

Selective Laser Trabeculoplasty (SLT)

Patient Information

Glaucoma Service Ophthalmology department



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Introduction

This leaflet is for patients with open-angle glaucoma and ocular hypertension, who have been recommended selective laser trabeculoplasty (SLT) as a treatment option to lower the intra ocular pressure.

What is Selective laser trabeculoplasty (SLT)?

- SLT is a relatively new treatment option for lowering the pressure within the eye.
- It works by selectively placing several laser light spots into the trabecular meshwork (responsible for draining fluid out of the eye), while not affecting the surrounding structures.
- This low intensity laser encourages better drainage of fluid out of the eye and thereby reducing the pressure within.

Benefits

- SLT aims at reducing intraocular pressure and delaying the need for using anti-glaucoma drops as a first line treatment option.
- The treatment is particularly suitable for people who cannot correctly use or are intolerant to glaucoma medications. It can also be used alongside medication to give a better intraocular pressure-lowering effect.
- SLT has the advantage of not causing any damage to the tissue treated. It is a flexible treatment option and can be repeated, if necessary, if you wish.

Studies show that there is a success rate of about 80% for SLT which is four out of five patients.

Risks

As with all treatment, SLT carries some risks and complications. It is important that we tell you about these risks so that you have the information you need to decide about it.

SLT has a good safety track record; however, there are some routine side effects that may occur:

- Your vision may be blurred for a few hours after the treatment. However, the chance of your vision being permanently affected from SLT is extremely small.
- As your vision may be blurred, you are also advised not to drive yourself to the hospital, as you may be unable to drive home.
- It is possible that the pressure in your eye may increase immediately after the treatment. We will give you special medications to prevent this from happening.

It is normal to have the following symptoms for a few hours after the laser treatment:

- irritable eyes
- red eyes
- mild discomfort

Unlike some glaucoma medications, with SLT, there are no reports of allergic reactions or side effects that affect your whole body.

If any of these symptoms last longer than 24 hours, or if you are worried about your eyes, call the Eye Unit (details at the end of this leaflet).

What do I need to do to prepare?

You don't need any special preparation, as this is an outpatient treatment as day case; you can eat and drink as normal. You must take your eye medication as normal on the morning of the laser treatment (unless instructed not to).

What will happen on the day of the procedure?

Present your appointment letter at the Clinic Reception Desk (not the Clinic). Here you will be booked in for the procedure. The Nurse will check your distance vision, so please bring your distance glasses with you.

Your intraocular pressure will be checked, and you will have 2 drops put into the eye that needs to undergo laser. This will be done by the nurses to make the pupil smaller and lower the intraocular pressure before the laser procedure is carried out.

Please note, the drop often causes a mild headache and may affect the vision, for example by altering the focus of the eye and making things appear darker and more blurred than usual. These effects are normal and temporary.

You will have an eye examination under an eye examination microscope and will be asked to sign a consent form outlining the risk and benefits of the procedure (as detailed in this information leaflet).

The procedure takes place in a room separate from the clinic. As the laser treatment is given, a standard eye examination microscope (slit lamp), is connected to the laser machine. You will have some anaesthetic drops put in the eyes just before the procedure. These can often cause a slight tingling or stinging for a few seconds. A contact lens is used to improve the doctor's view and prevent the eye from

closing. It is important not to move while having the procedure. Most patients manage to keep still without any problems.

During the procedure, you can hear a soft clicking noise. Most people do not experience any sensation apart from the clicking; the treatment is occasionally uncomfortable for a small number of patients.

Aftercare

The doctor will put some more pressure-lowering drops into your eye at the end of the laser treatment and the nurse will recheck your eye pressure up to one hour later.

It is possible for the pressure to rise, and for some inflammation to develop in the eye after the procedure. The drops you are given to take home after the laser treatment will help prevent this.

You are advised to continue to use your normal glaucoma medication routinely unless you have been advised.

You are strongly advised not to drive on the day of the procedure, as your vision will be blurred for few hours after procedure till the effect of the drops wears off. You can resume your daily routine activity after the laser treatment.

You can drive from the next day if you don't have any other problems and provided that your vision is normal for driving standards.

Advice after Laser treatment

You can carry out all routine work as normal. No restriction of any activity (unless your doctor tells you otherwise.).

- If you experience discomfort, take painkillers e.g. paracetamol (No more than 8 in a 24 hour period).
- Your vision may be disturbed for up to 24 hours following the laser treatment e.g. whilst the eye drops wear off.
- If you are on eye drops for any other eye problem, please continue to take them as advised.

If you experience pain, redness or loss of vision please contact the **Eye Unit from 9am until 5pm Monday to Friday.**

Telephone 01942 822244.

Out of hours, contact your GP or A&E.

Please use this space to write notes or reminders.

Comments, Compliments or Complaints

The Patient Relations/Patient Advice and Liaison Service (PALS) Department provides confidential on the spot advice, information and support to patients, relatives, friends, and carers.

Contact Us

Tel: 01942 822376 (Monday to Friday 9am until 4pm)

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Ask 3 Questions

Become more involved in decisions about your healthcare. You may be asked to make choices about your treatment. To begin with, try to make sure you get the answers to three key questions:

1. What are my options?
2. What are the positives and negatives of each option for me?
3. How do I get support to help me make a decision that is right for me?



How We Use Your Information

For details on how we collect, use, and store the information we hold about you, please see patient information leaflet, Ref. **Corp 006** How we use your information, this can be found on the Patient Information Leaflets page on the Trust website, see details on the front cover.

This leaflet is also available in audio, large print, Braille, and other languages upon request. For more information, please ask in the department/ward.

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