

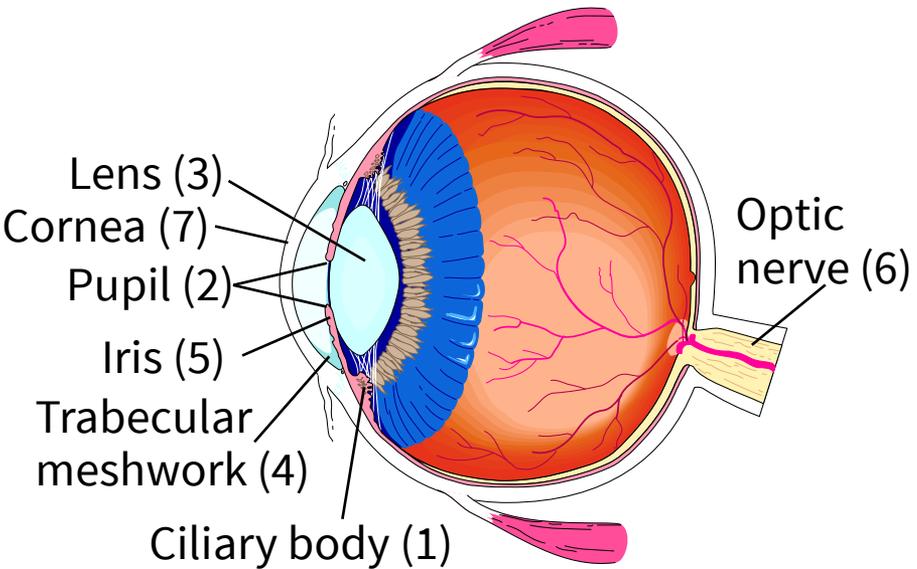
Selective Laser Trabeculoplasty (SLT) for Glaucoma

Register using a self check-in kiosk in the main entrance of the Centennial or the Dickson Building, Victoria General site.

Next, go to the Eye Care Centre in the Centennial Building, 2A.

Selective Laser Trabeculoplasty (SLT) for Glaucoma

Your eyes are filled with a fluid made by the ciliary body (1). This fluid flows through the pupil (2), in front of the lens (3), and then out through a drain called the trabecular meshwork (4). The iris (5) is the coloured part of your eye.



What is glaucoma?

Glaucoma is a disease where increased pressure in the eye damages the optic nerve (6).

It usually happens when trabecular meshwork (drain) does not work and fluid cannot drain from the eye. Fluid buildup in the front part of the eye increases pressure in your eye, damaging the optic nerve. This damage may at first cause loss of side vision. If left untreated, it may cause loss of central vision. Vision loss from glaucoma is irreversible (cannot be brought back).

What is SLT?

SLT is used to treat chronic open angle glaucoma by helping to control the pressure inside your eye. A laser (highly focused beam of light) is focused on the drains to help the fluid move more freely. SLT is safe and reliable because the laser can be controlled very well.

SLT works to lower pressure in the eye within 4 to 8 weeks (1 to 2 months). This treatment successfully lowers eye pressure about 70% of the time. More than one treatment may be needed.

How do I get ready for the treatment?

- Eat your meals as usual before coming to the Eye Care Centre.
- Take your regular eye drops and medications as usual.
- Bring all of your eye drops and medications, or a list of their names, with you to the Centre.
- We suggest that someone come with you to the Eye Care Centre and take you home.
- You may be at the Centre for about 2 hours.

How is the treatment done?

- You will be asked to sign a consent form.
- Freezing drops will be placed in your eye. This helps with discomfort from the special contact lens that will be placed on your eye. The lens holds your eyelids apart and magnifies (makes bigger) the area being treated.
- You will sit at the laser, which is similar to the microscope used in your eye doctor's office. The laser beam is controlled through the microscope.
- Try to stay still and quiet.
- You will see bright flashes of light during the treatment. Laser treatment is almost always painless, but you may have mild discomfort.
- The treatment takes about 5 to 10 minutes, depending on the amount of treatment needed.

What will happen after the treatment?

- Keep taking **all** of your eye drops and medications as prescribed.
- Your health care provider may prescribe new eye drops to help with irritation and inflammation (swelling) for a few days.
- Your eye may be red, irritated, and sensitive to light for a few days. If this lasts for more than 5 days, contact your eye doctor.
- You may do all your usual activities.

What are the risks of this treatment?

- SLT is very safe and complications are rare.
- Sometimes, the treatment may need to be repeated.

- SLT always causes some inflammation. Your eye will be red, irritated, and sensitive to light. Usually this goes away after a few days. If it does not go away after 5 days, you may need anti-inflammatory drops. Very rarely, if the inflammation continues, it can cause swelling in the centre of your vision (cystoid macular edema) or in the front part of your eye (corneal edema).
- SLT works in about 70% of patients. Sometimes SLT can cause the pressure in your eye to rise. This is treated with eye drops or oral (taken by mouth) medications and usually goes away over time. Very rarely, this rise in pressure may not go away and you may need surgery.
- Very rarely, SLT can cause bleeding in the eye during treatment. Usually this is treated with anti-inflammatory eye drops and goes away over time.
- Always return for follow-up visits as often as your eye doctor suggests.

