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University Health Board

## Information for Patients Undergoing Cyclodiode Laser Treatment

### Eye Unit

#### What is Cyclodiode Laser Treatment?

Cyclodiode laser treatment is used in the treatment of glaucoma that is difficult to control. The laser is applied to the ciliary body in the eye, which reduces the production of fluid (aqueous humour) and can keep the pressure low.

#### Why am I having this treatment?

This would have already been explained to you in the clinic. Treatments for glaucoma work to lower the intra ocular pressure. Fluid (aqueous humour) is produced inside the eye by a layer of cells on the muscle (the ciliary body) that moves the lens in the eye. The fluid drains mainly through a structure called the trabecular meshwork. The normal pressure in the eye is between 12-21 mmHg. If for any reason the outflow of the fluid (aqueous humour) is obstructed the pressure can rise and glaucoma may occur.

Glaucoma can be treated medically (drops), surgically or with lasers. In most cases treatment usually starts with eye drops. If this is not effective then either laser or surgery will be considered.

Cyclodiode laser is a useful treatment than surgery, taking about ten minutes.

1. The treatment is particularly useful for patients with painful glaucoma in non seeing eyes, who previously needed multiple eye drops to control the pain and pressure in the eye.
2. With this laser treatment, usually you will become free of pain and should be able to reduce or completely stop your eye drops.

#### How is the treatment performed?

The procedure is usually performed as a day case in an operating theatre under local anaesthetic. Just before the procedure you will be given drops and an injection to numb the eye. You must lie reasonably still during the treatment.

Complications of the local anaesthetic include bruising and very rarely perforation of the eye with the injection needle.

A laser probe is placed on the surface of the eye and pulses of laser energy are passed through the eye wall to reach the surface of the ciliary body causing small burns.

Repeated applications of laser may be required.

### **Are there any potential problems?**

Yes, problems can occur as with any treatment. Problems that may occur as a result of the treatment are:-

- Inflammation
- May not work and pressure may stay high
- May work too well and pressure may remain low
- Loss of vision
- Persistent pain
- Increase in lens opacity (Cataract)

### **Following the laser treatment**

- You will need to use steroid drops for a number of weeks after the procedure.
- You will need to continue your glaucoma medication at the discretion of your eye specialist.

### **Emergency Telephone Numbers**

If you think you are having a problem with the eye,  
please contact us straight away.

During normal office hours Monday – Friday 9.00am – 5.00pm  
contact:-

Eye Clinic – 01633 – 656268 or EEC – 01633 238856

Or Evenings and Weekends

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Mae'r ddogfen hon ar gael yn Gymraeg”.**