

# EDUCATION GUIDE

[www.sunwaycancercentre.com](http://www.sunwaycancercentre.com)



## INTERNAL EYE SHIELD FOR RADIOTHERAPY TREATMENT



### *Eye Shield Protection for Radiotherapy Ensuring Safe and Effective Cancer Treatment Near the Eyes*

Radiotherapy is a cancer treatment that uses high doses of radiation to kill cancer cells. When cancers occur near the eyes, special protection is needed to safeguard the sensitive tissues from radiation damage. This is when eye shields are used. These devices protect the eyes, allowing doctors to focus treatment on the cancerous area while minimising harm to healthy tissues.

## INTERNAL EYE SHIELD FOR RADIOTHERAPY TREATMENT

### How Do Eye Shields Work?

Eye shields are small, specially designed devices made from materials like tungsten or lead and shaped like a contact lens, which block radiation from reaching your eye. They are placed underneath your eyelids. It has a small handle to help with positioning it, ensuring protection while allowing for accurate delivery of treatment to surrounding tissues.



### Why Are Eye Shields Important?

Using eye shields during radiotherapy treatment offers a range of benefits. They protect the cornea, retina, and lens from unnecessary radiation exposure, reducing the risk of developing long-term side effects such as:



Cataracts



Vision Impairment  
or Loss



Eye Inflammation

## THE PROCEDURE

### Step 1: Preparing for Your Eye Shield and Eye

Radiation therapist and nurses will guide you through the process and ensure the shield fits comfortably. You may feel a slight pressure when it's placed, but it will not cause pain or interfere with your vision during the treatment.

Before your radiotherapy session, careful preparation is required to ensure both the tungsten eye shield and your eye are ready for treatment.

#### Preparation Steps



##### Choosing the right eye shield size

- Eye shields come in various sizes
- Our radiation therapists/nurses will choose the best fit for you



##### Disinfectant process

- The shield is cleaned to avoid any risk of infection or irritation



##### Lubrication of the eye

- To ensure comfort, a lubricating ointment is applied to the eye to reduce friction when the shield is inserted

## 👁️ Step 2: Inserting the Eye Shield

The placement of the eye shield is a delicate process. Here are the steps involved:

### 1 Anaesthetic Eye Drops

To prevent discomfort, your oncologist will prescribe local anaesthetic eye drops to numb the treated eye. A nurse will administer these drops before the eye shield is applied.

### 2 Insertion of the Shield

The nurse will guide patient to look up and down as they carefully insert the eye shield. It will either be placed under your eyelid or on the surface of your eye. The shield is designed to fit securely and remain in place throughout the treatment.

### 3 Adjusting Position

Once the shield is inserted, the radiation therapist and nurse ensure it's positioned correctly to protect the eye while allowing for accurate targeting of radiation.

### 4 Monitoring

The team will monitor the shield's placement and your comfort level throughout the process.

## 👁️ Step 3: During and After Treatment

While the eye shield is in place during your radiotherapy session, you may experience a slight sensation of pressure on your eye, but this should not be painful due to the numbing drops.



- ✔️ Each radiotherapy session may last between 10-20 minutes, depending on the complexity of the treatment area.
- ✔️ Once the treatment is completed, the shield will be gently removed. You may experience mild irritation or a feeling of dryness in the eye, which should resolve within a few hours.
- ✔️ Once the treatment is completed, you will need to wear an eye patch for four hours to prevent any dirt from entering your eye and causing damage.
- ✔️ Please ask a family member or friend to accompany you to each radiotherapy session, as you will not be able to drive while wearing the eye patch.

## SIDE EFFECTS

After your radiotherapy session, you can expect a few temporary side effects, though they usually subside quickly:



### Mild Eye Irritation or Redness

This is common after the removal of eye shield and should ease within a day or two.



### Dry Eye or Watering

You may notice dryness or excessive tearing for a short period.



### Blurry Vision

Some patients report temporary blurred vision due to the lubricant or anaesthetic eye drop used during the procedure. This should resolve within a few hours.



### Increased Sensitivity to Light

You might feel increased sensitivity to bright lights, but this effect should diminish after a short while.



### Inflammation or Infection of Eye

If you notice any increased redness, discharge, or pain in your eye, contact your healthcare provider immediately.

For more information, kindly contact us at:



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The Cancer & Radiosurgery Centre is located at Basement, Tower C

#### Operation Hours

Mondays-Fridays 8.30am - 5.30pm

Saturdays 8.30am - 1.00pm

Closed on Sundays and Public Holidays