



Laser iridoplasty

Information for patients from Ophthalmology

You have been given this leaflet as you have been diagnosed with narrow or closed angles in your eyes that need laser treatment.

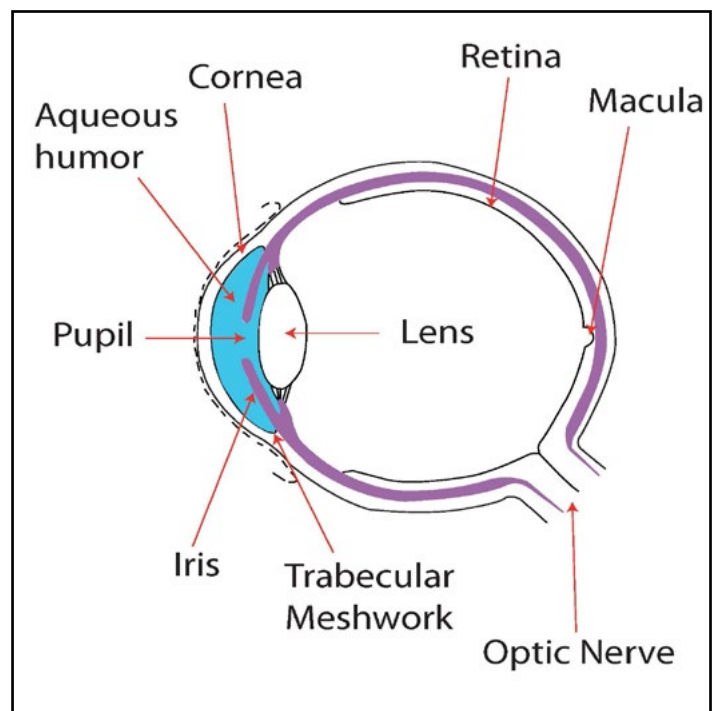
What are narrow or closed angles?

Narrow or closed angles means the area between the edge of your iris and your cornea is too narrow. This can lead to angle closure glaucoma, affecting your optic nerve, which carries images from your retina to your brain.

In some cases the normal fluid pressure within your eye (known as intraocular pressure or IOP) is too high, putting pressure on these nerve fibres. Untreated this may lead to loss of vision.

What can cause the pressure to increase?

The fluid within the eye (aqueous humor) helps to bathe and nourish the lens, iris, and cornea. It is produced by the tissues around the lens and drains out of the eye through a meshwork of tissues called the trabecular meshwork, found at the outer edge of the iris. The fluid then drains into the bloodstream.

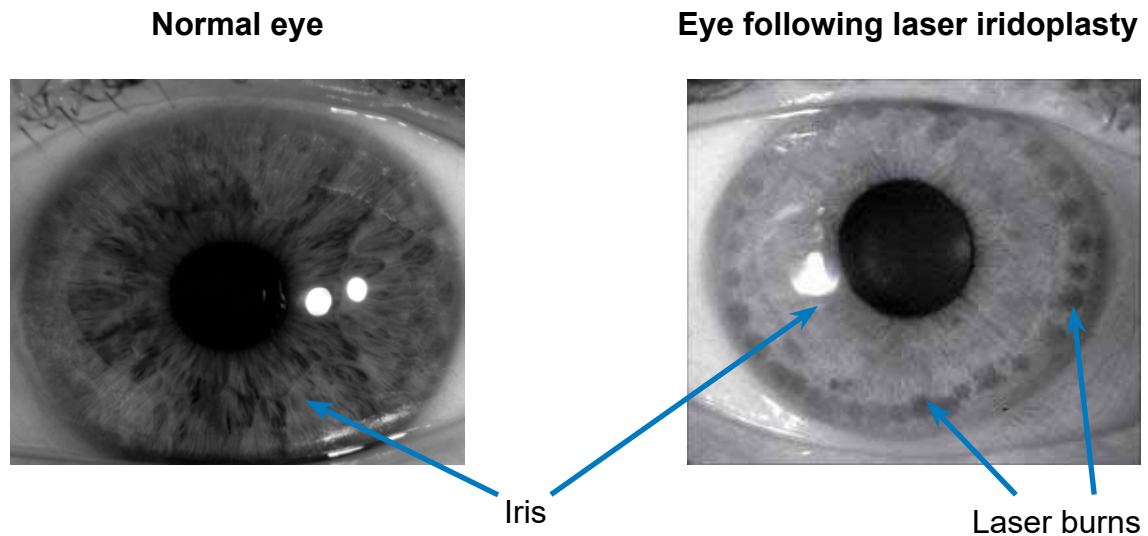


The drainage angle (the area where the edges of the cornea and iris meet) in people with narrow or closed angles is too shallow, meaning that the fluid may not drain away as effectively. When the pupils get bigger, for example in dark conditions, the pressure in the eye can raise, leading to an episode of acute glaucoma.



