

OP03lite Glaucoma Surgery (Trabeculectomy)

Expires end of December 2019

A more detailed version of this procedure specific information sheet is available. Please ask your health practitioner at Joondalup Health Campus for a copy.

Write questions or notes here:



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This document will give you information about glaucoma surgery. If you have any questions, you should ask your GP or other relevant health professional.

What is glaucoma?

The optic nerve carries images from the retina to your brain, allowing you to see (see figure 1). Glaucoma is the name given to a group of conditions that cause damage to the optic nerve where it leaves your eye. It affects 1 in 50 people over the age of 40. Glaucoma can cause loss of vision.

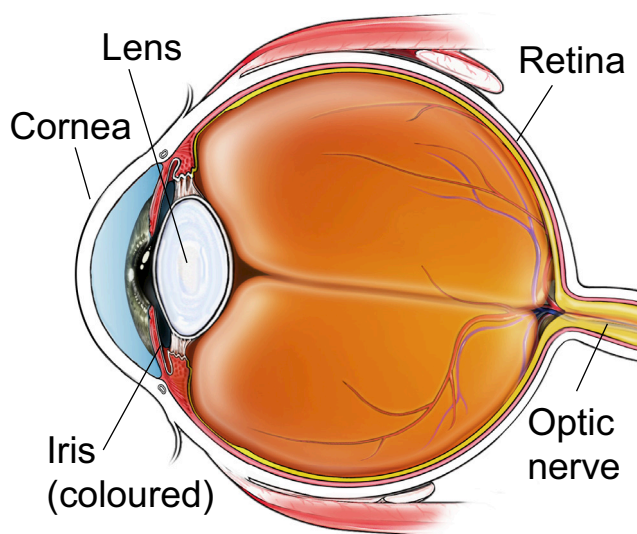


Figure 1

Cross-section of the eye

Glaucoma can be caused by an increase in pressure in the eye when the fluid that is made in the eye does not drain properly. Sometimes the optic nerve can be damaged, even though the pressure in your eye is within the normal range.

What are the benefits of surgery?

The aim is to reduce the risk of further damage to your optic nerve.

Are there any alternatives to surgery?

You can use eye drops to lower the pressure.

Laser treatment may be suitable for you but is often less effective than surgery.

What does the operation involve?

Various anaesthetic techniques are possible. The operation usually takes 45 to 75 minutes.

Your surgeon will make a small draining hole in the lining of the white of your eye. The fluid will drain out into a space in the outer lining of your eye and collect just under your eyelid.

What complications can happen?

1 General complications

- Pain
- Bleeding
- Infection

2 Specific complications

- Heavy bleeding inside your eye
- Bleeding at the front of your eye
- Inflammation in your other eye
- Too much fluid draining
- Sharp rise in eye pressure

3 Late complications

- Developing a cataract
- Reduced vision over time
- Failure of the operation

How soon will I recover?

You should be able to go home after a few hours.

Your surgeon will need to see you several times in clinic during the first few weeks and may perform minor adjustments.

Most people will need about two weeks off work.

Do not swim, lift anything heavy or bend so your head is below your waist until you have checked with your surgeon.

Regular exercise should help you to return to normal activities as soon as possible. Before you start exercising, ask the healthcare team or your GP for advice.

Most people make a good recovery from the operation, with their glaucoma under better control.

Summary

Glaucoma is a common problem, causing damage to the optic nerve where it leaves the eye. Glaucoma surgery can be performed to reduce the risk of further damage to the optic nerve.

Acknowledgements

Author: Prof Anthony King MD FRCOphth
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