

Patient information

Selective laser trabeculoplasty (SLT)

What is selective laser trabeculoplasty (SLT)?

SLT is an effective, safe and simple procedure to improve eye pressure control. SLT gently stimulates the structure inside the eye, called the trabecular meshwork, to remove more fluid from the eye thus reducing the pressure. The laser is very gentle, the power of the laser being 10,000 times weaker in comparison with the laser used for treating eyes with conditions such as diabetes. About 6 out of 10 people have improved eye pressure control following SLT.

Why do I need to have it done?

The most common reasons for your doctor to offer you an SLT are:

- Your eye pressure is considered too high
- You are suffering with side effects from your current eye drops
- You find it difficult to cope with regular eye drops

What will happen during the procedure?

The SLT procedure usually lasts around 5 minutes for each eye. A special contact lens is used to keep your eye lid open. Anaesthetic eye drops are used to ensure that your eye is comfortable with the contact lens. You may be able to hear some

clicking sounds produced by the laser machine, but the procedure itself is painless.

What will happen after the procedure?

Your eye pressure may need to be measured about 1 hour after the procedure. Usually you will be seen again for further eye pressure monitoring within 6 to 8 weeks depending on your eye pressure readings. If you are using anti-glaucoma eye drops before SLT, you should continue using the same treatment unless your doctor says otherwise.

Usually there is no need for additional drops after SLT, but this will depend on your eye pressure measurements following the procedure.

No aftercare or precautions are needed following this procedure. You are able to resume wearing contact lenses.

What are the side effects?

SLT is a safe procedure and the risk of adverse effects is minimal.

- There is a small risk of raised eye pressure for a short period of time after the procedure. To prevent a rise in eye pressures from happening you may be given additional eye drops before and/or after the procedure. If the eye pressure goes up significantly, we usually give extra eye drops for a few days or weeks.
- You might experience some redness and eye discomfort or blurry vision after the procedure for a short period of time (a few hours or sometimes a few days). The

blurriness following SLT will gradually clear on its own.

- There have been very few reports of serious problems after SLT. The reported cases were bleeding of the iris (pigmented part of the eye), mild inflammation inside the eye, and swelling of the cornea (front part of the eye). All cases settled down without causing any long-term problems. There have not been any reports of the SLT alone directly causing permanent reduced vision.

If you currently drive we recommend that you make alternative arrangements to get you to and from the eye clinic for the laser. As long as you can see the new number plate at 20 metres and have a valid driving licence you can drive from the day after the treatment.

If you wish to contact the Eye Treatment Centre

Telephone: 01284 713815 / 712636

Monday — Friday 9.00am — 5.00pm

For emergencies only at the weekend and out-of-hours

Telephone: 01284 713000 and ask to speak to the 'on-call' Ophthalmic doctor

If you would like any information regarding access to the West Suffolk Hospital and its facilities please visit the website for AccessAble (the new name for DisabledGo) <https://www.accessable.co.uk/organisations/west-suffolk-nhs-foundation-trust>

