



Laser Treatment Patient Guide

Laser Retinopexy — Before, During & After Your Treatment

What Is Laser Retinopexy?

Laser retinopexy treats a retinal tear or a weak area in the retina. The laser creates small burns that form scar tissue, helping seal the retina in place and reduce the risk of a retinal detachment.

Before Your Treatment

- The procedure is done **in our office** and usually takes only a few minutes.
- Your eye will be **dilated** beforehand, and numbing drops are used. Most patients feel pressure and see bright flashes rather than pain.
- **Arrange for someone to drive you home.** You should not drive yourself after treatment.
- Bring sunglasses — your eyes will be light sensitive afterward.
- Take your usual medications as normal unless Dr. Kapur tells you otherwise. Blood thinners do not generally need to be stopped for laser.
- Remove contact lenses before your appointment and bring your glasses.

What to Expect Afterward

Normal after the procedure:

- Blurry vision for several hours
- Mild discomfort or a scratchy sensation
- Temporary flashes of light or floaters
- Light sensitivity for 1–2 days

Vision usually improves gradually over the next few days to weeks.

Activity Restrictions

These restrictions stay in place until Dr. Kapur clears you at a follow-up visit. The timeframes below are a general guide only. Healing varies from patient to patient, and your retina must be examined before restrictions are lifted — do not resume restricted activity on your own, even if your eye feels normal.

At minimum, for the first 24–48 hours

- No heavy lifting (over 10–15 lbs), straining, or strenuous activity
- Do not rub or press on the eye
- Avoid bending with your head below your waist
- No swimming or hot tubs

Continuing until you are cleared

- Avoid contact sports or any risk of eye trauma
- Return to normal activity only **as directed by Dr. Kapur**
- Reading, TV, and computer use are allowed
- Most patients return to work in 1–2 days (unless heavy labor) — confirm with us first

⚠ Call your doctor immediately if you have:

- Sudden increase in floaters
- New or worsening flashing lights
- A shadow or curtain in your vision
- Sudden or worsening vision loss
- Severe eye pain
- Persistent redness or discharge
- Loss of side (peripheral) vision

These may be signs of retinal detachment and require urgent care.

Call our office: 847-488-1030

Follow-Up Care

Follow-up exams are essential to monitor healing and to check for new retinal tears or detachment. In published series, **roughly 1 in 5 patients (about 19%)** needs additional laser treatment — either to reinforce the original tear or to treat a new one — so **keeping all appointments is critical**. Please call **847-488-1030** with any questions or concerns.