

Glaucoma: Selective Laser Trabeculoplasty (SLT)

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**James Paget
University Hospitals**
NHS Foundation Trust

What is Glaucoma?

Glaucoma is a slowly progressive disease which if left untreated, can cause permanent damage to the optic nerve resulting in gradual loss of vision and eventual blindness.

Your eye needs to produce a fluid called aqueous humour which circulates through your eye providing nourishment to the tissues and helping to retain the shape of your eye. The fluid flows out of your eye through the trabecular meshwork (a sieve like structure near the edge of the iris).

Glaucoma can occur when there is a decrease in fluid drainage through the trabecular meshwork, this can increase the pressure inside your eye.

Over time, the optic nerve fibers become damaged due to high pressure which will result in total blindness if uncontrolled/untreated.

How is glaucoma treated?

Treatment concentrates on lowering the pressure inside your eye to prevent damage to the optic nerve. The most common treatments for glaucoma have been the use of eye drops, laser therapy or surgery.

Selective Laser Trabeculoplasty (SLT)

SLT uses a laser to target specific cells of the eye which are located in the trabecular meshwork. This allows for only these cells to be affected by the laser, leaving surrounding tissue unharmed.

Over time your own body's healing response encourages drainage to help lower the pressure in your eye.

How is SLT performed?

SLT is performed in the outpatient clinic and only takes a few minutes. Both eyes can be treated in the same session.

Before the procedure, you will have eye drops put into your eye, one to prepare the pupil for the procedure and another to numb it. The treatment is carried out with the patient seated at the slit-lamp.

A contact lens will be placed on your eye before the laser treatment begins. This will be removed prior to leaving the laser room.

Will I feel anything with the laser treatment?

The contact lens used on your eye may cause some redness or irritation afterwards, but generally the laser treatment does not cause pain. Some studies have reported that a few patients have experienced a green flash of light during treatment.

What to expect after SLT treatment

Your eye pressure may lower very quickly or may take a few months to lower. We will continue to see you in clinic to assess the pressure in your eyes.

What are the side effects of SLT?

There are no incidences of allergy or other side effects with SLT.

Complications are minimal and rare, but may include blurred vision, headache, discomfort due to inflammation, temporary increase in eye pressure or conjunctivitis. Please contact the Eye Clinic if any of these symptoms occur.

How often do I need to receive SLT treatments?

Successes with SLT can vary.

Depending on the results of the first treatment, further SLT treatments may be possible however you will require follow up visits to monitor the success of the treatment.

Is there any support to help me?

James Paget University Hospitals NHS Foundation Trust - Eye Clinic

Lowestoft Road, Gorleston

Norfolk NR31 6LA

www.jpaget.nhs.uk

Tel: 01493 452594

01493 452121

RNIB

224 Great Portland Street, London W1N 6AA

Tel: 0345 669999 www.rnib.org.uk

Opening hours: Monday – Friday 0900 to 1700, for advice and support for patients with visual impairment.

IGA (International Glaucoma Association)

Woodcote House

15 Highpoint Business Village, Henwood

Ashford

Kent TN24 8DH

Feedback

We want your visit to be as comfortable as possible. Please talk to the person in charge if you have any concerns. If the ward/department staff are unable to resolve your concern, please ask for our Patient Advice and Liaison (PALS) information. Please be assured that raising a concern will not impact on your care. **Before you leave the hospital you will be asked to complete a Friends and Family Test feedback card.** Providing your feedback is vital in helping to transform NHS services and to support patient choice.

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Responsive communication

Effective and professional

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IN TRAN
communication for all

The hospital can arrange for an interpreter or person to sign to assist you in communicating effectively with staff during your stay. Please let us know.

For a large print version of this leaflet, contact PALS 01493 453240