, the patient needs to receive eye drops such as pupil dilation and local anesthesia.
3. The doctor will put a special probe cooled with nitrous oxide into your eye . Ice crystals and water crystals seep into your eyes, quickly thawing and destroying damaged retinal cells. Scar tissue forms immediately and takes about two weeks to heal. If you suffer from retinal detachment, multiple cryotherapy sessions may be needed to reattach the retina to the back surface of the eye.

Before the Operation / Procedure

1. Eyelids should be kept clean to reduce the risks of post-operative infection.
2. Eye drops or medications should be administrated before the therapy according to doctor's instruction
3. Cosmetics and makeup should be avoided on the day of procedure.
4. Inform your doctor if you have systemic diseases such as hypertension, stroke, heart disease, diabetes, voiding difficulty or are taking western medications (especially blood thinners like Aspirin or Warfarin or anticoagulant), traditional Chinese medicine or health supplements on a regular basis.

After the Operation / Procedure

1. Avoid eye rubbing.
2. Avoid swimming and vigorous activities for a few weeks.
3. Avoid dirty water getting into your operated eye for the first week.
4. Wear clothes with buttons and not pullovers in order to avoid the clothes coming into contact with the operated eye to prevent infection.
5. You are required to take the medications and attend follow up according to doctor's instruction.
6. You may need post-operative posturing or no air travel at the early post-operative period.
7. If you notice the following signs or symptoms, you should contact your doctor, Eye Centre or Out-patient Centre for consultation.
 - excessive bleeding
 - severe pain
 - fever
 - signs of infection like redness, swelling, large amount of discharge or odor from your eye.

Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____	
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**Risk and Complication**

General risks/complications list as follow:

1. Infection, bleeding, inflammation, eye discomfort or pain
2. Wound malunion or related complications, scarring
3. Lid and conjunctival swelling
4. Tearing
5. Need for repeat surgery/further surgery or procedures
6. Recurrence of original condition

Specific risks/complications list as follow:

1. Retinal detachment, failure to attach retina
2. High/low eye pressure, visual field loss
3. Lens damage, cataract progression, intraocular lens subluxation or dislocation
4. Macular edema and pucker, retinal vascular occlusion, corneal edema and decompensation, scleral perforation
5. Ptosis
6. Risk of regional anaesthesia allergy and retrobulbar haemorrhage

Rare but serious complication list as follow:

1. Endophthalmitis
2. Suprachoroidal haemorrhage
3. Blindness, permanent visual loss
4. Phthisis, sympathetic ophthalmia

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Hospital Authority (Jan 2019) consent for operation/procedure/treatment: Cryo / Indirect laser.

Patient's Label

Patient Name: _____

Hospital No: _____

Episode No: _____

Patient's Signature: _____ Date: _____