

## Information for Patients

# Cyclodiode and micropulse laser

## What is Cyclodiode laser?

The diode laser is a highly concentrated beam of light, which can be used to target and treat a selected area. Sometimes, laser treatment is recommended in order to avoid or delay the need for more invasive surgery to lower your eye pressure. The diode laser is used to produce very small burns in the ciliary body, which produces the watery fluid called aqueous humour, and is situated behind the iris (coloured part of your eye). The reduced production of aqueous humour causes the eye pressure to fall.

## What is micropulse laser?

Micropulse laser is similar and works in the same way as cyclodiode laser but uses shorter bursts of laser energy and therefore may cause less inflammation.

## What happens on the day of treatment?

The treatment takes place in the operating theatre. You will be asked to attend the Day Case Unit or Ward 55 in advance of the treatment time. Further instructions about this will be given in the letter discussing your admission. The doctor will take your written consent and explain further if you have any questions.

The procedure is usually done under local anaesthetic but may be done whilst you are asleep under general anaesthetic. This will be discussed with you. The local anaesthetic involves eye drops that numb the front surface of your eye and an injection in the skin around your eye, which will make the area around your eye go numb. The injection will sting for a few seconds. The numbness may last for a few hours and can affect your vision at the time.

The laser is then applied through the sclera (the white of your eye) using a pen like instrument. At the end of the procedure, an injection of steroid is given under the conjunctiva (lining of the eye) to help reduce inflammation that may occur following the laser treatment. You will not feel this as your eye will be numb. An eye pad and a clear plastic shield will be applied over your eye. It is important that you do not drive, and you may wish to arrange for someone to take you home. You will be given eye drops to take at home. You will probably need to continue your glaucoma eye drops (and or tablets); the doctor will advise you of this before you leave. You will receive an appointment to come back to the clinic.

## Are there any risks or side effects of this treatment?

Immediately afterwards your eye may look bloodshot. This may result from the injections given to the skin of your eye. Your eye may feel slightly bruised afterwards and sometimes become inflamed. The eye drops will control any inflammation and help to relieve discomfort.

You may wish to take a pain relief medication, for example paracetamol, to relieve this discomfort. **If you are already taking pain relief medication for a different condition continue with these, but do not take both.**

Loss of vision may occur after the treatment, although this is uncommon, and may be related to particular types of glaucoma affecting up to 1 in 20 patients. These risks will be discussed with you by the doctor before your treatment.

Over 8 out of 10 (80 %) of patients who have their eyes treated by cyclodiode laser and 7 out of 10 (70%) for micropulse laser 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.

## Contact information

The information in this leaflet is intended as a guide only, as each patient's experience will be different. If you require any further information or advice, please contact a member of staff on the telephone numbers below.

Do not wait until your next appointment, but contact us immediately, if you have any urgent symptoms such as:

- Increased redness of your eye
- Vision disturbance such as double vision or loss of vision
- Increasing pain

Glaucoma Specialist Nurses (0161) 701 4819 or via switchboard (0161) 276 1234 bleep 1976 available Monday – Friday hours may vary

Consultant secretaries available Monday – Friday 9.00am – 4.00pm

Miss Fenerty's secretary (0161) 276 5582

Mr Au's secretary (0161) 276 5522

Mr Yau's secretary (0161) 701 5915

Mr Yu secretary (0161) 276 5915

Ms Tacea's secretary (0161) 276 8957

Any of the above numbers could be answer phones at certain times. Your call will be returned but this might not always be the same day.

If you require emergency treatment, you can contact the Emergency Eye Department which is open from 8.00am to 8.00pm every day. Outside of these hours please contact Ward 55 open 24 hours every day. These departments can be contacted via the hospital switchboard on (0161) 276 1234 asking to be put through to the Emergency Eye Department or the ward.

If you have an enquiry regarding your appointment, please contact the appointment booking team:

- Adult glaucoma appointments (0161) 276 5533 (option 1) available Monday – Friday 9.00am – 4.00pm
- Paediatric (child) glaucoma appointments (0161) 276 5533 (option 5) available Monday – Friday 9.00am – 4.00pm