

Vitreomacular traction

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 of the macular traction and helps to predict the surgical results.*

***Vitreomacular traction** is a condition where the vitreous is stick to the retina. The macula is pulled and elevated by the gel. Generally, the initial attitude with early stages of vitreomacular traction is watch and wait the gel is pulled away by itself, which happens in some cases.*

***The surgery (vitrectomy)** is advised to correct this condition when the vision is deteriorated, patient is very symptomatic for distorted images or a macula hole is developed.*

***The surgery** for vitreomacular traction is very similar to macular hole surgery. It consists in using 3 small ports for the micro-instruments to remove the gel (vitrectomy), remove the epiretinal membrane if exist and inject the bubble of air or short lasting bubble of gas. Positioning face down as for Macular Hole surgery is advised for 2 days, sleeping right or left cheek to pillow for 2 days as well. Vision should be back to normal after 2 weeks. OCT retinal scan is required to assess the macula after 2 weeks*

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

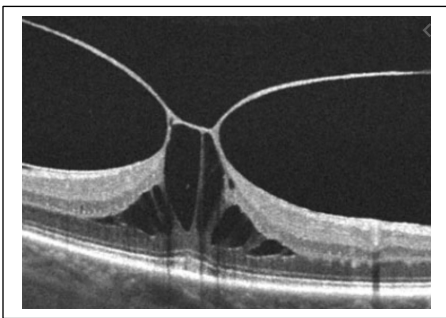
***Follow ups** will be arranged week 1, week 3-4 and week 8*

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

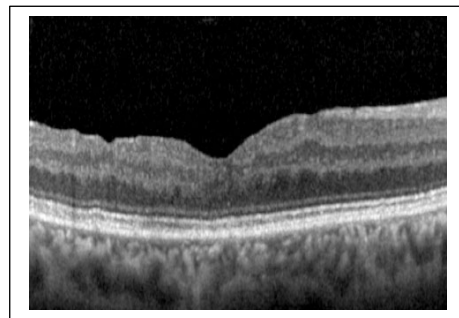
Antibiotic topical drops need to be used to prevent infection.

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**