



Eye Associates of Wilmington, P.A.

Patients are often unaware that there are a number of different laser treatments applicable to glaucoma.

Angle Closure Glaucoma is an anatomic disease. The drain of the eye, the trabecular meshwork, is physically blocked by the iris, similar to a stopper over a drain of a sink. **Laser iridotomy** is the definitive treatment for angle closure glaucoma. Medications are used only as a temporary measure or if the pressure is still elevated after successful iridotomy. **Laser peripheral iridoplasty**, is indicated in a small percentage of patients who have a less common form of angle closure glaucoma, plateau iris glaucoma, and when iridotomy is insufficient in eliminating the blockage of the trabecular meshwork.

In **Open Angle Glaucoma**, the drain appears to be open but is functionally impaired. **Laser trabeculoplasty** is the treatment applicable to chronic or primary open angle glaucoma, exfoliation glaucoma and pigmentary glaucoma. Trabeculoplasty lowers the pressure by cleaning the drain and allowing fluid to leave the eye faster. **Selective Laser Trabeculoplasty** is a newer version of the procedure that allows lower laser energy to be used with equally effective pressure lowering effect. It treats the cells responsible for the increased pressure in glaucoma and leaves the trabecular meshwork and iris intact without scarring. It can be used successfully in patients who have undergone other laser surgeries and may be repeated. It takes about a month for the pressure lowering to occur.

What to expect. The above lasers are performed in our office. There are no restrictions before or after the laser treatment. For some laser procedures, we may ask you to discontinue aspirin or blood thinners. Topical anesthetic drops, similar to those used to check your eye pressure, and pressure lowering drops are instilled in the office prior to the procedure. During the laser procedure, you and Dr. Ochsner will sit on opposite sides of the laser which looks like the microscope she uses to exam your eye. A lens is placed on your eye to keep it open and to help focus the laser beam. You should have no pain associated with the laser treatment. It is very important that you relax but remain very still.

After the laser your eye pressure will be checked and drops may be prescribed to reduce the inflammatory response. Your eye may be irritated and sore for one to three days. Extreme discomfort or redness should be reported to Dr. Ochsner immediately.