

Information for patients and carers

Cyclodiode Laser Glaucoma Treatment

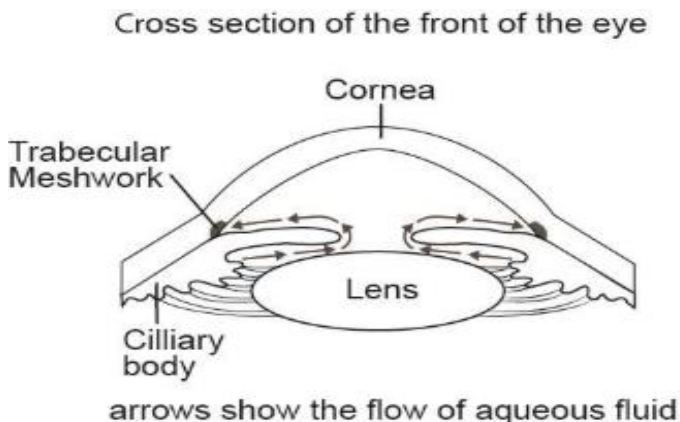
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What is a cyclodiode laser?

In healthy eyes, the fluid in your eye (aqueous fluid) flows through the pupil into the front of the eye; it then drains away through drainage channels called the trabecular meshwork. In people who have glaucoma, the aqueous fluid cannot drain away properly, and this can result in a build-up of pressure within the eye. This high pressure injures the optic nerve which carries information from your eye to your brain. If left untreated this causes damage to your vision.

The cyclodiode laser is a highly concentrated beam of light which can be used to target and treat selected areas within your eye. The part of the eye that is treated with the cyclodiode laser is called the ciliary body. It is the ciliary body, which is situated behind the iris (the coloured part of the eye) that produces the aqueous fluid. The cyclodiode treatment makes small burns on the ciliary body which reduces the production of aqueous fluid, thus causing the eye pressure to go down.

The cyclodiode laser is used in patients with glaucoma where other types of treatment such as eye drops have failed or would be of little use. Sometimes the cyclodiode treatment can also be recommended in order to delay or avoid the need for more invasive surgery.



How successful is the cyclodiode laser in lowering eye pressure?

Over 80% of patients who have their eyes treated by the cyclodiode laser in this way have a successful lowering of eye pressure. The effects of the laser can wear off in time but may last for months or years.

The treatment can be repeated if necessary.

Will the cyclodiode laser make my eyesight any better?

The aim of the cyclodiode treatment is to bring down the pressure in your eye. It is important to remember that this treatment is performed to save the sight that you still have. It will not restore any sight that you may have already lost, and neither will it improve your sight.

Are there any risks or side effects of this treatment?

- The pressure lowering effect must be titrated which means more than one treatment
- Occasionally, patients can end up with a very soft eye which is the most problematic side of this procedure and can cause complete loss of vision in the treated eye
- The inflammation can sometimes take a while to settle and if it is a seeing eye, the vision can drop due to inflammation and a condition known as cystoid macular oedema. Which is also the outcome of inflammation
- Side effects other than inflammation are rare and every effort is taken to prevent them

- Your eye may feel sore when the anaesthetic wears off, you may wish to take a mild painkiller such as paracetamol to relieve this discomfort

What happens on the day of the procedure?

The procedure is carried out either in the operating theatre or in the outpatient clinic. The procedure is most commonly done under local anaesthetic.

The local anaesthetic involves having eye drops put in which numb the front surface of your eye and an injection under the lining of your eye, this makes the area around your eye go numb. The numbness may last for a few hours and can affect your vision at the time but will settle down.

We need you to lie flat for the treatment, which takes about 20 minutes. It is important that you lie still whilst the treatment takes place.

The laser is applied through the sclera (the white part of your eye), using a pen-like instrument. At the end of the procedure, a steroid medicine may be injected to the skin around your eye to help reduce inflammation that may occur following the laser treatment.

You may experience pressure on the eye during the treatment, but it is rare that you would experience pain.

What happens after the procedure?

An eye pad and clear plastic shield may be applied over your eye following the cyclodiode treatment.

It is important that you do not drive home.

You will be prescribed eye drops to take home to help control any inflammation and to help relieve any discomfort. You will need to

continue your usual glaucoma eye drops (and or tablets); however, the doctor will advise you if the anti-glaucoma drops are to be stopped.

You will receive an appointment in the outpatient clinic to be seen in approximately 1 week

Contact details

Should you require further advice or information please contact Ophthalmology telephone triage service:

01257 245346

Monday to Friday 9.00am to 4.30pm

If you feel that your eye condition needs an urgent assessment outside of these hours, please attend the nearest Emergency Department.

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.accessable.co.uk

www.patient.co.uk

www.lancsteachinghospitals.nhs.uk/veteran-aware

<https://bepartofresearch.nihr.ac.uk/>

www.glaucoma-association.com

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patientexperienceandinvolve@LTHTR.nhs.uk

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