

Glaucoma & Lasers

What?

So What?

Now What?

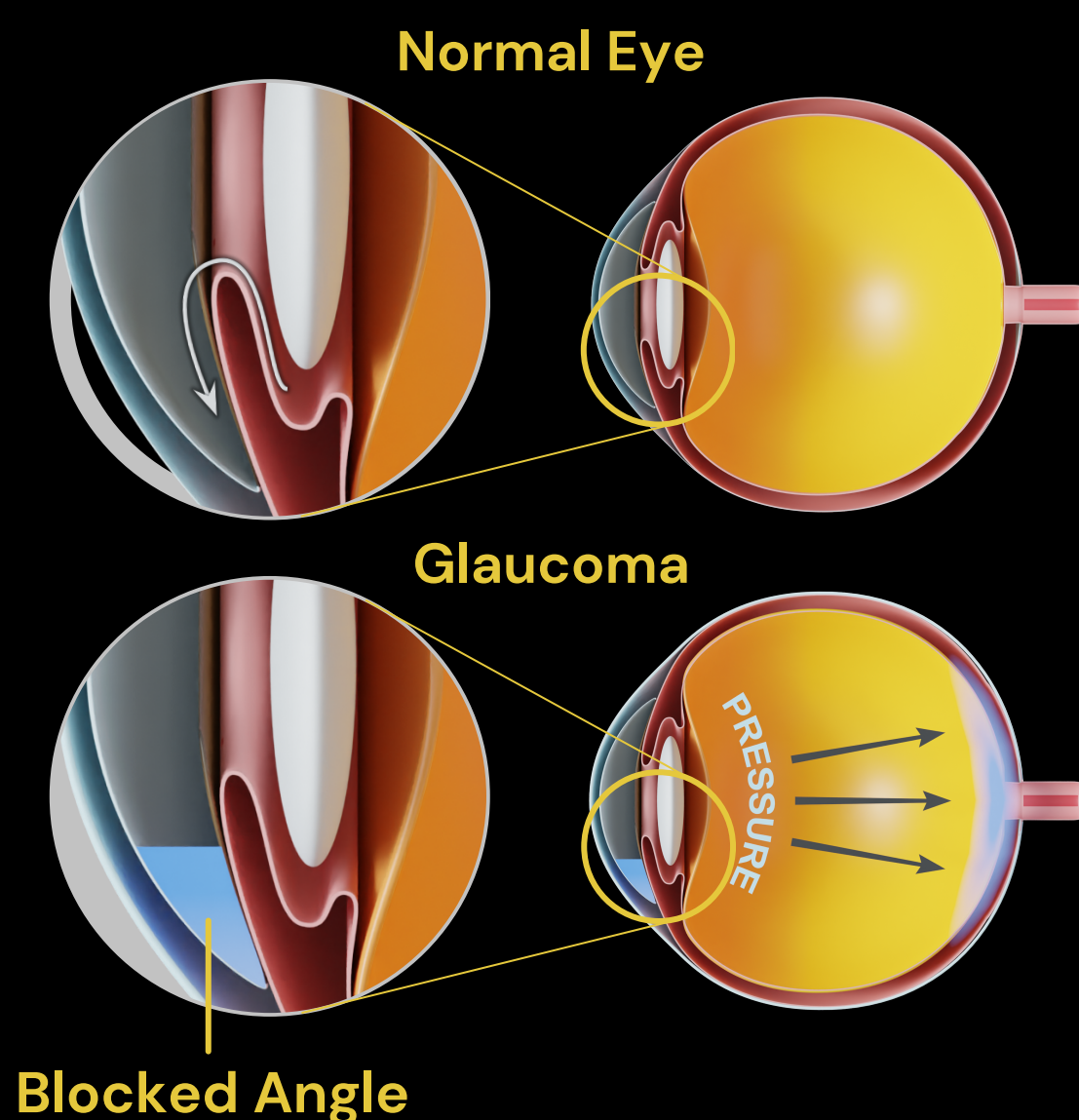


Glaucoma is a type of optic nerve damage that is **progressive** and **irreversible**, meaning you may not notice symptoms until it has advanced significantly.

Acknowledgments: Samuel, A., Nagy, K., Kumar, A., Abtahi, M., Miller, G.

What is glaucoma?

- Glaucoma is a type of optic nerve damage that is:
 - **Progressive** – worsens with time
 - **Irreversible** – vision cannot be restored
 - **Silent** – you may not notice symptoms until it has advanced significantly



What do lasers treat?

Selective Laser Trabeculoplasty (SLT):

- Is a very gentle laser treatment for open angle glaucoma. It can decrease eye pressure just as much as one of our most effective drops.
- The pressure lowering effect is not permanent (typically 1-3 years), but the laser can be repeated multiple times in most people.
- **How SLT works:**
 - A focused laser beam is used to target specific cells in the drainage system of the eye to improve the outflow of fluid and reduce pressure.
- **Time:** 5-10 minutes for both eyes

YAG Laser Peripheral Iridotomy (LPI):

- Angle closure can lead to increased eye pressure and glaucoma.
- Laser peripheral iridotomy creates a small opening in the iris of the eye to help open the angle.
- Who needs LPI?
 - LPI can be used for people who have acute angle closure, chronic angle closure, or are at risk of angle closure.
- **Time:** 5-10 minutes for both eyes

Why is glaucoma important?

Glaucoma changes happen gradually over a long time, meaning **you may not notice symptoms** until the disease has advanced significantly.

- **If glaucoma goes undiagnosed, gradual vision loss will occur.**
- **Once vision is lost, it cannot be restored.**
 - However, with an early diagnosis and continuous treatment, it is possible to control the progression of glaucoma before vision loss occurs.
 - To slow down progression, eye drops and lasers are used to decrease eye pressure.

Early intervention through a comprehensive eye exam can greatly improve long-term visual health.

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Preoperative Instructions

- Bring the following to Precision Glaucoma Centre:
 - Your Ontario Health Card or other insurance coverage information
 - **All** your eye drops and glaucoma pills
- You can eat and drink before and after your laser procedure as usual.
- An adult driver must accompany you and stay close to Precision Glaucoma Centre while you are at your appointment.

Please pick up your prescribed post procedure eye drops before your laser procedure.

What are the risks?

Inflammation

- This can usually be avoided by using anti-inflammatory drops after treatment.

Blurred vision

- Usually caused by a lubricating gel needed for the procedure. It typically goes away within minutes to a few hours.

Pressure spike

- It is rare to get a significant eye pressure spike. When it does happen, it is usually short lived and can typically be controlled with a short course of drops or tablets.

Unique to LPI

Glare

- This typically goes away within days, but very rarely, it can be an ongoing issue.

Bleeding

- This is microscopic inside the eye. It typically resolves within a few days but can cause some blurring of vision.

What can I expect after laser?

- Following your laser procedure, your pressure will be checked in office **approximately 1 hour** afterwards before leaving the clinic.
- Vision may be blurry and you may have mild eye pain for 1-2 weeks.
 - Light sensitivity may also occur.

What you can do to help:

- Use oral medications for pain management such as Tylenol as advised by your doctor.

Postoperative Instructions

- Start eye drops as instructed
- Do **NOT** rub your eye
- Do **NOT** wear any contact lenses while you are on your post-laser procedure anti-inflammatory drops.
- There are no physical activity limitations, no restrictions, you may continue your day as usual.
- Continue your glaucoma drops as prescribed.

Additional Notes

- **Date:** _____
- **Location:** Precision Glaucoma Centre