

# **PATIENT INFORMATION**

## **YAG Laser Iridotomy**

Your name has been placed on the waiting list for laser peripheral Iridotomy.

## **What is laser peripheral iridotomy and its benefit**

There are many different types of glaucoma and the treatments are varied.

Peripheral iridotomy is a procedure used to create a small hole in the coloured part of the eye (Iris) with the help of laser energy.

It is carried out to treat or prevent acute closure glaucoma in eyes with narrow angles.

In Angle closure glaucoma, the watery fluid in the eye, called aqueous humor, is unable to pass into the front chamber of the eye to drain satisfactorily. The iris may be pushed forward on to the delicate drainage system and restrict the flow of aqueous humor so that the pressure within the eye (intraocular pressure) is raised.

It can happen due to numerous reasons i.e. far sightedness, short eyeball, growing cataract etc. In acute angle closure glaucoma, the eye goes red, painful with blurred vision. This raised pressure can cause damage to the nerve of the eye (optic nerve) which can cause visual loss.

Peripheral Laser iridotomy aims to reduce the risk of raised intraocular pressure by creating a small hole in the coloured part of the eye (iris). This serves as an alternative drainage opening and reduces the risk of vision loss. There is 50% risk of other eye involvement therefore both eyes are treated with laser.

In eyes at risk of blockage and acute angle closure glaucoma, this procedure reduces the risk.

## **ARE THERE ALTERNATIVES?**

1. Cataract and/glaucoma Surgery.
2. Long term drops.
3. Observation – it is the option for the patients with normal intraocular pressure and no signs of damage due to glaucoma.

## **WHERE WILL THE LASER PROCEDURE BE PERFORMED?**

The procedure will take place in the eye clinic at Southport Hospital. Do not drive yourself to the appointment, as you will be unable to drive for a few hours following the procedure. The nurse will record your vision and apply eye drops. You will need to sign a consent form, after discussing the treatment with your eye doctor prior to treatment.

Two rounds of drops (apraclonidine and pilocarpine) will be put in your eyes. The pilocarpine drops may cause a transient headache.

## **WHAT HAPPENS DURING THE TREATMENT?**

The laser instrument looks like the microscope/slit lamp you have your eyes examined with in the eye clinic. You will need to keep your chin on the rest. You will be given eye drops to numb the eye before the procedure. A contact lens will be placed on the eye being treated which will stop you from blinking and allow the doctor to focus a laser light. You may see flashes of light during the procedure. The procedure may cause slight discomfort and lasts approximately 20 minutes. Please allow up to 2 hours for

your appointment as you will need your eye pressure checking pre-laser and one hour post-laser.

## **WHAT HAPPENS AFTER THE TREATMENT?**

Your vision will be blurred immediately following treatment due to the effect of the drops and the bright lights. Your vision will return to normal a few hours after the procedure. You can continue to perform all normal daily activities after the treatment. If you are on glaucoma drops you should continue with them unless advised otherwise.

You will be given Predforte (Prednisolone 1%) eye drops to take every 2 hours on the first day, then 4 times a day for the next 4 days and twice a day for the next 4 days. (9 days in total)

An appointment will be made for you to return to the eye clinic at either Southport or Ormskirk in 2-3 weeks' time. This is for your eye doctor to check your eye pressure and that your eye has settled well after the procedure.

## **Side effects and complications**

Generally, it is a very low risk procedure.

1. Inflammation of the eye – treated with steroid drops.
2. Transient rise in intraocular pressure.
3. Bleeding – Usually it resolves without treatment. You can continue your anticoagulants, however if you are on warfarin please bring your yellow book to confirm that INR is below 3.0.
4. Damage to cornea – very rare.
5. Transient blurred vision

## **Late complications**

1. Cataract formation.
2. Closure of iridotomy – requires repeat laser.
3. Visual symptoms – Research has shown that ghosting around objects (11%), shadows (3%), lines (1%) were the most frequently noticed visual phenomena. Some patients also experienced glare.
4. Development of another type of glaucoma.
5. Continuing need for medications.

**During your contact with us, it is important that you are happy with your care and treatment. Please speak to a member of staff and/or the ward/department Sister/Charge Nurse if you have any questions or concerns.**

## **MATRON**

A Matron is also available during the hours of 9.00 to 5.00 pm Monday to Friday. During these periods, ward/department staff can contact Matron to arrange to meet with you. Out of hours, a Senior Nurse can be contacted via the ward/department to deal with any concerns you may have.

## **INFECTION CONTROL REQUEST**

Preventing infections is a crucial part of our patients' care. To ensure that our standards remain high our staff have regular infection prevention and control training and their practice is monitored in the workplace. We ask patients and visitors to assist us in preventing infections by cleaning their hands at regular intervals and informing staff of areas within the hospital that appear soiled.

As a patient, there may be times that you are unsure whether a staff member has cleaned their hands; if in doubt please ask the staff member and they will be only too happy to put your mind at ease by cleaning their hands so that you can see them.

## **SPECIAL INSTRUCTIONS**

Southport Emergency Eye Clinic: 01704 705217

Monday to Friday 09.00-17.00. You will be able to talk to a trained nurse, who will be able to give advice or make an appointment.

## **ANY CONDITION SPECIFIC DANGER SIGNALS TO LOOK OUT FOR:**

Pain and/or reduction in vision.

## **CONTACT INFORMATION IF YOU ARE WORRIED ABOUT YOUR CONDITION**

Your own GP –

Southport Emergency Eye Clinic: 01704 705217

If you need advice out of hours please contact GP out of hours' services or the A&E department  
NHS direct: 0845 4647

## **OTHER USEFUL TELEPHONE NUMBERS/CONTACTS:**

NHS 111

Stop Smoking Helpline (Sefton) - 0300 100 1000

Stop Smoking Helpline (West Lancashire) - 0800 328 6297

<http://www.patient.co.uk/health/Glaucoma-%28Primary-Open-Angle%29.htm>

<http://www.glaucoma-association.com/>

**Please call 01704 704714 if you need  
this leaflet in an alternative format**

**Southport and Ormskirk Hospital NHS Trust**

Ormskirk & District General Hospital  
Wigan Road, Ormskirk, L39 2AZ  
Tel: (01695) 577111

Southport & Formby District General Hospital  
Town Lane, Kew, Southport, PR8 6PN  
Tel: (01704) 547471

**FOR APPOINTMENTS**

Telephone (01695) 656680  
Email [soh-tr.appointments@nhs.net](mailto:soh-tr.appointments@nhs.net)

Please remember to complete the **attached Friends and Family Test**.

Alternatively, you can complete the *Friends and Family Test* on-line by going to: [southportandormskirk.nhs.uk/FFT](http://southportandormskirk.nhs.uk/FFT)  
**Thank you**

Owner: Colette Bricklebank (written by Shalini Singhal/Adesuwa Garrick)  
Ref: 522  
Version: 6  
Reviewed: June 2021  
Next review: June 2024