

Ophthalmology department

# Selective laser trabeculoplasty (SLT)

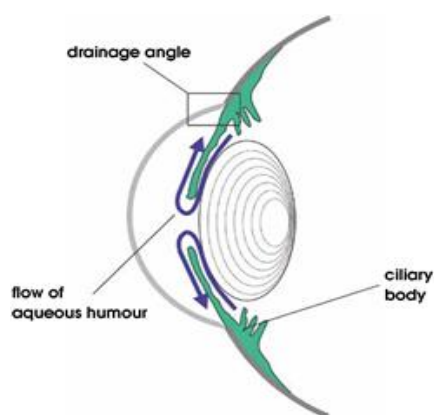
## Information for patients, relatives and carers

### Introduction

This leaflet is designed to give you information about selective laser trabeculoplasty (SLT). We hope it will answer some of the questions that you or those who care for you may have at this time. This leaflet is not meant to replace the discussion between you and your medical team but aims to help you understand more about what is discussed. If you have any questions about the information below contact us.

### What is SLT?

SLT is a procedure used to reduce the pressure in the eye – or intraocular pressure (IOP). The intraocular pressure is controlled by the production and drainage of fluid known as aqueous humour in the eye.



The tap that produces this fluid is the ciliary body.

The fluid flows through the pupil and into the drainage angle of the eye, where the clear cornea and coloured iris meet.

The trabecular meshwork acts as a drain and is located within the drainage angle.

When there is poor drainage, the intraocular pressure increases and can damage the optic nerve at the back of the eye (which transmits visual information to the brain). This leads to glaucoma – which causes sight loss.

### Why should I have this treatment?

During selective laser trabeculoplasty, a laser beam is applied to the drainage angle which helps to unclog the trabecular meshwork.

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The aqueous humour can then drain more easily through the channels, bringing down the pressure.

## What can I expect from my treatment?

Selective laser trabeculoplasty, lowers intraocular pressure by about 30 per cent when used as initial therapy.<sup>1</sup> It is increasingly used as a first line treatment for glaucoma. If you are on drops already, the intraocular pressure reduction is less but it may be possible to reduce the number of eye drops taken to manage your glaucoma.

When successful, the effect lasts between one to five years.<sup>1</sup> However, the procedure may need to be repeated in the future for adequate pressure control.

Selective laser trabeculoplasty cannot restore sight that is lost, but the aim is to preserve vision. Other options to manage the condition without having the laser treatment are to use more eye drops or have surgery – ask your eye doctor for more information.

## What to expect on the day

You can eat and drink as normal. Please continue to take your usual eye medication (unless instructed otherwise)

Your treatment will take at least half a day so please come prepared to spend that time with us.

Your treatment will be carried out in one of our laser rooms next to the emergency department.

## What will happen at your appointment

You will have some drops put into the eye. A drop to control against pressure rises and a drop to numb the eye. You may be given a drop to make the pupil smaller. If this is the case, the last drop may give you a headache and slightly blur the vision. Please don't worry as we will give you paracetamol to ease any discomfort or pain.

You will sit at a machine similar to the slit lamp used to examine your eyes in clinic but this one has a laser attached. The doctor will place a contact lens on your eye, so he / she can clearly see the drainage angle and apply the laser. The treatment takes 10 minutes per eye.

An hour after the procedure the doctor will check the pressure in your eye. You can then go home, return to work the next day and carry on with your usual activities.

## What you should be aware of

Complications are mild and may include inflammation and sometimes an increase in eye pressure, which can feel sore.

It is natural for the eye to be a little red and sore and the vision to be altered for about six hours.

The drops you are given after the procedure will help control this. Please continue with your glaucoma eye drops unless instructed otherwise. If you experience:

- increasing redness
- worsening pain
- loss of vision

Please do not hesitate to contact our emergency department on **020 3312 3245** or attend the **Western Eye Hospital emergency department**.

At your four-week post treatment review we will have an idea of whether the procedure was successful. If not (approximately 20 per cent of patients may not respond to treatment) we can offer you eye drops, or you can have another treatment.

Further treatments, if needed, may include more laser, drops or surgery.

## Medication card

<b>1. DRUG:</b>			
Dose	Freq	Route	Duration
<b>2. DRUG:</b>			
Dose	Freq	Route	Duration
<b>3. DRUG:</b>			
Dose	Freq	Route	Duration
<b>4. DRUG:</b>			
Dose	Freq	Route	Duration
<b>5. DRUG:</b>			
Dose	Freq	Route	Duration
<b>6. DRUG:</b>			
Dose	Freq	Route	Duration

If you are using glaucoma drops in the other eye, please continue as prescribed.

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## Who can I contact for more information?

- emergency department at Western Eye Hospital: 020 3312 3245
- outpatients at Western Eye Hospital: 020 3312 3236
- outpatients at Charing Cross Hospital: 020 3311 1109/ 1233/ 0137

## How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at [imperial.pals@nhs.net](mailto:imperial.pals@nhs.net) The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street  
London W2 1NY

Email: [ICHC-tr.Complaints@nhs.net](mailto:ICHC-tr.Complaints@nhs.net)

Telephone: **020 3312 1337 / 1349**

## Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team: [imperial.communications@nhs.net](mailto:imperial.communications@nhs.net)

## Wi-fi

Wi-fi is available at our Trust. For more information visit our website: [www.imperial.nhs.uk](http://www.imperial.nhs.uk)

Department of ophthalmology  
Published: December 2023  
Review date: December 2026  
Reference no: 2204  
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