

QUEENSLAND OCULAR ONCOLOGY SERVICE

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TRANSPUPILLARY THERMOTHERAPY (TTT)

What is Transpupillary thermotherapy (TTT)?

Transpupillary thermotherapy (TTT) is a laser treatment that is used to eliminate any fluid and/or shrink the lesion inside the eye. By delivering a low level heat to the area it works by slowly raising the temperature of the lesion.

The gradual increase in the temperature helps to limit any damage to surrounding tissue. It can be used on its own or in combination with Photodynamic Therapy (PDT)

What does the treatment involve?

The laser is administered in 1 minute intervals and usually takes between 5 – 10 minutes to perform.

You can expect to be at the clinic for up to 2 hours and you are **not** required to fast for this treatment.

Will my vision be effected from this treatment?

Prior to your TTT your vision may have been effected by fluid produced by the lesion. Following your treatment your vision may improve as a result of the fluid being absorbed.

However it is important to note that, in some cases, effective treatment of the lesion can result **short term and/or permanent visual loss**. Your doctor will discuss the likely visual outcome prior to treatment.

Will my eye be painful?

You will be given anaesthetic eye drops to numb your eye however, you may still experience some discomfort during the procedure.

Depending on the lesion the doctor might also administer local anaesthesia in the lid to further numb the eye and help reduce any pain you might experience.

48 hours following the procedure as a consequence of the lesion responding to the treatment you may experience some pain.

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What are the possible risks, complications or side effects of PDT?

Ocular:

- Blurred Vision (Short Term or Permanent)
- Visual Field Defects (Blind spots)
- Double Vision
- Dry Eyes
- Pain/Irritation
- Swelling around the eye

Other:

- Headache / Dizziness / Nausea / Fainting
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