

## SELECTIVE LASER TRABECULOPLASTY PROCEDURE INFORMATION SHEET

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### ABOUT THE PROCEDURE

Selective Laser Trabeculoplasty or SLT is a laser treatment for open-angle glaucoma that lowers eye pressure. It can be used as initial treatment, instead of eye drop medications, or as additional treatment when medications do not adequately reduce the eye pressure. SLT is not a cure for glaucoma but one of many tools to keep it under control.

During the treatment, laser energy is applied to the drainage tissue in the eye. This starts a chemical and biological change in the tissue that results in better drainage of fluid through the drain and out of the eye. This eventually results in lowering of IOP. It may take 1-3 months for the results to appear.

### WHY IS IT “SELECTIVE”?

The type of laser used has minimal heat energy absorption because it is only taken up by selected pigmented tissue in the eye. Because of this, the procedure produces less scar tissue and has minimal pain.

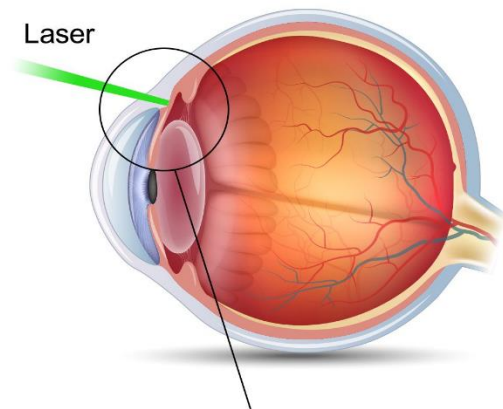
### HOW EFFECTIVE IS SLT?

SLT lowers the IOP by about 30% when used as initial therapy. This is comparable to the IOP lowering of the most powerful and

commonly used class of glaucoma medication. This effect may be reduced if the patient is already on glaucoma medications. The effect will generally last between 1-5 years, and in some cases, longer than that.

Repeat treatments may or may not lower IOP as much as the first and continued repeat laser will eventually not be effective.

**If SLT fails to lower the IOP then the glaucoma is treated by other means such as medications or surgery. The laser does not affect the success of these other types of treatment.**



### WHAT TO EXPECT

The procedure is nearly painless. Your eye is anesthetized with numbing eye drops prior to the procedure. When you are called into the laser treatment room, you will be seated in an upright position. The doctor performs the procedure with the help of a slit lamp like the one used in the exam rooms to look at your eyes during routine visits. A small lens is placed on the surface of the eye to help focus the laser.

During the laser procedure, you may feel a sensation that something happened, or you may feel nothing at all. You may expect to hear the sound of the laser, but the procedure is very quick.

## YOUR APPOINTMENT

You should allow approximately **1 hour** for your appointment. This includes registration, diagnostic testing, the administration of eye drops, and if needed be a discussion with your ophthalmologist.

You may choose to take an over-the-counter pain medication (like Tylenol) about 15 minutes prior to your procedure as the drops used for this procedure may cause headache (or “brow ache”).

**If you have a history of migraines or vasovagal syncope (i.e. fainting) please let us know prior to your procedure.**

## POTENTIAL SIDE EFFECTS

**BLURRED VISION.** The eye drop you are given to numb your eye for the procedure can blur your vision and or cause light sensitivity.

**HEADACHE** A slight headache may occur afterward and may be treated with over-the-counter pain relief medication.

**INFLAMMATION** You may be prescribed anti-inflammatory eye drops for a week after the procedure to help reduce the likelihood of an inflammatory response.

**ELEVATED EYE PRESSURE** This is a may be a temporary side effect that occurs after the procedure is performed, sometimes requiring additional medications. Therefore, stay on your

regular drops for glaucoma unless told otherwise.

**CORNEAL EDEMA** Although much less common, some patients can get a build-up of fluid in the eye. An excessive amount of fluid can lead to swelling of the cornea. This may cause blurring or distortion of vision.

## RESTRICTIONS

You may resume your normal activities after this procedure unless otherwise cautioned by your ophthalmologist. You may be asked to use anti-inflammatory eye drops for a week after the procedure.

## YOUR NEXT VISIT

We will schedule you for a routine appointment approximately 1 month after your procedure.

## TEMPORARY SIDE EFFECTS

You may experience the following symptoms **temporarily** after your procedure.

Blurred Vision / Light Sensitivity / Redness  
Minor Discomfort /

**They will resolve in ~24-72 hours.**

## WHEN TO SEEK CARE

If you have any of the following more concerning symptoms, **call us immediately** or proceed to the nearest outpatients to be assessed by the ophthalmologist on call:

Increased Redness /  
Excessive Pain or Sensitivity /  
Large Sudden Onset of Floaters