

Ophthalmology

Macular hole - surgery and aftercare

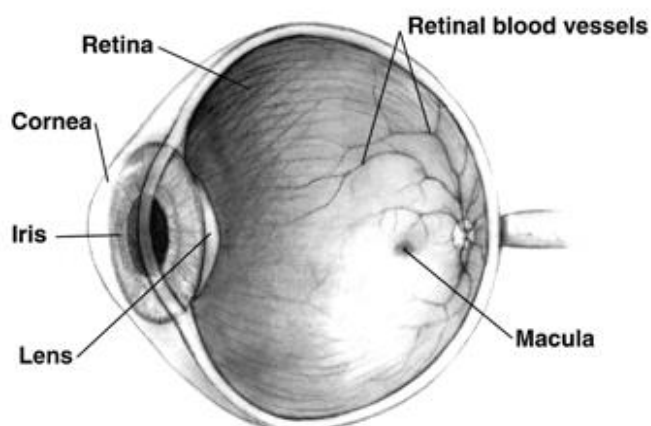
This leaflet aims to help you understand about macular holes.

What is a macular hole?

A macular hole is a small break in the macula, located in the centre of the eye's light-sensitive tissue called the retina. The macula provides the sharp, central vision we need for reading, driving, and seeing fine detail. The size of the hole and its location on the retina determine how much it will affect your vision. You will have noticed blurred and distorted central vision. Macular holes usually only affect one eye, although there is a one in ten chance that the other eye will eventually be affected.

An operation can be performed which may be able to stabilise your vision and might give you the potential for some improvement in your vision.

Please note: A macular hole is very different from macular degeneration.



What is the surgery?

The surgical procedure is known as a Vitrectomy which involves removal of the vitreous jelly in the centre of the eye.

It is usually carried out in day surgery under local anaesthetic. You will normally be allowed home the same day.

Further information is contained in the leaflet: Vitrectomy

Why is surgery not possible? (In some cases)

The consultant will have assessed the size of the macular hole and in some cases if the hole is too large even surgical intervention will not succeed in sealing the hole.

Untreated macular holes do not lead to complete blindness as peripheral vision is preserved. Straight ahead vision is badly affected. It may worsen or it may not, and if it doesn't worsen, your vision stays the same.

University Hospitals Coventry and Warwickshire is a teaching hospital and as such has a responsibility to train surgeons of the future.

We cannot guarantee that your surgery will be performed by a particular surgeon. Surgery is carried out by consultants and other suitably skilled surgeons. Surgery is also carried out by surgeons in training, under the supervision of an experienced consultant.

Aftercare

- You will have your surgery and go home on the same day.
- You may experience some discomfort take pain relief such as Paracetamol, ibuprofen or your usual pain relief medication.
- You will have to use eye drops for up to four weeks.
- You will be off work for at least two weeks depending on your occupation.
- You will have to "posture" for one week- this means you will be asked to keep your head in a certain position for 50 minutes in every hour giving you a 10 minute break.

Patient Information

- You will be given the separate leaflet: “**Posturing following eye surgery**” which will explain this to you.
- Please arrange for some one to stay with you for the first two weeks.

Important

Please do not make any arrangements to fly in an aeroplane until you have discussed this with the surgeon first.

More information can be obtained from:

RNIB Telephone: 0303 123 9999 www.rnib.org.uk

BEAVRS (British & Eire Association of Vitreoretinal Surgeons

<http://www.beavrs.org/about/patient-information/macular-hole>

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5922 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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Emergency eye appointments: New booking system

If you have an urgent eye problem, you can now book an on-the-day telephone consultation via the Eye Emergency Referral Service (EERS).



Scan the QR code or visit www.uhcw.nhs.uk and search Eye Emergency Referral Service. You can book a telephone consultation via this link.

You will be spoken to by an expert clinician who will give you specialist advice on the next steps to take.

Please provide a phone number which you can be contacted on for the consultation. Please also be aware that you will be phoned as close to the allotted time as possible, although at busy times unfortunately there may be a delay.

In the event that you feel you cannot wait to speak to someone or do not have online access then you may call 0247 696 4800.

This phone line is open 9am - 1pm; 1.30pm - 5pm (Monday - Friday, excluding bank holidays) and 9am - 12pm (Saturday).

Please only attend the Eye Outpatient department if you have had a telephone consultation in advance and have been advised to attend.

In the event of an eye emergency out of hours, please attend the Minor Injuries Unit/Emergency Department.