

## Frequently asked questions

### 1. How long will SLT last?

The pressure lowering effect of SLT wears off after 2 to 3 years, sometimes sooner. This therefore means you will need ongoing monitoring.

### 2. Can SLT be repeated?

Current research suggests it is safe to repeat SLT when its effect wears off.

### 3. How long should I take off work/ sport/swimming etc – after SLT treatment?

You will need to take approximately 2-3 days off work, sport and swimming. Dr Phipps can provide a sick certificate for this period.

### 4. When can I drive after SLT?

You will need to avoid driving for 2-3 days after SLT. Wearing sunglasses during the day will also make driving easier for the first week after SLT.

### 5. Do I need someone with me on the day of SLT?

Yes. You will need to have someone with you to drive you home.

You will find more information about Glaucoma through **Glaucoma Australia**  
[www.glaucoma.org.au](http://www.glaucoma.org.au)



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Goodwood Eye Centre



## Important information about Selective Laser Trabeculoplasty (SLT)



## What is Selective Laser Trabeculoplasty?

Selective Laser Trabeculoplasty (SLT) is an effective, safe and simple procedure to improve eye pressure control. SLT gently stimulates the structure inside the eye, called the trabecular meshwork, to remove more fluid from the eye thus reducing the pressure.

The laser is very gentle, using low power in comparison to the laser used for treating eyes affected by diabetes. About 7 out of 10 people have improved eye pressure control following SLT.

## Why do I need to have this treatment done?

The most common reasons for Dr Phipps to offer you SLT are:

- your eye pressure is considered too high
- you are suffering with side effects from your current eye drops
- you find it difficult to consistently use your eye drops.

## What will happen during the procedure?

The SLT procedure usually lasts around 3 minutes for each eye. A special contact lens is used to keep your eyelid open. Anaesthetic eye drops are used to ensure that your eye is comfortable with the contact lens. You may be able to hear some clicking sounds produced by the laser machine but the procedure itself is painless.

## What will happen after the procedure?

Usually you will be seen again for further eye pressure monitoring within 4 to 6 weeks. If you are using anti-glaucoma eye drops before SLT, you should continue the same treatment until Dr Phipps says otherwise.

Often there is no need for anti-glaucoma eye drops after SLT, but this will depend on your eye pressure measurements following the procedure.

It can take up to 6 weeks for SLT to have its full effect on the eye pressure.

No aftercare or precautions are needed following this procedure. You are able to resume wearing contact lenses.

## What are the side effects?

You might experience some redness, eye discomfort, blurry vision and sensitivity to bright light after this procedure for up to three days. The visual blurriness following SLT will gradually resolve on its own. Very rarely do glasses need to be prescribed or adjusted to fully resolve the blurry vision in the lasered eye.

## What are the risks for SLT?

Dr Phipps will discuss the risks with you in detail.

SLT is a safe procedure and the risks of adverse effects are minimal.

There is a small risk of raised eye pressure for a short period of time after the procedure. To prevent a rise in eye pressure from happening you may be given additional eye pressure lowering drops before and/or after the procedure.

There have been very few reports of serious problems after SLT. These serious problems may include bleeding of the iris (pigmented part of the eye), severe inflammation inside the eye and swelling of the cornea (front part of the eye). These problems while prolonging the recovery time almost always fully resolve.

There have not been any reports of SLT making the vision permanently worse, except in eyes with pre-existing corneal disease.