

Safety Steps for Ophthalmic Plaques

What are ophthalmic plaques?

An ophthalmic plaque is a small device that treats cancer in your eye. It sits on the surface of the eyeball.

Ophthalmic plaques treat cancer with radiation. Most of this radiation goes directly into the tumor. A small amount of radiation can go to people around you, but it is unlikely to harm them.

You will need to protect others while the plaque is in place. Once we remove the plaque, the danger will go away. No leftover radiation remains in your body, glasses, or clothing.

How do I protect those around me?

Leaded Eye Shield

You will receive an eye patch or glasses that help contain the radiation to your eye. You should wear the patch or glasses anytime others are around.

At Home

Stay at your home, apartment, or hotel as much as possible during your treatment. If you go outside, limit your activities to the immediate outdoor space where you are staying.

Limit the time you spend with others in your home. Where possible, maintain at least 6 feet (2 meters) between yourself and others.

Sleep in a separate room from your partner or caregiver. If you must sleep in the same room, sleep in a separate bed with at least 3 feet (1 meter) in between.

At Work/School

You should not go to school or return to work during your radiation treatment. Your doctor will decide when you can return to work or school after the removal of the ophthalmic plaque.

Visitors

Limit the number of visitors you have during treatment and the time they spend with you. During their visit, maintain at least 6 feet (2 meters) distance. People who are pregnant and children under 12 should not visit during your treatment.

Travel

When traveling to your appointments, limit the number of people traveling with you. Where possible, separate yourself from your traveling companions by sitting in the back seat.

Avoid public transportation. You are not allowed to travel by airplane during this time. Avoid long road trips while the plaque is in place.

Lodging

Reside within 50 miles of the Moran Eye Center while the ophthalmic plaque is in place. We need to remove the plaque as scheduled to prevent too much radiation from going to your body. Notify us right away if you have problems returning to have the plaque removed.

Some local hotels offer discounts to patients visiting for medical treatments. Call our Travel Concierge 801-587-8230 for more information.

Medical Appointments/Hospitalization

You should not go other medical appointments unless you have an urgent medical problem. If you require care because of an emergency, be sure to show that care team your radiation card. Keep the card with you at all times. Notify the radiation team right away if you become hospitalized.

Questions?

Talk with your doctor if any of these steps are difficult for you. We will provide suggestions and make arrangements to help where we can. Call our Radiation Oncology department at 801-581-2396.