

Macular hole

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 size of the macular hole and helps to predict the surgical results and, also, to choose and plan the surgical technique of the repair*

***Age is the most common cause** of macular hole. As we get older, the vitreous begins to shrink and pull away from the retina. Sometimes the vitreous can stick to the retina, this causes the macula to stretch and a hole to form.*

***The symptoms** may not be noticed until the problem is too advanced if the person's eye vision is good and if vision is not checked separately in both eyes. Vitrectomy surgery is required to close the macula hole and consequently improve the vision. Visual recovery will depend on how long the problem was untreated and the vision may not be improved significantly if the problem existed for longer than 6 months*

Surgery

The surgery consists in using 3 small ports for the micro-instruments to remove the gel (vitrectomy), remove the internal limiting membrane and inject short lasting gas (2 weeks) to help to close the macular hole.

***Positioning face down** for 2 days after surgery is advised: 45-50 min every hour having a rest 10-15 min daytime and sleeping right or left cheek to pillow. Sleeping on the back should be avoided for the first 2 nights.*

The eye pad needs to be removed the following day after surgery so the antibiotic drops treatment can be started. Vision is expected to be blurred due to the bubble of gas for the first 2 weeks.

***General risks** of Infection, Bleed, Retinal detachment are very low but will be discussed prior to surgery.*

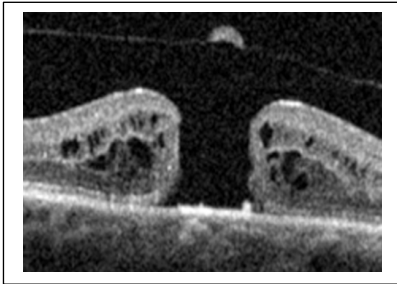
***Follow ups** will be arranged week 1, week 3-4 and week 8.*

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

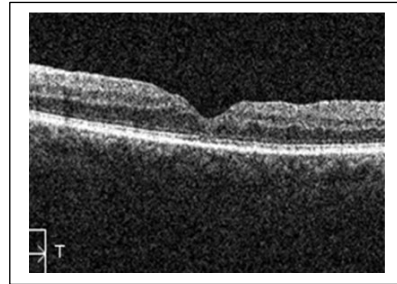
***Antibiotic topical drops** need to be used to prevent infection.*

***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**