

Selective laser trabeculoplasty

This leaflet is written for patients who require laser treatment for ocular hypertension or glaucoma.

What is SLT?

- SLT is a gentle form of glaucoma laser treatment that uses very low energy levels.
- It targets specific cells that are involved in the fluid drainage of the eye which surrounds the iris.
- In response to the laser, the body's natural healing mechanisms work to rebuild these cells – this process improves fluid drainage and lowers the pressure inside the eye.

How effective is SLT?

Studies show on average a 70-80% success rate for SLT, with some patients responding well to the treatment, but others not responding at all. It is not suitable for all types of glaucoma, and it can be difficult to predict exactly how well the laser will work, because the response is determined by multiple factors.

The effects of the laser will wear off over time. As the laser is gentle and does not damage the eye, it may be repeated if necessary.

What will happen on the day of the procedure?

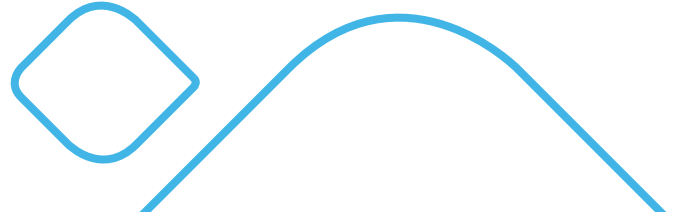
The procedure is performed by doctors and optometrists and takes place in the eye outpatient department (B29).

Before the treatment, eye drops will be applied. These make the pupil smaller and reduce the eye pressure. These drops may give you a temporary headache.

Once you are called into the treatment room, you will be seated at the laser machine. This is like the slit-lamp machine used to examine your eyes in clinic.

Your clinician will discuss the treatment with you and proceed if you consent.

Anaesthetic drops will be put in to numb the front of the eye.



A special lens will then be placed against the front surface of the eye, and gentle pulses of laser will be delivered. The procedure is not painful but may feel a little strange.

During the laser treatment, you might see some bright flashes of light and hear some clicking noises.

The procedure takes between 10 to 15 minutes per eye.

Most patients tolerate the laser well, but some might feel slight discomfort.

We will check your eye pressure after the procedure.

We will send you an appointment to come back to clinic usually 2-3 months later.

What do I need to be aware of after the procedure?

It is important to continue with your eye drop treatment unless you are advised by your clinician to stop your eye drops.

Your vision will be blurred for a few hours after the treatment, but this will settle. You may drive a car the following day if your eye is comfortable and your vision feels clear enough to be safe by DVLA standards.

You can carry out your normal day to day activities and read/watch TV once you feel comfortable. There are no specific activity or work restrictions after SLT.

Your eyes are likely to be a little red and uncomfortable for a few days.

If you do experience any prolonged discomfort after the procedure, then please do use over the counter pain relief medication such as paracetamol. If the pain persists then please contact us.

If you experience any of the following symptoms:

- Severe eye pain not aided by over-the-counter pain relief.
- Worsening vision, haloes around lights.

Please call the eye department on **01225 826 989** between the hours of 09:00 to 17:00 Monday to Friday. On evenings, bank holidays, and weekends, please call the RUH switchboard on **01225 428 331** and ask for the on-call eye doctor.

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