Ormskirk Hospital
Dicconson Way,
Wigan Road,
Ormskirk,
Lancashire,
L39 2AZ Telephone:
01695 577 111

Southport Hospital
Town Lane,
Kew,
Southport,
Merseyside,
PR8 6PN
Telephone:
01704 547 471

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Cyclodiode laser treatment

Patient leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس‌پذیر نیاز دارید،
لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie,
proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil,
vă rog să discutați cu un membru al personalului să se ocupe
de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أُخرى، أو بتنسيق
يسهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

Author: Specialty Doctor
Department: Ophthalmology
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Understanding glaucoma

Glaucoma is a group of eye conditions characterised by increased Intraocular Pressure (IOP), which can damage the optic nerve and lead to vision loss. Elevated IOP may cause gradual vision impairment over months or years and in severe cases, can result in eye pain or discomfort. While lost vision cannot be restored, treatments aim to prevent further damage, pain relief and preserve existing vision.

What is Cyclodiode laser treatment?

Cyclodiode laser treatment is a minimally invasive procedure, designed to lower IOP in glaucoma patients. It serves as an alternative to traditional incisional surgery, especially when other treatments are unsuitable, have failed, or carry a high risk of complications. The procedure targets the ciliary body, the part of the eye responsible for producing aqueous humor (the eye's fluid), by applying laser energy to reduce fluid production, thereby decreasing eye pressure.

Who is a suitable candidate?

Patients who present with:

- Open angle or angle closure glaucoma unresponsive to drugs.
- Secondary glaucoma, such as that resulting from uveitis.
- Cases where traditional surgical options are not viable.
- Painful eyes induced by high intraocular pressure.
- Eyes with low or poor vision or visual potential.

Notes

Emergency contact information

For urgent concerns, please contact the ophthalmology department:

Phone:
01704 705 217

Hours:
Monday to Friday
8:30am to 5:00pm

Outside these hours, please visit the general emergency department.

Further information

For additional details or non-urgent inquiries, contact:

Glaucoma secretaries:

Phone:
01695 656 040

Benefits of Cyclodiode laser treatment

- Minimally invasive - this reduces the need for incisional surgery.
- Effective pressure reduction - this aims to lower IOP to prevent optic nerve damage.
- Quick recovery - most patients resume normal activities within a few days.

Potential risks and complications

- Inflammation - post treatment redness and soreness, typically managed with prescribed anti-inflammatory drops.
- Visual changes - temporary blurred vision; in rare cases, permanent reduction.
- Dry eye - this is common after the procedure; it may require lubricating drops.
- Hypotony - this is excessively low eye pressure, which may mean stopping glaucoma medications; rarely, it can lead to eye shrinkage.
- Insufficient pressure reduction/failure - some patients may require additional treatment or surgeries.
- Severe complications - very rare risks include significant bleeding, infection or vision loss.

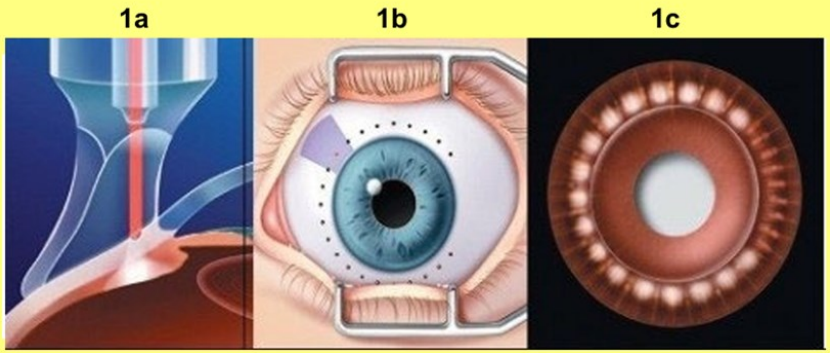
The procedure

- Preparation - conducted as a day case procedure, typically requiring a half day hospital stay. Patients are advised not to drive on the day of treatment.
- Anesthesia - a local anesthetic is administered to numb the eye area, ensuring comfort during the procedure.
- Laser application - a specialised laser device delivers targeted energy to the ciliary body, reducing fluid production. The procedure usually takes about 15-20 minutes.
- Post procedure - the treated eye may be covered with a pad for a few hours until the anesthetic wears off. Mild discomfort, redness or blurred vision may occur temporarily.

The **1a** image shows a G cyclodiode probe being used to deliver a laser to the ciliary body (fluid-producing tissue inside the eye).

The **1b** image shows the laser spots of destroyed tissue on the eye.

The **1c** image shows the laser spots of destroyed tissue on the ciliary body.



Post treatment care

- Medication - use prescribed anti-inflammatory drops as directed to manage inflammation. Continue regular glaucoma medications, unless advised otherwise.
- Eye care - keep the eye clean; avoid rubbing or pressing on it. If needed, clean the eyelids gently with cooled, boiled water and cotton wool.
- Activities - resume normal daily activities as tolerated but avoid driving on the day of the procedure.
- Follow up - attend all scheduled appointments to monitor eye pressure and assess treatment effectiveness.

When to seek medical advice

Contact the hospital promptly if you experience:

- Severe or worsening eye pain.
- Sudden loss of vision.
- Discharge from the treated eye.
- Changes in vision in the untreated eye.