



# Selective Laser Trabeculoplasty (SLT)

SLT is a simple, gentle laser treatment that helps lower the pressure inside your eye if you have glaucoma or ocular hypertension. It works by using tiny pulses of light to encourage your eyes natural drainage system to work better.

The treatment is quick, generally well tolerated, and carried out while you are awake in the clinic. There are no cuts, stitches or needles. By lowering eye pressure, SLT, can help protect your sight for the future.

## Before the Procedure

- Numbing drops are applied to the eye, so you will not feel any pain during the procedure.
- These can sometimes make your eye feel tired and “heavy”.
- A contact lens will be placed on the eye after numbing.

## During the Procedure

- You may feel a mild sensation of pressure in the eye (from the contact lens).
- You will be aware of bright flashes of light as the laser is applied.
- You may hear a popping or clicking sound from the laser.
- The laser light is applied in short bursts, and the whole process usually takes only a few minutes.

Many patients describe the procedure as mildly uncomfortable but it usually lasts only a few minutes.

## After the Procedure

- Your vision may be temporarily blurred for a few hours afterwards.
- Your eye may feel slightly irritated, scratchy, or watery.
- Some people report a mild headache or eye ache following the procedure.
- Your eye and the pressure will be checked afterwards and sometimes you may be given drops.
- You will be given a follow up appointment to check on the effect of the laser and the pressure. Please ensure that you continue to use your glaucoma drops if applicable.



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