What is laser iridoplasty?

Laser iridoplasty is a way of reducing the pressure in the eye, usually in addition to eye drop treatment. The laser concentrates on the edge of the iris. This shrinks the iris and makes more space to improve the drainage of fluid, with the aim of reducing the eye pressure and preventing acute attacks of glaucoma.



Are there any other treatment options?

- Sometimes a laser treatment called iridotomy is done, where a hole is made in the iris to equalize the intraocular pressure in front and behind the pupil. For more information please refer to the Trust's **Laser iridotomy** leaflet, which is available on the Trust web site www.ekhufft.nhs.uk/eye-patient-leaflets
- Sometimes a cataract operation is needed to make more space inside the front of the eye. For more information please refer to the Trust's **One Stop Cataract Clinic** leaflet, which is available on the Trust web site www.ekhufft.nhs.uk/eye-patient-leaflets

You can discuss these options with your eye doctor before any treatment is carried out.

How long will I have to stay in hospital?

This treatment is carried out in outpatients; allow one to two hours for your appointment. There is no need for an overnight stay.

What happens when I arrive at the hospital?

Please refer to your appointment letter for where to come to when you arrive at the hospital. The receptionist will direct you to the clinic where you will be called by a member of clinic staff.

It is helpful if you can arrange for someone to collect you from hospital after your treatment and take you home, or you may use public transport. **We do not recommend you drive yourself home after your laser treatment, as your vision may be affected for up to a few hours.**

What happens during the laser treatment?

You may have a sight test, so it is helpful to bring your distance glasses with you. If you wear contact lenses please be prepared to remove them for your appointment and bring some distance glasses if you have them.

You will usually have drops put into your eye to make your pupil smaller; these take about 15 to 30 minutes to constrict (shrink) your pupil. You may have drops to prevent a rise in pressure.

You will then have anaesthetic drops put in to numb your eye, and the eye doctor (ophthalmologist) will place a special lens on the front of your eye. A beam of laser light will be directed at the edge of your iris, this may dazzle you.

Will the procedure hurt?

You may experience some discomfort during the treatment.

What happens after laser iridoplasty?

The pupil constricting drops can give you a headache; take your usual painkillers if needed. The drops can also affect your eyesight, sometimes making vision temporarily more clear or sometimes more blurred. These effects should wear off within a few hours.

Will I need a follow-up appointment?

You will usually be seen again in the eye clinic at a later date to check your condition. The doctor will advise you and give you a slip to take to reception for them to book the appointment.

When can I drive again?

Do not drive or operate machinery after laser treatment until the effects of the drops and bright lights have worn off; this can take a few hours.

How do I look after my eye at home?

You may be prescribed additional drops for about a week. Leave at least five to 10 minutes between different eye drop medicines.

What risks are involved?

Usually there are no side effects. Rarely there can be a short period of inflammation (swelling) of your iris (the coloured part inside the front of the eye) or there may be a rise in intraocular pressure or a corneal burn, which can cause some pain and clouding of your vision.

Very rarely cataract (clouding of the eye lens) may occur as an effect of iridoplasty.

What should I do if my eye hurts at home?

If you have any concerns or experience pain or reduced vision for more than 24 hours after your laser treatment, please contact your consultant's secretary, their phone number will be listed on your appointment letter.

If necessary you can contact your GP, optician, or Emergency Department.

Further information

- **Glaucoma UK**
Web: www.glaucoma.uk/
- **The Royal College of Ophthalmologists**
Web: www.rcophth.ac.uk/
- **Royal National Institute of Blind People (RNIB)**
Web: www.rnib.org.uk/eyehealth/eyeconditions/eyeconditionsdn/Pages/glaucoma.aspx
- **Kent Association for the Blind**
Telephone: 01227 76 33 66
Email: enquiry@kab.org.uk
Web: www.kab.org.uk

This leaflet has been produced with and for patients

If you would like this information in **another language, audio, Braille, Easy Read, or large print** please ask a member of staff. You can ask someone to contact us on your behalf.

Any complaints, comments, concerns, or compliments please speak to your doctor or nurse, or contact the Patient Advice and Liaison Service (PALS) on 01227 78 31 45, or email ekh-tr.pals@nhs.net

Patients should not bring in large sums of money or valuables into hospital. Please note that East Kent Hospitals accepts no responsibility for the loss or damage to personal property, unless the property had been handed in to Trust staff for safe-keeping.

Further patient leaflets are available via the East Kent Hospitals web site www.ekhuft.nhs.uk/patientinformation