Ophthalmology Department

Selective Laser Trabeculoplasty

What is SLT?

SLT is a gentle laser treatment that helps fluid drain from the eye, lowering eye pressure. It is used for ocular hypertension (raised eye pressure) and open-angle glaucoma. Lowering pressure helps protect your sight, but cannot restore vision already lost.

Why might SLT be recommended?

SLT can be your first treatment instead of eye drops, or an additional treatment if drops alone are not lowering the pressure enough. It may reduce the need for drops, although some people will still need them.

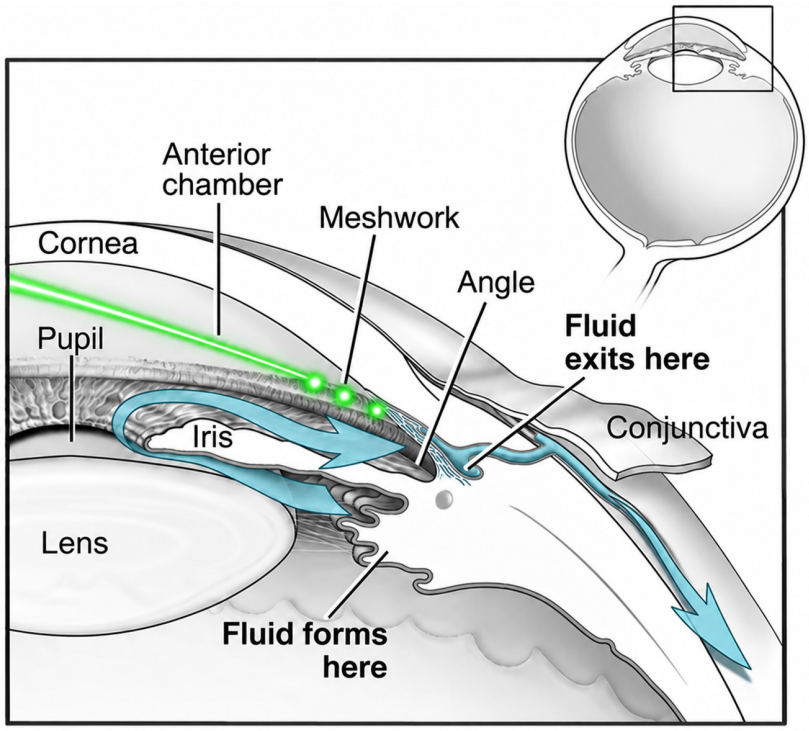
NICE recommends offering SLT as a first treatment for suitable people with newly diagnosed ocular hypertension (pressure of 24 mmHg or above with a risk of sight loss), or open-angle glaucoma. Your clinician will check whether SLT is suitable for you.

How successful is SLT?

In the UK LiGHT trial, about 74 in 100 patients who had SLT as their first treatment needed no glaucoma drops to keep their pressure at target after 3 years. Results vary; the effect can wear off and SLT can sometimes be repeated

What happens on the day?

You will have numbing eye drops. A special contact lens is placed on the eye and the laser is applied to its drainage area. You may see flashes or feel slight pressure, but it is usually not painful. The laser takes about 5–10 minutes. Allow extra time for checks and arrange transport home.



SLT laser spots are applied to the trabecular meshwork, the eye's drainage area.

What should I expect afterwards?

- Your vision may be blurred, and the eye may feel mildly uncomfortable or sensitive to light for a few hours. Do not drive yourself home.
- A temporary rise in pressure can occur. You may be given extra medications and asked to wait 30–60 minutes for another pressure check.
- You can usually return to normal activities when comfortable and your vision is clear. Antiinflammatory drops are not routinely required unless prescribed.

Should I continue my glaucoma eye drops?

Follow the specific instructions given by your glaucoma team

If SLT is your first treatment or is replacing eye drops, your clinician will tell you whether any drops should be started, continued or stopped.

If SLT is added to your existing drops, you will usually continue them until your pressure is reviewed.

Do not stop or change glaucoma drops unless your glaucoma team tells you to.

What are the risks?

Mild discomfort, redness, temporary blurred vision or inflammation may occur. Eye pressure can sometimes rise after laser treatment. Rare complications include swelling of the cornea or retina, or a more prolonged pressure rise. SLT may not lower your pressure enough, so further managment may be needed.

When will I know if the laser has worked?

SLT takes several weeks to work. We will normally check your eye pressure 6 weeks after treatment and advise you about any change in drops or further treatment.

Can SLT be repeated?

Yes. SLT can be repeated if it worked well initially but its effect has reduced over time. Repeat treatment can be similarly effective, although the response varies between patients. Your glaucoma clinician will advise whether repeating SLT is suitable for you.

When should I get help?

Seek urgent advice for severe or increasing pain, a significant drop in vision, or marked redness after SLT.

Contact the CHFT eye service

Monday to Friday, 9am–5pm: Ophthalmology Department 01484 355085

After 5pm, weekends and bank holidays: CRH Ward 8D 01422 223820

Sources: NICE guideline NG81, recommendations 1.4.4 and 1.4.17 (2022); Gazzard G et al. LiGHT trial. Lancet 2019;393:1505–151

If you have any comments about this leaflet or the service you have received you can contact :

Ophthalmology Department

Telephone: 01484 355085

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

ਜੇ ਤੁਸੀਂ ਇਸ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪਾਰੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"