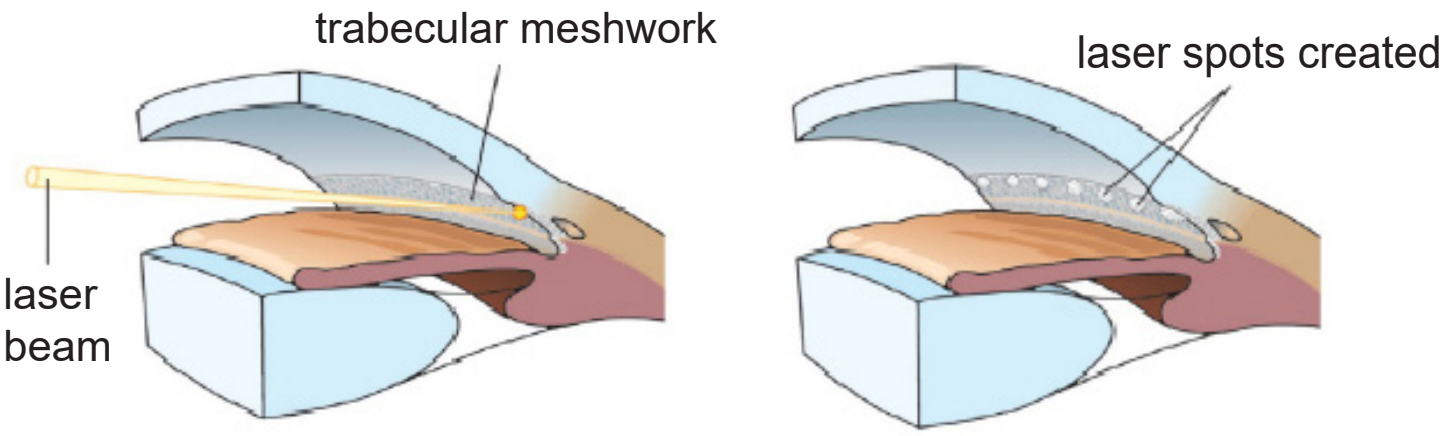
Ophthalmology Department

What is SLT /Selective Laser Trabeculoplasty?

SLT (Selective Laser Trabeculoplasty) is a gentle laser treatment offered to improve intraocular pressure (IOP) control in Ocular Hypertension (OHT) or in certain types of glaucoma.

How SLT works?

- The laser uses low potential energy to stimulate specific cells (melanin rich) in trabecular meshwork. This in turn improves the outward flow of the fluid from the eye to offer better IOP control.
- SLT may help to bring IOP down directly or may help to improve overall IOP control indirectly by decreasing diurnal variation.
- It takes around few weeks to months to see benefit of SLT.
- SLT may work in 3 out of 5 patients and when it works then it may last on an average of 2 years.



Images from IGA -International Glaucoma Association website

compassionate care

Who can benefit from SLT?

- Patients who need treatment for their raised IOP, diagnosed as OHT (Ocular Hypertension) or various types of open angle glaucoma.
- Patients who cannot tolerate the eye drops or prefer not to use the eyedrops or find it difficult to use it regularly.
- Patients who are already on the drops but need further reduction of IOP.
- Patients who got limited options of choosing the drops due to pregnancy or systemic co morbidities.

What are the risks of SLT?

- The vision could be blurred for few hours, so it is advisable not to drive immediately after the procedure.
- After SLT, there could be some discomfort for a day or so, one can take painkillers if needed.
- In some patients, IOP could be raised for short duration which can be controlled with additional drop.
- In very rare cases there could be transient swelling of surrounding structures (like cornea or retina), which is known to resolve on its own.

If it works, then can it be repeated?

- Yes, it can be done again, up to 2-3 times, though its effect may not last for similar length of time.
- SLT is not known to impact outcome of any other procedures needed in the future.

What preparation needed before SLT?

- Most patients are advised to stop the pressure lowering drops for 24 hours before the day of SLT.

- Patients should restart the eye drops from the day of SLT unless advised otherwise.

What happens during the procedure?

- SLT is not known to cause any pain; though patient may feel some discomfort.

- SLT will be done during planned clinic visit. On arrival, doctor will explain the procedure and will ask to sign the consent form. The eyes will be numbed with eye drops. During the laser procedure, a special contact lens with cold jelly will be inserted on the eye to keep it open and stop blinking. During the treatment, doctor will guide the patient to direct eye movements as necessary. The procedure will take around 5-10 minutes for each eye. Patients will see flashing lights throughout the laser treatment.

- Depending on the individual response to the laser, some patients may need additional eyedrop after the treatment.

- Patient will get follow up appointment in 4-6 weeks to check pressure by orthoptists. Further review will be arranged with doctor accordingly.

- If there are any concerns during interim period, please contact us on

Daytime 9am to 5pm

- Eye clinic Nurses - HRI 01484 343235
- Eye clinic Nurses - CRH 01422 222414

After 5pm, weekends and Bank Holidays

- CRH Ward 8D 01422 223820

If you have any comments about this leaflet or the service you have received you can contact :

Sister
Ophthalmology Department

Acre Mills Outpatients
Telephone (01484) 343235
or
Calderdale Royal Hospital
Telephone (01422) 222414

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym fomacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z www. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਦਿਤਾ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
براۂے میہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"