

# Selective Laser Trabeculoplasty



## Selective Laser Trabeculoplasty (SLT)

SLT is a simple, effective laser procedure that reduces eye pressure. It works by applying a low energy laser to the drainage system of the eye, and helps to increase the amount of fluid that is removed from the eye.

### *Who can benefit from SLT?*

SLT is appropriate in patients who have:

- Newly diagnosed glaucoma or ocular hypertension
- Patients already on drop therapy, but still have raised eye pressure
- Patients who are intolerant of glaucoma drop therapy

### *How is SLT given?*

- The treatment is carried out in the outpatient clinic, using a laser machine similar to the slit-lamp that is used to examine patients' eyes.
- A drop of local anaesthetic is then applied and a contact lens is placed on the eye to help the doctor focus accurately on the drainage system at the front of the eye.
- Normally, 100 brief laser shots to the drainage system are required. No pain is felt during the procedure and the procedure takes 5-10 minutes to complete.
- The eye pressure is checked 30 minutes after the procedure.
- Patients are reviewed again after 1 month.

### *What are the risks of SLT?*

SLT is a safe procedure and the risks are minimal. However, patients should be aware of the following:

- Some patients (up to 20%) may not respond and it is not possible to predict who will not respond.
- The benefits of treatment may wear off after several years, however the laser can be repeated.
- Some patients may experience some redness, eye pain or blurred vision for a few hours/days after treatment, but this normally self resolves.
- Occasionally, the eye pressure may rise immediately after the procedure and eye drops may be needed to control this. Very rarely, the eye pressure may remain high and additional procedures are required to reduce it.