

Selective Laser Trabeculoplasty (SLT)

Ophthalmology

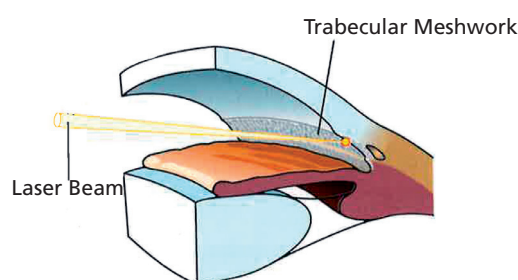
This leaflet is for patients considering treatment for Laser Selective Trabeculoplasty. It outlines what the procedure involves and its benefits, risks and side effects. If you would like further information then please ask any member of staff.

What is Selective Laser Trabeculoplasty (SLT)?

There are different ways in which laser therapy can be used to treat patients with glaucoma. SLT is a safe, quick, simple and non-invasive procedure to treat glaucoma by reducing the pressure inside the eye (intra-ocular pressure). The procedure does not require admission to hospital and is carried out in the outpatients department.

How does it work?

SLT uses an advanced laser target to specific cells in the Trabecular Meshwork (natural drainage channel) of the eye.



Short pulses of low energy light are used to target only those cells containing melanin, a natural pigment. The laser treatment helps fluid to drain from the eye, which in turn lowers the pressure.

It is important to continue to use your eye drops or medications as normal, including on the day of treatment, unless instructed otherwise.

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Why do I need Selective Laser Trabeculoplasty?

There are different ways in which laser therapy can be used to treat patients with glaucoma. Selective Laser Trabeculoplasty (also called SLT) is a treatment to lower pressure in your eye/s if you have ocular hypertension or open angle glaucoma. The trabecular meshwork is targeted with usually half of the eye (180 degrees) treated in a single session with the other half treated later if necessary. Some Doctors also treat the trabecular meshwork at one single sitting (360 degrees).

How successful is it in lowering the pressure?

SLT is not recommended for all types of glaucoma and does not work in all patients. Its success can vary on an individual basis and will be discussed with you. Overall studies show about 70% success. It is usually necessary to continue with some eye drops to lower the pressure after laser trabeculoplasty.

It may take days or weeks after the laser treatment for the pressure to be reduced. The effects of the laser may wear off in time, about 50% stop working after 5 years. As the laser does not damage the tissue of the drainage meshwork it may be repeatable.

Are there any risks or side effects of this treatment?

The treatment is generally safe. However complications may occur in a very small number of patients. These include:

- There is a small risk of raised pressure in the eye or aggravation of existing
- Blurred vision for a few hours following your treatment, this will settle
- Inflammation in the eye
- Corneal oedema (clouding of the clear window at front of the eye).

How long shall I stay in hospital?

The procedure is performed in the Outpatients laser department. You will be given the arrival time to allow preparation for your laser treatment. Expect your visit to take 1-2 hours overall. If you are a diabetic, it may be useful to bring your Insulin/tablets and food in case your stay at the hospital is prolonged for any reason.

It is advisable to have food and drink prior to coming to the hospital.

On the day of your treatment:

- Do not drive to the appointment
- Your vision will be blurred for several hours after treatment
- Use all your usual eye drops including any glaucoma drops unless advised otherwise by your doctor
- Bring all your glasses with you.

What does SLT laser treatment involve?

First of all the nurse will test your vision:

- Drops are put in the eye(s) to be treated to prevent a pressure rise in the eye from the treatment. The drops take about 30 minutes to approximate 45 minutes to be effective
- The procedure will be explained to you and once you are happy to go ahead, you will be asked to sign a consent form. Feel free to ask about anything that you are unsure about
- The laser is delivered through a specially designed microscope that you sit in front of. It is very similar to the slit lamp microscope you sit at in clinic to have your eye examined. The doctor will then put anaesthetic drops into the eye to prevent any discomfort. A special contact lens will gently be placed on the surface of your eye. This is to minimize eye movements and helps focus the laser beam.

During SLT laser treatment:

Laser SLT is not a painful procedure, but you may find the bright light uncomfortable.

The laser treatment starts when you are comfortable and takes between 5 to 10 minutes.

During this time you may hear some clicking sounds and see some red bright lights.

You will be asked to look at a particular area to keep your eye still.

What should I expect after treatment?

The treatment itself is generally painless, although some patients experience mild discomfort. You may wish to take your routine painkillers to relieve this discomfort.

You will be asked to wait for approximately 1 hour after your SLT treatment so that your intraocular pressure can be checked before you leave the department.

Your eye may feel slightly bruised afterwards or be a little red. This may be due to the lens used for viewing at the time of the SLT and should settle overnight. If the eye is very red or sore the following day the anti-inflammatory drops prescribed to you after laser treatment may be used twice daily for two days to resolve the inflammation and discomfort. The great majority of patients do not need to use them.

You should continue to use all your anti-glaucoma medication unless specifically instructed otherwise.

Your vision may be slightly blurred for a few hours following your laser treatment. This will settle. For this reason patients are strongly advised NOT to drive home. Apart from driving, you can resume normal activities immediately.

Further appointments

An appointment will be made for a check-up in the eye clinic shortly afterwards.

Contact the Eye Department if you experience:

- Pain that continues for more than a few hours, it may be that the pressure in your eye has risen
- A sudden loss or reduction of vision or continued misting of vision
- Severe pain or redness of the eye

If you are concerned that your vision is not returning to normal please contact the hospital on the numbers below.

Where can I get more information?

We are here to help, please do not hesitate to contact us if you need any further information or advice.

If you have any personal access needs or require wheelchair access and wish to talk to a member of staff please get in touch using our contact details.

Eye Referral Unit

01902 695805

Monday to Friday between 08:00 to 17:00

Weekends 08:00 to 17:00

Outside of these hours, please attend the main Emergency Department or call NHS Direct on telephone number 111.

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。