



Leaders in Eye Care

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## GLAUCOMA

This disease causes damage to the optic nerves of your eyes. This is the nerve that allows us to see. Damage to this nerve occurs when the pressure inside the eye is too high. Another way to think of high pressure is to imagine too much fluid inside the eye - like a balloon with too much air. (Inside the eye it's a watery fluid.) We must reduce the pressure by either slowing down the amount of new fluid produced inside the eye or allow the fluid to drain better from the eye. We use medications - drops and sometimes pills to decrease the eye pressure. Occasionally the drops or pills do not lower the pressure enough, so a laser procedure is necessary. Sometimes, the laser does not lower the pressure enough and surgery is needed.

Most patients with glaucoma will use medication (eye drops). Usually, these drops are put in the eye (s) twice a day or every twelve (12) hours. It is easier to remember your drops if you put them in your eye(s) at the same hour during the morning and the evening. In other words, at 8:00 in the morning and 8:00 at night, or 9:00 in the morning and 9:00 at night.

These eye drops are very important and must be used every day, every 12 hours. The drop disappears and is no longer effective after 12 hours. Without the drops further damage and loss of your eyesight will occur.

After we have examined your eyes and prescribed your medication we must know if the medication (or laser, if needed) is working. You must return to your referring eye doctor to have your eye pressure checked usually two weeks after you start your glaucoma medications. You then must return to your referring eye doctor usually two months after your glaucoma medication, to once again check your eye pressure.

If the medication is working, you will see your referring eye doctor for a visual field test and a pressure check (unless your eye doctor asks you to have the visual field test here at Eye Center of Texas). These tests should be completed six (6) months after you start your glaucoma medication.

You will be advised by your referring eye doctor as to when visits to check your eye pressure and/or visual field are necessary.

**We must see you here at Eye Center of Texas to check your optic nerve and renew your glaucoma medication prescription one year after you start your glaucoma medication.**

Since glaucoma is a disease which we cannot cure (make go away), but can usually control (stop the damage and prevent further vision loss), it is very important that we, your referring eye doctor and Eye Center of Texas, examine your eyes frequently. Your body can change the effect of the medication (the drops stop working correctly) and further damage can occur. Unfortunately, you will not know this is happening - there are little or no signs of this possible change. Only an examination will discover this change.

Please take your medications and see your doctors when advised. Should you have any questions please give us a call at 713-797-1010.