Epiretinal membrane

What to expect from retinal clinic consultation?

During the consultation I have to examine both the front and back of your eyes

I usually use pupil dilation drops *so that I can examine the lens and the retina, including the optic nerve. Your vision will be blurred during at least 2 hours (up to 6 hours) after drops, so you will not be able to drive after consultation for that period of time.*

OCT scan *of the retina could be done the same day of the consultation and it gives an accurate information of the shape and central retinal thickness (CRT), it helps to predict the surgical results.*

Epiretinal membrane *is a scar tissue on the surface of the retina, which causes swelling and wrinkling of the retina. It is a slowly growing membrane on the surface of the retina that at some stage starts to interfere with the vision or cause distorted images. Surgery may be required to remove the scar tissue and to release the retina, improving the vision and distortion.*

Surgery

The surgery consists in using 3 small ports for the micro-instruments to remove the gel (vitrectomy), remove the epiretinal membrane and inject the bubble of air or short lasting, 2 weeks, gas. No positioning is required and the vision should be back to normal after 1-2 weeks. However, the distorted vision will be improving gradually during the following 2 months after surgery. Some patients could continue improving visual acuity during several months following the surgery

General risks *of Infection, Bleed, Retinal Detachment are very low but will be discussed prior to surgery*
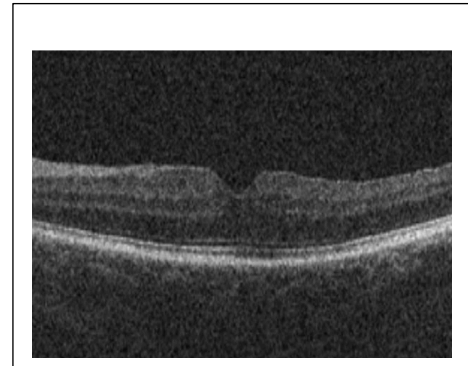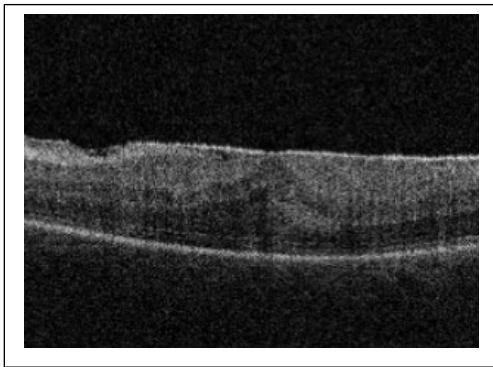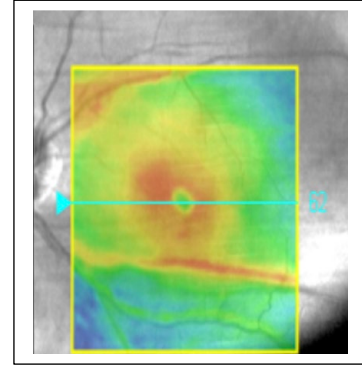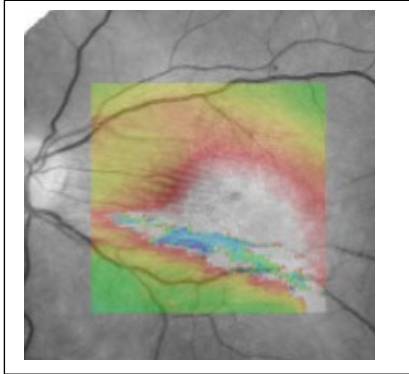
Follow up*s will be arranged week 1, week 3-4 and week 8*

Airplane travels *are contraindicated during the period of 14 days after the surgery*

Antibiotic topical *drops need to be used to prevent infection*

Driving *is advised only after the first 2 weeks*

Sport activities, gym, gardening and other physical activities are recommended after the antibiotic drops are finished, after 4 weeks post-surgery

**OCT image
Before surgery**

**OCT image
after surgery**