

**Patient
Information**

Eye laser treatment – Selective Laser Trabeculoplasty (SLT)

Introduction

This leaflet gives you information about having Selective Laser Trabeculoplasty (SLT) treatment on your eye(s).

Your eyes have been found to have high pressure, which if left untreated, can cause a condition called glaucoma. This is an eye condition that can eventually lead to sight loss. In order to prevent this, treatment is needed to reduce the pressure. SLT is one of these treatments, as well as eye drops or possible surgery.

About SLT

Fluid is constantly being produced and circulating within your eyes, then drained. The part of the eye that drains the fluid is called the trabecular meshwork. During SLT, gentle laser treatment is applied to the trabecular meshwork to make it drain more effectively. The laser will not cause damage to the area being treated.

The treatment is carried out in the outpatient department and uses a machine similar to the 'slit lamp' used by the doctor to examine your eyes in clinic.

It may be both eyes or just one eye that requires treatment. Research has shown this treatment to be effective at lowering pressure 80% of the time, which is 4 out of every 5 patients.

The effects of this procedure can reduce over time. If this happens the procedure can be repeated.

Reference No.

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Department

Ophthalmology

Review due

January 2028

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On the day of your treatment

- Do not drive to your appointment as your vision will be blurred for several hours after the treatment.
- Use your usual eye drops including any for your glaucoma as normal on the day of your treatment.
- Bring all your glasses with you to the appointment.
- You may need to stay for an hour after the treatment, please allow time for this.

What will happen before the laser treatment?

Your vision will be tested and we will explain the procedure to you. Please ask any questions that you may have. Once you are happy to go ahead, you will be asked to sign a consent form.

You will then be asked to sit at the laser machine and anaesthetic drops will be put in the eye(s) to be treated. This will help to stop any discomfort during the laser treatment.

During the laser treatment

A contact lens will be placed on the front of the eye to keep it open and focus the laser beam. This will not be painful. When you are comfortable the laser treatment will start, this will only take a few minutes.

During the treatment, you may hear some clicking sounds and see some bright lights. You may also have a feeling of pressure in your eye. Most patients manage this procedure well.

The contact lens will be taken out and further eye drops may be given.

The pressure in your eye may need to be checked an hour after the laser treatment.

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After the laser treatment

Your vision may be a little hazy for a number of hours after the treatment. Do not drive until this clears.

Use all your glaucoma drops as usual. Other drops may be given to you after the treatment. Please make sure that you understand which drops you should be using and how often to put them in before you leave the clinic.

Complications of laser treatment

- Although rare, the pressure in the eye can rise. This can be treated with eye drops or tablets.
- Occasionally, the treatment can cause inflammation, so if your eyes ache or your vision is blurred a few days after the procedure, please contact Eye Triage, the telephone number is on the next page.

Contact information

Contact Eye Triage if you notice your vision getting worse or if you are having severe pain.

Eye Triage

Tel: 0300 422 3578

Monday to Friday, 8:00am to 1:00pm and 2:00pm to 6:00pm

Outside of these hours, please contact:

Gloucestershire Hospitals Switchboard

Tel: 0300 422 2222

When prompted, please ask to speak to the operator. Inform the operator that you would like to speak to the eye doctor on call.

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Making a choice

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.



Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you are asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?

These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation

* Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial. Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>