



# Selective Laser Trabeculoplasty (SLT)

## Information Sheet

### What is SLT?

SLT stands for “Selective Laser Trabeculoplasty.” It is a quick and safe laser treatment used to lower eye pressure in people with glaucoma. Lowering pressure helps protect your vision.

### Why Is It Done?

Your doctor may recommend SLT if:

- Your eye drops are not working well enough
- You are having side effects from eye drops
- You want to reduce or stop using eye drops
- You prefer a non-medication option

### How Does It Work?

- A laser treats the part of your eye that drains fluid
- This helps the fluid drain better and lowers eye pressure
- The laser does not damage the eye

### What Happens During the Procedure?

- The procedure takes about 5 to 10 minutes
- It’s usually done in a clinic while you are awake
- Your eye will be numbed with drops
- A lens is placed on your eye to guide the laser
- You might see bright lights or feel light pressure. It is usually not painful
- Your eye pressure will be checked afterward and more frequently for a few months



## After the Procedure

- You may have mild irritation or blurry vision for a few hours
- You may be given eye drops to reduce inflammation (redness or swelling) for a few days
- Most people can return to normal activities the same day
- You will need follow-up visits to check your eye pressure

## How Well Does SLT Work?

SLT will lower eye pressure in most patients. It may take a few weeks to see the full effect. Most patients can reduce or stop their eye drops. SLT can usually be repeated if needed.

## Risks and Side Effects

SLT is very safe. Some possible side effects include:

- Mild discomfort or redness
- A short-term rise in eye pressure (your doctor will monitor this)
- Rarely, blurry vision or mild inflammation

## When to Call Your Eye Doctor

Call your clinic if you have worsening pain or vision following your laser treatment.

## Frequently Asked Questions

Q: Does it hurt?

A: Most people feel only mild discomfort. The procedure is quick, and the laser itself is not usually painful.

Q: Will I still need glaucoma drops?

A: You may still need eye drops after SLT, depending on your pressure and other eye findings. Your doctor will guide you.

Q: How long does SLT last?

A: SLT generally works for 1 to 5 years, and sometimes much longer. The effect can wear off over time, but the treatment can usually be repeated if needed.



This document was reviewed by Dr. Steve Arshinoff.