



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Angle closure (glaucoma) and laser treatment

Information for patients, relatives and carers

Ophthalmology Department

① For more information, please contact the Eye Clinic:

York Hospital

Telephone: 01904 726758

Wigginton Road, York, YO31 8HE

Scarborough Hospital

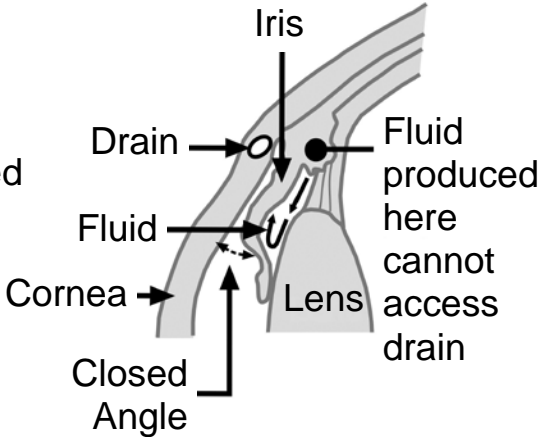
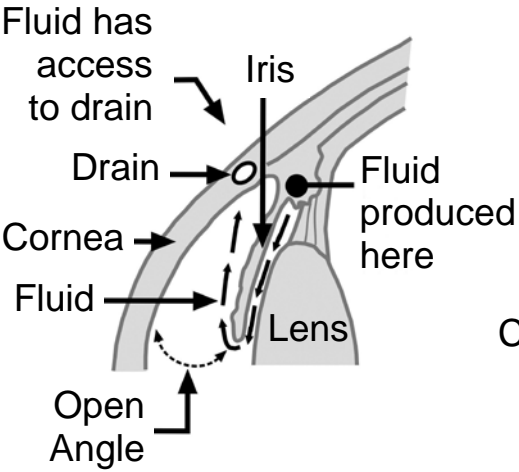
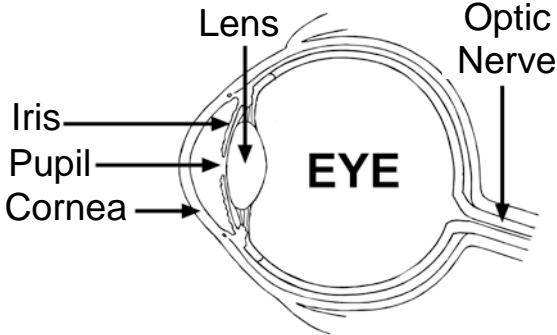
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Contents	Page
Why am I being offered laser peripheral iridotomy?.....	4
What are the symptoms of angle closure?.....	6
How does the laser procedure work?	7
What happens during the procedure?.....	8
What can I expect after the procedure?.....	9
What are the benefits of this procedure?	10
Are there any risks?	10
What is the success rate?	10
Tell us what you think of this leaflet	11
Teaching, training and research.....	11
Patient Advice and Liaison Service (PALS).....	11

Why am I being offered laser peripheral iridotomy?

In order for your eye to maintain its normal eye pressure, fluid (aqueous humor) within your eye is constantly being produced. It then has to drain away in the front chamber of the eye between the coloured part of your eye (the iris) and the clear dome in front of it (the cornea). Where these structures meet is called the doors of the eye (angle). If this angle is too tight (narrow), the fluid cannot access where it drains and the eye pressure can build up.



Your optic nerve carries signals from your eye to the back of your brain. High eye pressure can cause damage to this optic nerve and cause visual loss.

If you are being offered this treatment, it is because there are signs that suggest you have been having increased eye pressure due to narrow angles, or that you are at high risk of this happening in the future.

What are the symptoms of angle closure?

You may have been offered this treatment on a non-urgent basis to prevent a problem happening in the future.

If while you are waiting for your appointment you develop the following new symptoms, you need to contact the eye department as soon as possible, so we can arrange to see you sooner:

- Eye ache/frontal headache, especially in low lighting situations (e.g. when sat in a dimly lit room watching TV)
- Intermittent misty vision
- Occasional haloes/rainbows around lights

