

Patient information

## **Transpupillary Thermotherapy TTT**

St Paul's Eye Department

Your Consultant / Doctor has advised you to have Transpupillary Thermotherapy (TTT).

### **What is Transpupillary Thermotherapy (TTT)?**

TTT is a type of laser treatment using an infra-red diode laser. The laser is directed through the pupil at the front of your eye and focused directly onto the area requiring treatment at the back of your eye.

### **What are the benefits of having TTT?**

TTT is relatively straightforward and you can have it carried out as an outpatient, so your treatment is usually completed in one day.

### **What are the risks of having TTT?**

Risks include local tumour recurrence, and damage to the retina, which may cause loss of vision. Your retina is the light sensitive tissue lining the inner surface of your eye.

### **Are there any alternative treatments available?**

There may be other treatments available and the doctor will have discussed these with you. If you feel that you need any further information please feel free to ask your doctor or specialist ocular oncology nurse (your key worker).

## **What will happen if I don't have any treatment?**

Your tumour may continue to grow.

This might make treatment more difficult and could make your eye painful. There may be an increased risk of tumour spread out of your eye and to other parts of your body.

## **What sort of anaesthetic will be given to me?**

You will be given a local anaesthetic. Local anaesthetic is drug-induced numbness: it may be provided by an anaesthetist, surgeon or other healthcare professional, depending on the technique used.

Both local and general anaesthetic can cause side effects and complications. Fortunately, side effects are usually short lived and can include discomfort and some disruption to your vision.

You will be given an opportunity to discuss anaesthetic options and risks before your surgery. For more information, please ask for a copy of the Royal College of Anaesthetists Patient Information "You and Your Anaesthetic".

If you are worried about any of these risks, please speak to your Consultant or a member of their team before you are due to have this treatment.

## **The day of your treatment**

You will be asked to attend the Theatre Assessment Unit where you will be greeted and introduced to the nursing staff. You will be encouraged to ask questions and talk about your condition and treatment. A qualified ophthalmic nurse will explain your care in detail using a specially designed care programme.

- You can expect to spend about three to four hours on the theatre assessment unit.
- Please leave all cash and valuables at home. If you need to bring valuables into hospital, these can be sent to General Office for safekeeping. General Office is open between 8.30 and 4.30 Monday to Friday.

- Therefore, if you are discharged outside these times we will not be able to return your property until General Office is open. The Trust does not accept responsibility for items not handed in for safekeeping.
- You will be asked to remove jewellery - band rings can be worn but they will be taped.
- If you are on regular medication, you will be told to take this if necessary.
- A bracelet with your personal details will be attached to your wrist.
- You will be asked to sign a consent form.
- You can continue to wear any dentures or hearing aids you might have. You will need to take your spectacles off whilst the treatment takes place.
- The nursing staff will put drops into your eye to dilate (enlarge) your pupil.

### **The Laser Treatment (TTT)**

- You will be taken into a small room in the operating theatre suite, where you will be given a local anaesthetic. While this is happening you will also be connected a machine which will monitor your heart rate. A nurse will stay with you at all times. The local anaesthetic is given as a small injection near your eye. You may experience a sensation of pressure as this is given.
- Once the anaesthetic has been given, you will walk (with your nurse) to a small room which connects the day ward to the operating theatre. Here, you will be given your laser treatment.
- You will be asked to sit in a chair and place your chin on the rest of the laser machine. It is important to make sure that you are comfortable before the laser treatment begins so that you are able to keep as still as possible.

- The doctor will need to place a small contact lens on the front of your eye to help focus and direct the laser to the correct area.
- The lighting will be reduced during your treatment, and you will be aware of a clicking noise from the laser machine as it works and you will also see the red light flashing on and off.
- The treatment usually takes about 20 minutes.
- If you are uncomfortable at any stage you should tell the nurse so that the problem can be put right.

### **What should I expect after my operations?**

- After your laser treatment you will be taken back to the day ward.
- You may have a pad over your treated eye until the anaesthetic wears off.

### **Going Home**

You can usually return home an hour or two after your treatment is completed.

### **Discharge Information**

#### **Pain relief and medication**

- The nursing staff will advise you about any medication or painkillers before you leave the hospital.
- Continue any oral medication prescribed by the doctors.
- If necessary, a member of the nursing staff will show you how to apply any prescribed eye drops.
- Please wash your hands both before and after applying eye drops.
- Apply your drops at the correct times.

**If you notice any severe pain, sudden loss of vision or excessive stickiness of your eye, please contact the Emergency Eye Department**  
**Tel: 0151 706 3949**  
**Text phone number: 18001 0151 706 3949**  
**Or your local hospital.**

## **Getting back to normal**

- Ask your doctor when you can take up driving, swimming and other sports again.
- You may feel low in mood at times after you have been discharged from hospital. Sister Gillian Hebbar is available to help you and can arrange for you to see a counsellor if required. She works closely with Professor Heimann. If you would find it helpful, you can arrange for her to contact you at home after discharge from hospital. This might be an opportunity for you to ask her any questions you may have.

## **Returning to work**

You can self-certify for the first seven days of sickness. If necessary, a medical certificate (fit note) may be issued by your hospital doctor to cover the expected time off you will need.

## **Further Appointments**

Arrangements will be made for you to be reviewed at your own eye hospital within a couple of weeks of discharge, where you will be advised on further treatment with eye drops.

It is usually between three and six months before you will be reviewed here at the Royal Liverpool Hospital. This is to allow enough time to pass so that your consultant can assess the effectiveness of your treatment. This appointment will be sent to you by post.

**If you do not receive an appointment within this time, please telephone Mr Heimann's secretary on telephone number: 0151 706 3973. Text phone number: 18001 0151 706 3973**

You will need to be reviewed every six months for the first few years, and then once a year for the rest of your life. At first, these appointments will be alternated between here and your home hospital. Eventually, you will be discharged from the Royal Liverpool Hospital. If, at any time, your consultant feels the need to send you back here for review, this can be easily arranged.

## **Feedback**

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

## **Further Information**

### **Ocular Oncology Clinical Nurse Specialists**

- **Gillian Hebbbar**
- **Gwendolyn Hachuela**
- **Shirley Varghese**

**Tel: 0151 706 3976 (answer machine out of office hours)**  
**Text phone number: 18001 0151 706 3976**

**Email:**

**[gillian.hebbbar@rlbuht.nhs.uk](mailto:gillian.hebbbar@rlbuht.nhs.uk)**

**[gwendolyn.hachuela@rlbuht.nhs.uk](mailto:gwendolyn.hachuela@rlbuht.nhs.uk)**

**[shirley.varghese@rlbuht.nhs.uk](mailto:shirley.varghese@rlbuht.nhs.uk)**

**Theatre Assessment Unit**

**Tel: 0151 706 3947**

**Text phone number: 18001 0151 706 3947**

**Mrs Jenny Pendlebury**

**Service Administration Manager**

**Tel: 0151 706 3973**

**Text phone number: 18001 0151 706 3973**

**Accredited Websites:**

**<http://www.looc.uk.com/>**

**Royal College of Anaesthetists**

**[www.rcoa.ac.uk/patients](http://www.rcoa.ac.uk/patients)**

**[www.rcoa.ac.uk/sites/default/files/documents/2022-06/02-YourAnaesthetic2020web.pdf](http://www.rcoa.ac.uk/sites/default/files/documents/2022-06/02-YourAnaesthetic2020web.pdf)**

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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