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Post-selective laser trabeculoplasty management should anti-inflammatory be used

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Introduction: The use of anti-inflammatory following SLT is controversial; the proposed effect of SLT is biological through the immediate release of Interleukin receptor antagonist within the first 8 hours. Corticosteroids use inhibit Interleukin production, and might compromise SLT effect. In a retrospective review of 215 eyes underwent SLT in our institute; Post-SLT Prednisolone was used in 134eyes, Fluorometholone in 41eyes & 40eyes had neither. In group1 IOP reduction post-SLT was 2.69 ± 5.3 mmHg (8.5%), in group2 was 3.4 ± 4.7 mmHg (12.9%), in group3 was 5.6 ± 6.2 mmHg (21.2%), and there was no difference in the rate of complication between the groups.

Method: Patients underwent bilateral SLT, post-SLT one eye was selected randomly to use topical prednisolone for 1 week. Inflammation, discomfort and IOP levels were compared between both eyes for 6months.

Result: 16 patients with open-angle glaucomas, age 53.5 ± 12.3 years were enrolled. Group1; used Prednisolone post-SLT, group2 used lubrication only. Baseline IOP in group1 was 24.13 ± 2.4 (21-29) mmHg, and in group2 was 24.56 ± 3.2 (21-32) mmHg. All had bilateral 360° SLT on the same day; 91 ± 10 shots used for group1, and 91 ± 10 shots for Group2 ($P=0.81$), same energy setting used per patient, with a mean of 0.59 ± 0.13 (0.2-0.7) mj/shot. 6months post-SLT group1 IOP was 17 ± 2 with reduction of 7.2mmHg from baseline IOP, in group2 IOP was 17.7 ± 3 with reduction of 6.8 mmHg ($P=0.32$) ($P=0.60$). Conjunctival congestion was more severe & frequent in group2 in day1 ($P=0.00$) and reduced after 1 week. ($P=0.23$). Discomfort levels were more severe & frequent in group 2 after 1hour, 1days and 1week, ($P=0.43$) ($P=0.00$) ($P=1$).

Conclusion: The use of potent steroid following SLT doesn't have an effect on the final IOP reduction, and reduces post-SLT inflammation & discomfort.

Biography

Leyla Ali Aljasim MD, FRCS Glasgow, Jordanian board of specialty- ophthalmology. Consultant at King Khaled eye specialist hospital, glaucoma division. Interested in Genetic studies of glaucoma, glaucoma medical treatment, LASER applications in glaucoma & the impact of having glaucoma on patients' quality of life.

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