

MY TREATMENT RECORD

My SLT Treatment

Dr. Benjamin has prescribed Selective Laser Trabeculoplasty (SLT) — a modern, safe method of reducing intraocular pressure (IOP) in glaucoma and ocular hypertension. The landmark LiGHT trial proved SLT is as effective as eye drops — and superior over the long term.



Patient Guides

180°FIRST SESSION
PER EYE**360°**MAXIMUM
PER COURSE**2**WEEKS TO
FOLLOW-UP**20–30%**AVERAGE IOP
REDUCTION**THE LIGHT STUDY — THE LANCET, 2019 | RANDOMIZED CONTROLLED TRIAL • N = 718 PATIENTS • 36 MONTHS****78%****74%****≥2×****Cost**

Gazzard G, et al. SLT versus eye drops for first-line treatment of ocular hypertension and glaucoma (LiGHT). Lancet 2019;393:1505–16.

SLT PATIENT GUIDE

WHAT IS SLT

SLT uses short pulses of laser energy aimed at the eye's drainage zone — the trabecular meshwork. The laser selectively targets only pigmented cells, leaving surrounding tissue undamaged.

- Improves aqueous humor outflow
- Reduces IOP by an average of 20–30%
- No incisions and no scarring
- Can be safely repeated if the effect diminishes

SLT ADVANTAGES OVER EYE DROPS

- **No daily drop regimen** — no need to remember dosing
- **No side effects** — no redness, burning, or systemic reactions
- **Long-lasting effect** — maintained in most patients for 3–5 years
- Proven superior efficacy demonstrated in the LiGHT trial

LiGHT trial patients in the SLT group showed less visual field loss and better quality of life than those on drops.

DR. BENJAMIN'S PROTOCOL

DAY 1 SLT is performed on both eyes the same day. Each eye receives treatment to 180° of the available 360° of the drainage angle.

2 WEEKS A follow-up visit to assess IOP reduction and treatment response.

IF NEEDED If the initial response is insufficient, the remaining 180° can be treated at the same visit or later.

REPEAT SLT is completely safe and can be repeated after several years if the IOP-lowering effect diminishes.

HOW SLT IS PERFORMED

THE PROCEDURE

Performed in-office, no surgery center needed. Takes 5–10 minutes per eye. Only numbing eye drops are used. Discomfort is minimal. Normal activities may resume the same day

ABOUT THE 180° STRATEGY

The 180° + assess + 180° if needed strategy achieves optimal pressure control with minimal burden on the eye. This conservative approach gives each treatment the best chance of lasting effect.