



## Elios Laser Treatment for Glaucoma

This leaflet is intended for patients receiving Elios Laser treatment for glaucoma. Although we hope to cover all the important points about the operation if there are still questions that you have, it is very important that you discuss this with the doctor or other members of staff involved in your care.

### What is Glaucoma

Glaucoma is a term given to a group of eye conditions characterised by damage to the optic nerve (the nerve that carries visual impulses to the brain). Primary open angle glaucoma is the commonest form of glaucoma and it is usually caused by high pressure in the eye that can result in permanent damage to the optic nerve. This may cause parts of vision to be lost and in severe cases it can even cause blindness.

It is called “the silent thief of vision” as in most cases there are no symptoms until the loss of vision is very severe.

### Treatment available for glaucoma

The initial treatment for most forms of glaucoma is eye drops to reduce the pressure within the eye. These need to be used every day for life. Laser or surgery can be also used to lower the pressure in the eye. When glaucoma continues to progress despite the use of drops or laser treatment your consultant may recommend Elios laser treatment procedure.

### What is Elios Laser Treatment?

Elios laser treatment is a minimally invasive procedure designed to help manage glaucoma by lowering intraocular pressure (IOP) in the eye. This laser procedure can be an effective option for patients who may not respond adequately to medications alone or for those who wish to reduce their dependence on glaucoma medications.

### How does Elios laser work?

The Elios laser targets specific areas of the eye to improve the drainage of aqueous humor (the fluid in the eye), thereby reducing the pressure inside the eye. This helps to prevent damage to the optic nerve and maintain vision.

**Indications for treatment:** Elios laser treatment may be recommended for patients with:

- Open-angle glaucoma
- Other types of glaucoma as determined by your eye care specialist

### Before the procedure:

- **Consultation:** Your eye doctor will perform a thorough examination, including measuring your IOP and assessing the health of your optic nerve.
- **Medications:** Inform your doctor about any medications you are currently taking, including eye drops and any allergies you may have.
- **Pre-procedure instructions:** Follow any specific instructions given by your doctor, such as avoiding certain medications before the procedure.

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### **What to expect during the procedure:**

- **Duration:** The Elios laser procedure typically takes about 15 to 30 minutes.
- **Anaesthesia:** Local anaesthesia may be administered to numb the eye and minimize discomfort.
- **Procedure:** Elios laser treatment is usually combined with cataract surgery. It is an implant-free intervention that can be performed during cataract surgery and is backed by long-lasting results. It avoids the need for an implant by using laser light energy to create microchannels within the trabecular meshwork inside the eye. The ten microchannels support natural outflow and lower pressure without leaving anything behind.

A video explaining the procedure can be found here:

<https://eliosvision.com/ous/patients/>

### **After the procedure:**

- **Recovery:** Most patients can resume normal activities shortly after the procedure, although you should avoid strenuous activities for a short period.
- **Follow-up:** You will need to attend follow-up appointments to monitor your IOP and ensure the treatment is effective.
- **Possible side effects:** Side effects may include mild discomfort, redness in the eye, or temporary fluctuations in vision. Serious complications are rare but can occur, so report any unusual symptoms to your doctor immediately.

### **Benefits of Elios laser treatment:**

- Minimally invasive with a quick recovery time
- Can reduce or eliminate the need for glaucoma medications
- Helps lower eye pressure to prevent further damage to the optic nerve

### **Important considerations:**

- Elios laser treatment may not cure glaucoma but can help manage the condition effectively.
- It is important to continue regular eye examinations and follow your doctor's recommendations for ongoing care.

**For more information:** If you have any questions or concerns about Elios laser treatment for glaucoma, please contact:

### **Appointments**

Heartlands: 0121 424 0545

Solihull: 0121 424 4463

Good Hope: 0121 424 9651

### **Emergency Contact:**

#### **Nurses (answerphone, if nurse unavailable, which is checked at regular intervals)**

Heartlands: 0121 424 1536

Solihull: 0121 424 4456

Good Hope: 0121 424 9667

## Accessibility

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