

ABSTRACT

Embodiments of this application disclose an optical communication method and a related apparatus. The method is applied to an optical communication system. The optical communication system includes a first component, a second component, and an optical connection assembly that connects the first component and the second component.

5 The method includes: controlling a first component to send a first optical signal to a second component through the optical connection assembly; sending an alarm indication when it is determined, based on an optical power variation status of the first optical signal in a transmission process, that the optical connection assembly is abnormal; and when it is determined, based on the optical power variation status of the first optical signal in the transmission process, that the optical connection assembly is normal, controlling the first component to send a second optical signal to the second

10 component, where an optical power of the second optical signal is greater than an optical power of the first optical signal. In this application, costs of detecting an optical path exception of an optical connector can be reduced, and an exception can be detected in time.