



Patient & Family Guide  
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# Selective Laser Trabeculoplasty (SLT) for Glaucoma

Aussi disponible en français :  
*Trabéculoplastie sélective au laser  
(TSL) pour le glaucome (FF85-1912)*



[www.nshealth.ca](http://www.nshealth.ca)

# Selective Laser Trabeculoplasty (SLT) for Glaucoma

Your doctor has recommended Selective Laser Trabeculoplasty (SLT) to treat your glaucoma.

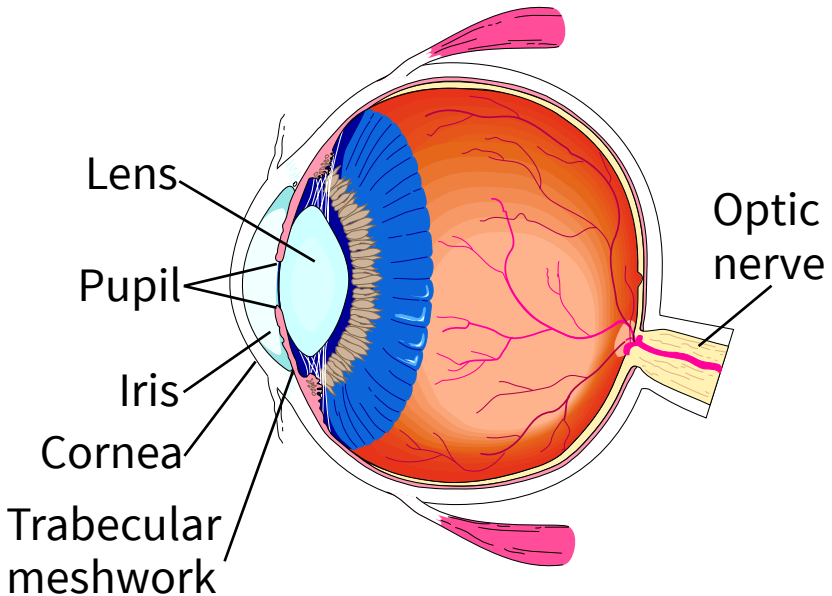
## What is SLT?

In glaucoma, the eye pressure becomes elevated (high) when the normal drainage channels (trabecular meshwork) are blocked and fluid gets trapped. This elevated pressure will eventually damage the delicate optic nerve, which may destroy vision and lead to blindness.

SLT is used to help control the pressure inside your eye and treat chronic open angle glaucoma. A laser (bright beam of light) is precisely focused on the drainage channels (trabecular meshwork) to improve the drainage of fluid.

SLT is safe and reliable because the laser can be controlled precisely.

There is usually (about 70% of the time) improved intraocular pressure (pressure in the eye) within 4-8 weeks of treatment. More than one treatment session may be needed.



# How do I get ready for the treatment?

- Take your regular medications as usual.
- Bring all drops and medications, or a list of their names, with you to the Eye Care Centre.
- Eat your regular meals before coming to the Centre.
- Register using a self check-in kiosk in the main entrance of the Centennial or Dickson Building, Victoria General site. Next, go to the Eye Care Centre in the Centennial Building, 2A.
- You may be at the Centre for about 2 hours.
- We suggest that another person take you home.

## How is the treatment done?

- You will be asked to sign a consent form.
- Freezing drops will be placed in your eye. This will prevent discomfort from the special contact lens that will be placed on your eye. The lens will hold your eyelids apart and magnify (make bigger) the area being treated.
- You will be seated at the laser, which is similar to the microscope (slit lamp) 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 procedure. Laser treatment is almost always painless, although sometimes you may have slight discomfort.
- The procedure will take about 5-10 minutes, depending on the amount of treatment needed.

## **What will happen after the treatment?**

- Continue taking all eye drops and medications as usual.
- Your doctor may ask you to use new anti-inflammatory eye drops (to prevent irritation) for a few days.
- You may do all your usual activities.
- Your eye may be red, irritated, and sensitive to light for a few days. If this discomfort lasts for more than about 5 days, contact your doctor.

## **What are possible complications of the treatment?**

- SLT is a very safe procedure and complications are rare.
- SLT always causes some inflammation which will make your eye red, irritated, and sensitive to light. Usually this goes away after a few days, but in some patients inflammation may persist and

they may need anti-inflammatory drops. Very rarely, if the inflammation persists, it can cause swelling in either the centre of vision (cystoid macular edema), or front part of the eye (corneal edema).

- SLT works in about 70% of patients. Sometimes SLT can cause eye pressure to increase. This is treated with eye drops or oral medications (taken by mouth) and usually goes away over time. Very rarely this increase may continue and may need surgery.
- Very rarely SLT can cause bleeding in the eye. Usually this is treated with anti-inflammatory eye drops and goes away over time.

**What are your questions? Please ask.  
We are here to help you.**

**In Nova Scotia you can call 811 to talk with  
a registered nurse about your health care  
questions 24/7.**

