

Selective Laser Trabeculoplasty (SLT)

Ophthalmology

Patient Information Leaflet

Overview

The laser trabeculoplasty is used for patients with open-angle types of glaucoma (the most common type of glaucoma, which tends to develop slowly over many years). The laser is used to treat the drainage system of the eye, known as the 'trabecular meshwork'. Treating this area of the natural draining system is designed to improve the outflow of fluid from the eye.

This type of laser treatment will be effective in some patients but not others. Your response is determined by the type of glaucoma you have and the specific structures found in your drainage system. Your doctor cannot predict how well the laser will work before the laser treatment.

Procedure

The procedure may be performed in one or two trips to the Royal Lancaster Infirmary (RLI). The laser machine is similar to the examination microscope that the ophthalmologist uses at each visit to look into your eyes. The laser itself makes little noise and flashes a light about as bright as the flash on a camera.

Nearly all patients find the procedure comfortable and pain-free. The procedure generally takes 10 to 20 minutes. Please be aware that you will be unable to drive for approximately 4-6 hours following your laser procedure.

Medications

You may need to use drops both before and after the laser treatment. As the pressure in the eye may temporarily go up after the laser treatment, you will likely need to have your pressure measured after half to one hour following the laser treatment. If the pressure does go up, you may need additional medicines to lower the pressure, which will be given in the clinic.

Rarely, the pressure in the eye could rise to a level that might require surgery in the operating room to relieve the glaucoma.

You will need to use drops after the laser to help the eye heal correctly. You will probably need to use the new drops for approximately one week.

In most cases, you will be asked to continue your other glaucoma medications after the laser treatment. The doctor will explain to you if there are any exceptions to continuing your medications.

Risks and complications

Glaucoma laser treatment may be followed by complications. Most patients notice some blurring of their vision after laser treatment. This generally clears within 20-30 minutes following the procedure and is usually related to the gel that is used on the lens during the procedure. The chance of your vision being permanently affected by this laser is extremely small.

Although extremely rare and unusual, there may be bleeding within the eye, inflammation, cataract and increase in the pressure in the eye requiring different and more extensive treatment.

It will take several weeks to determine how much of your eye pressure will be lowered with this treatment.

You may require further laser treatment to lower the pressure if you have an insufficient drop in pressure with the first treatment.

Leaflet Details

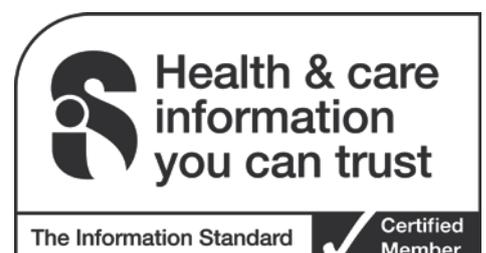
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Useful Contact Details

NHS 111 (for 24 hour urgent health advice): telephone 111

Your Information

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Evidence

Details of the evidence used in writing this leaflet are available on request from: Patient Information Officer at 01524 512476.

Feedback

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care or treatment, please speak to a member of staff or contact PALS on 01539 795497.

UHMBT is a no smoking Trust. Smoking is not permitted on any of the hospital sites. You can contact the NHS North Lancashire Stop Smoking services on the number below:

NHS Quit Squad - 0800 328 6297

If you live in Cumbria, please call **0300 013 3000** to find a local pharmacy who are offers 1-2-1 support and nicotine replacement therapy.

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