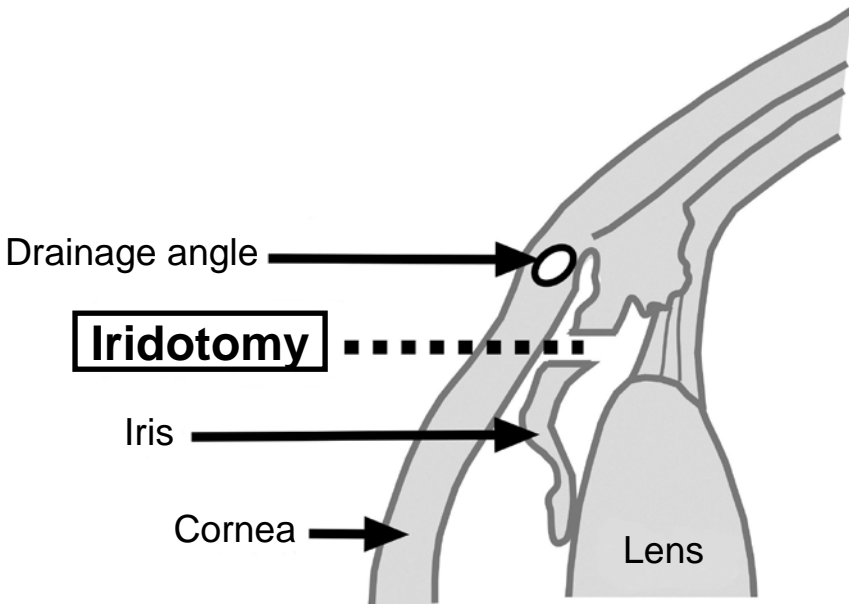
An acute attack of glaucoma (acute angle closure glaucoma) is caused by a build-up of eye pressure within your eye and this is an **emergency** and would give the following symptoms:

- Intense eye pain
- Nausea and vomiting
- A red eye
- A headache
- Blurred vision
- Haloes around lights

In that case you would need to contact the eye clinic immediately on **01904 726758** (both York and Scarborough patients).

How does the laser procedure work?

The laser is a type of very bright focused light, which in this case is used to make a small hole (iridotomy) in the coloured part of the eye (iris) at the edge. This forms a permanent passage through which fluid can bypass the drainage angle of the eye.



What happens during the procedure?

Treatment takes place in the outpatient department.

You can expect to be in the eye clinic for up to two hours.

A nurse will check your eyesight and put some drops into your eye to make your pupil smaller. These drops might cause a temporary headache/brow ache and can take up to an hour to work. If it hasn't already been done at your previous appointment, a doctor will take your written consent and explain further if you have any questions.

Once seated in front of the laser machine, which looks similar to the microscope you had been examined on in our clinic, you will have anaesthetic eye drops put in your eye to numb your eye. A special contact mirror (lens) will then be placed against the front of your eye. This is not painful, but might feel a little strange. During the laser you might see some flashes of light, hear clicking noises and may feel some pricking sensation lasting a second or less.

The procedure takes between five and ten minutes.

What can I expect after the procedure?

You may be asked to wait 45-60 minutes, after which time your eye pressure will be checked before you leave.

You should not drive for at least six to eight hours as the drops that make the pupil smaller can affect your peripheral vision.

You may be given tablets to keep the eye pressure down for the first day or two. These tablets can make you experience 'pins and needles' in your fingers, toes and around your lips and you may find you need to wee more.

You will be given steroid eye drops and informed how often you should use them and how long you should use them for.

Continue to use your regular glaucoma drops unless you have been instructed otherwise.

Your eyesight may be slightly blurred but should recover completely after a few days.

There may be discomfort for a few days, which should be relieved by painkiller tablets such as paracetamol.

Please contact the eye clinic if there is extensive pain or loss of vision.

An appointment will be arranged, usually in around four to six weeks following the procedure, to check it has been effective.

What are the benefits of this procedure?

This treatment is to prevent a sudden (acute) rise in pressure within your eye. Without having this treatment you are at risk of developing sudden glaucoma and irreversible damage to your sight.

Are there any risks?

- Inflammation inside the eye is common for a short time following the procedure until the eye settles. You will be given drops for this.
- A rise in eye pressure that may need medication.
- Transient blurring of vision due to bleeding at the laser site, which normally resolves itself within 48 hours.
- Increased issues with glare, which is usually transient and resolves within a few weeks to months.
- Very rarely, double/blurred vision as a result of light passing through the hole.
- Sometimes the hole we make is not big enough, or can scar/close up. This would require further laser treatment.

What is the success rate?

In about one in four (25%) of cases, the angle may not open. Depending on the situation, further treatment may be needed.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

The Eye Clinic, York Hospital, Wigginton Road, York,
YO31 8HE or telephone 01904 726758.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

如果你要求本資 不同的 或 式提供 , 電
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Jeżeli niniejsze informacje potrzebne są w innym języku lub formacie, należy zadzwonić lub wysłać wiadomość e-mail

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