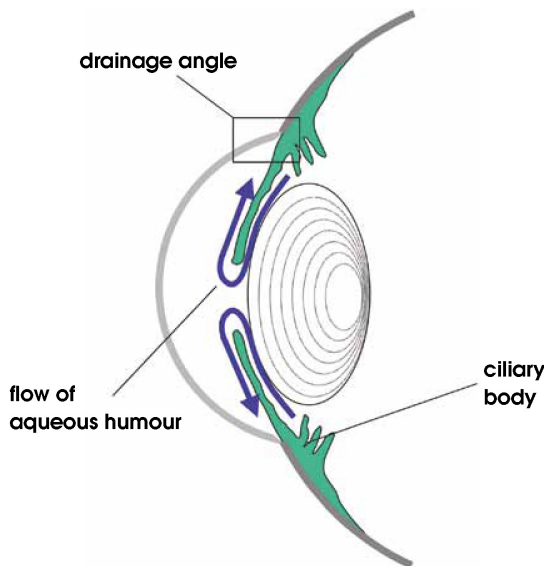


# Selective Laser Trabeculoplasty

## Information for patients, relatives and carers



The pressure in the eye is controlled by the production and drainage of fluid (aqueous humour) in the eye.

The tap that produces this fluid is the ciliary body. The fluid flows through the pupil and into the drainage angle of the eye, where the clear cornea and coloured iris meet.

The trabecular meshwork acts as a drain and is located within the angle.

When there is poor drainage, the eye pressure increases and can damage the optic nerve at the back of the eye (which transmits visual information to the brain.) This leads to glaucoma which causes sight loss

### What is SLT?

Selective laser trabeculoplasty (SLT) is a procedure used to reduce the pressure in the eye.

A laser beam is applied to the drainage angle, helping to unclog the trabecular meshwork.

The aqueous humour can then drain more easily through the channels, bringing down the pressure.

### Why should I have this treatment?

SLT is successful in about 75% of patients. It may be possible to reduce the number of eye drops taken to manage glaucoma.

The procedure may need to be repeated in the future for adequate pressure control.

SLT cannot restore sight that is lost, but the aim is to preserve vision.

## What to expect on the day

Eat and drink as normal and take your usual eye medication. You will visit the clinic for a few hours, the treatment will be carried out in a laser room.

You will have some drops put into the eye; a drop to control against pressure spikes, a numbing drop and a drop to make the pupil smaller. This last drop may give you a headache and slightly blur the vision. We can give you paracetamol to ease any discomfort.

You will sit at a machine similar to the slit lamp used to examine your eyes in clinic but with a laser attached. The doctor will place a contact lens on your eye, so he / she can clearly see the drainage angle and apply the laser. The treatment takes 10 minutes per eye.

30 minutes after the procedure your eye pressure will be checked. You can return to work the next day.

## What are the risks?

Complications are mild and include inflammation and sometimes an increase in eye pressure.

It is natural for the eye to be a little red and sore and the vision to be altered for about 6 hours. The drops you are given after the procedure will help control this. Please continue with your glaucoma eye drops unless instructed otherwise.

If you experience

- Increasing redness
- Worsening pain
- Loss of vision

then please contact us on the helpline or attend the Western Eye Hospital Casualty dept

At the four week review I will have an idea of whether the procedure was successful – if not you will need to continue with eye drops or have another treatment.

## Medication Card

If you are using glaucoma drops in the other eye please continue them as previously prescribed

1. DRUG:			
Dose	Freq	Route	Duration
2. DRUG:			
Dose	Freq	Route	Duration
3. DRUG:			
Dose	Freq	Route	Duration
4. DRUG:			
Dose	Freq	Route	Duration
5. DRUG:			
Dose	Freq	Route	Duration
6. DRUG:			

Mr Ahmed contact details  
 020 8770 9197  
 faisal@londoneyesurgeon.co.uk

Out of hours emergency call the London clinic on  
 020 7935 4444 (ask for Matron's office)