

Selective Laser Trabeculoplasty

INFORMATION FOR PATIENTS

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This information booklet has been compiled by Dr Sohaib Mustafa.

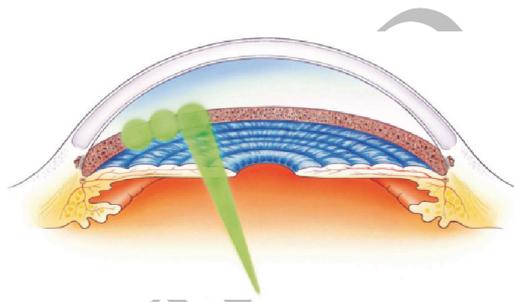
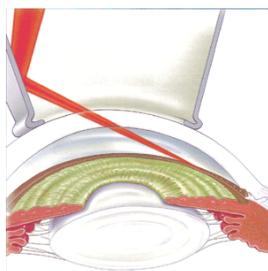
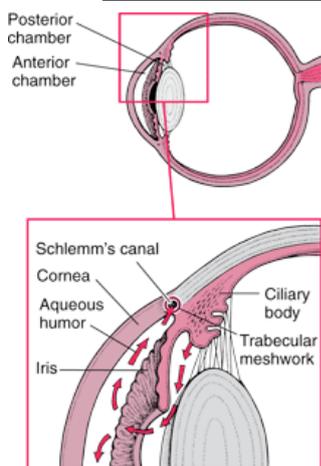
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1. WHAT IS SLT LASER?

Selective Laser Trabeculoplasty (SLT) is a safe, quick, simple and non-invasive treatment option used to treat glaucoma. It works by reducing the pressure inside the eye. The eye pressure is known as intraocular pressure (IOP). The procedure does not require admission to hospital and is carried out in the outpatients department.

2. HOW DOES IT WORK?



There are different ways in which laser treatment can be used to treat patients with glaucoma. SLT uses an advanced laser to target 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 that contain melanin, a natural pigment.

In response the cells are increased in order to improve the drainage of the fluid in the eye. This in turn lowers the intraocular pressure. Some patients can have an early response to the SLT but in most cases it can take up to six weeks for the effects of the laser to be apparent and for your eye pressure to drop.

Please continue to use your eye drops/medications for glaucoma as normal, including on the day of treatment, unless instructed otherwise.

3. WHAT TO EXPECT ON THE DAY OF TREATMENT

Expect your visit to take approximately two hours.

Before treatment

Prior to having SLT you will have your eye pressure checked. An eye drop to prevent the eye pressure from rising after the laser treatment will be instilled into your eye to prepare your eye for laser. This drop takes approximately one hour to work.

During treatment

Drops will be instilled into your eye to temporarily numb the surface of the eye. The laser is given through a specially designed microscope which you sit in front of. It is very similar to the slit lamp microscope which you sit at in clinic to have your eye examined. The doctor will hold a special lens to your eye for better viewing. You will hear the laser pulses as short

clicking sounds and may see bright flashes of light. The entire procedure takes about 5 minutes. Immediately after the SLT another drop is put in the eye to keep the eye pressure low. The laser treatment is generally painless, only a few patients experience some discomfort.

After treatment

You will be asked to wait for approximately one hour after having the SLT so that your intraocular pressure can be re-checked. You will be given a prescription for anti-inflammatory eye drops to take home. These eye drops can be used twice a day for two days if you experience any discomfort. However try not to use them as it may reduce the effect of the laser.

You will also be given an appointment to attend for check up in the outpatients clinic.

Activity and Instructions of care after treatment

There are no activity or work restrictions needed after SLT treatment however, you are advised not to drive following this treatment because of the effect of the eye drops.

4. SIDE EFFECTS AND SUCCESS RATE

Side Effects

Temporary/short term side effects include:

Red eye – for a few hours after the SLT you may find that the white of your eye appears red. This is due to the lens used on your eye during treatment and will resolve.

Blurred vision – Your vision may be blurred for a short time after laser treatment due to the bright light and will resolve usually within six hours. We therefore advise that you do not drive home after your treatment.

Raised intraocular pressure – Some peoples' eyes respond to the SLT with a temporary rise or spike in pressure within the first hour after treatment. This is the reason we re-check your eye pressure after SLT and so that we can give you any additional treatment if required. There is a very small risk that your eye pressure may go up significantly which may cause a change or reduction in your vision and require additional treatment.

Mild inflammation within the eye – This occurs infrequently and is treated with anti-inflammatory eye drops.

Success rate

SLT is not recommended for all types of glaucoma and does not work for all patients. Its success can vary on an individual basis and will be discussed with you by your doctor, but studies have shown on average a 70% success rate.

The effects of the laser may wear off over time. About 50% stop working after 5 years. As the SLT laser does not damage the trabecular meshwork of the eye, it may be repeated.

5. DISCLAIMER

Accuracy

While every step has been taken to compile accurate information and to keep it up to date, we cannot guarantee its correctness and completeness. The information provided in this information sheet is designed as an adjunct to, and not a substitute for professional healthcare advice, by a qualified doctor or other healthcare professional, which will be tailored to a patient's individual circumstances. Dr Sohaib Mustafa cannot take responsibility if you rely solely on the information in this information sheet.

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