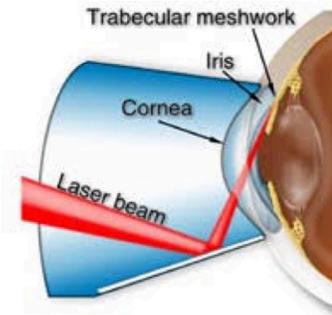


Laser Trabeculoplasty:

What is Laser Trabeculoplasty?

Laser trabeculoplasty is a laser treatment that can be used instead of or in addition to glaucoma drops to control intraocular pressure. The procedure is performed at a procedure center or hospital (typically at Alameda Hospital). The procedure itself involves placing a contact lens on the eye to direct the energy of the laser to the correct location. It typically takes about 5-15 minutes to perform.



What is the recovery period?

After the procedure is complete, you will have to stay in the clinic for 30-60 minutes so that we can check the eye pressure after the procedure. There are no other restrictions after laser trabeculoplasty. You can resume normal activities the same day with no new precautions. The eye may be slightly sore/irritated for a few days, though most patients have no eye symptoms after the treatment.

How effective is laser trabeculoplasty?

Laser trabeculoplasty has a very low risk profile and similar effectiveness with first-line eye drops, which is one of the reasons it is considered substitutable as a first line treatment for glaucoma. A typical "good" response would be a 20-30% pressure reduction that lasts 2-5 years. The procedure is repeatable though usually the results diminish to some extent with each additional treatment.

What are the risks?

The greatest risk of laser trabeculoplasty is that it doesn't work as well as needed and you have to continue drops or find other treatments. About 20% of patients have poor response to laser treatment. This does not leave them any worse off, but fails to achieve a good pressure reduction. A minority of patients (a few percent) may have a pressure spike, typically for a few days to weeks after the procedure. This can generally be managed with eye drops and less frequently pills for eye pressure. Complications that could threaten vision are extremely rare with this procedure and include things such as swelling of the cornea, persistent pressure elevation and bleeding in the eye.

Post Procedure Drops:

I typically recommend either an anti-inflammatory eyedrop (basically Ibuprofen in drop form) or a steroid eye drop 4x/day for 5 days after laser trabeculoplasty. My most common regimen would be Ketorolac 0.4% one drop to the treated eye 4x/day for 5 days, but depending on your insurance an equally effective drop may be substituted to help reduce costs.