

XEN™ Gel stent

Information for patients, relatives, and carers

Ophthalmology Department

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Ask for operator and then ask for
ophthalmic nurse or doctor on call

Caring with pride

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What is Glaucoma?

Glaucoma is a disease that damages the optic nerve. This nerve sends signals to your brain that are turned into the images that you see. If left untreated, glaucoma will cause a slow but steady loss of vision.

To understand glaucoma, it helps to learn what happens in a healthy eye. In a healthy eye, the amount of fluid made in the eye is equal to the amount of fluid that drains out of the eye. This creates a normal amount of pressure.

In an eye with glaucoma, there is a build-up of fluid. This build-up can happen because of a block or clog in the outflow pathway (where fluid normally drains out of the eye). The result is a rise in pressure above the normal level, which damages the optic nerve.

Open angle glaucoma is the most common type of glaucoma. The XEN™ Gel Stent has been approved for treating open angle glaucoma in Europe since 2011.

What is the XEN™ Gel Stent?

The XEN™ Gel Stent is a very small hollow tube made of a soft gelatin material. The implant is as thin as a strand of human hair.

XEN™ is placed in your eye to make a new permanent pathway to reduce the amount of fluid in your eye. This helps preserve your vision by reducing the pressure in your eye to a normal level.

The XEN™ Gel Stent is safe and effective. It is less invasive than standard procedures for treating glaucoma. It can slow or stop the progression of glaucoma by lowering the pressure in your eye.

What are the advantages of the XEN™ Gel Stent?

- Designed to safely and significantly reduce eye pressure
- Less invasive compared to other surgical treatments for glaucoma
- Designed to reduce the complications of traditional glaucoma surgery and allow for a quicker recovery
- Works continuously to reduce the pressure inside your eye
- Uses the same place to drain to as standard glaucoma surgery but causes less trauma to the eye

What Can I Expect During the XEN™ Procedure?

The procedure to insert the XEN™ Gel Stent is more straightforward and less invasive than other similar treatments for glaucoma. If you have cataracts, the XEN™ Gel Stent can also be safely implanted during cataract surgery.

First, your surgeon will put numbing drops in your eye to keep you comfortable. After the drops, your surgeon will gently insert the soft XEN™ Gel Stent in your eye using a needle. The needle will go through your cornea and into your eye. The stent is placed through the wall of your eye to provide a permanent path for drainage. Once the stent has been placed, your surgeon will confirm that it is working. The XEN™ Gel Stent should reduce the pressure in your eye right away.

After the procedure, you will be given eye drops that will help the healing process. Use these drops according to your surgeon's instructions.

XEN™ is so small you will likely not see or feel it.

What happens after my operation?

You will probably have to wait for an hour or two after your surgery to make sure it is safe for you to return home.

Before you go home you will be given instructions about:

- Your medications, when you should start them and how often
- What to expect in next couple of hours/days
- How to look out for any signs of infection
- What activities you must not carry out and how long for
- When you need to return to the ophthalmologist for your follow up appointment.

Please make sure that you have a family member or friend to drive you home after your procedure.

What possible complications could occur?

As with all surgery, there are risks associated with glaucoma surgery. Complications can include:

- Infections
- Bleeding
- Undesirable changes in intraocular pressure
- Loss of vision
- Failure of surgery

Sometimes, a single surgical procedure is not effective in halting the progress of glaucoma. In these cases, repeat surgery and/or medications that you can apply to the surface of your eye may be necessary.

Make sure you understand the risk and the benefits of the surgery. Here are some questions you may like to ask:

- What are the other treatment options I could consider?
- What will happen if I choose not to have the surgery?
- Will I need further treatment after my surgery?
- What change should I expect in my condition after surgery?
- What kind of anaesthetic will I have?
- Approximately how much time will I need to take off work?

Is XEN™ right for me?

There are many ways to treat glaucoma, such as eye drops, surgery, laser surgery, and other procedures. The ophthalmologist is the best person with whom to discuss appropriate treatment decisions. Talk to your doctor to find out if the XEN™ Gel Stent is right for you.

After the procedure, you will be given eye drops that will help the healing process. Use these drops according to your surgeon's instructions.

XEN™ is so small you will likely not see or feel it, but it will always be working to reduce the pressure inside your eye.

What happens if the implant does not work?

In case of early failure, further procedures such as an injection with medication that prevents scarring around the implant may be required. This can be done in the clinic however sometimes needs to be done in the theatre

Long term eye pressure reduction may be not as good as after conventional glaucoma surgery; however it may be sufficient to control your glaucoma

Some patients after XENTM implantation have lower eye pressure but still not low enough to stabilize their glaucoma, therefore they will still need to use glaucoma drops.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:
Debbie Bargewell, Specialist Nurse, Ophthalmology, The York Hospital, Wigginton Road, York, YO31 8HE or telephone 01904 726758.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

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