

## What is a Macular Hole?

A macular hole is a problem that affects the central portion of the retina. The vitreous gel inside of the eye is firmly attached to the macula. With age, the vitreous becomes thinner and separates from the retina. Sometimes the separation causes traction on the macula, causing a hole to form.

Macular holes are often gradual and affect central vision depending on the severity and extent of the problem. Partial holes only affect part of the macular layers, causing wavy, distorted, blurred vision. Patients with full-thickness macular holes will experience complete loss of central vision.

Macular holes may happen for a variety of reasons: eye injuries, certain disease, and inflammation inside the eye. Most commonly, macular holes, are related to the normal aging process.

## Signs and Symptoms of Macular Holes

The severity of the symptoms is dependent on whether the hole is partial or full-thickness.

- Blurred central vision
- Distorted, wavy vision
- Difficulty reading or performing tasks that require seeing detail
- Gray area in central vision
- Central blind spot

## Treatment Options

Some early stage macular holes can seal spontaneously and require no treatment. In other early stage macular holes prescription eye drops can be used to promote spontaneous closure. In most cases, surgery is necessary to close the hole and restore useful vision. Macular holes that require surgery are often repaired with a vitrectomy (removal of vitreous gel), membrane peel, and insertion of gas bubble to gently apply pressure on the macula to help seal the hole during the healing process. Face down positioning is required for a short time after the surgery is complete. In many cases, patients will regain function vision after the bubble dissipates and the eye is healed.

## How can I monitor my vision at home?

Check your vision using an Amsler grid daily. The Amsler grid will help you assess your central vision of any loss or distortions.

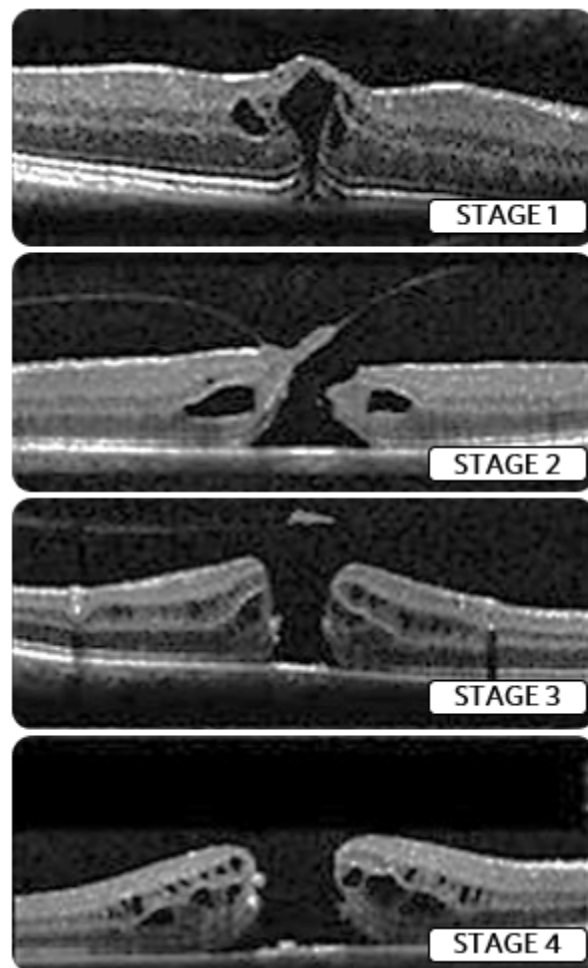


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# Surgery FAQ

**Will I need a driver for my surgery/ post op appointments?**

You will need a driver on the day of your surgery and for your post-operative appointment the following day. Your driver can drop you off at the main entrance and will be called when you are ready to be picked up.

**How long will I be at St. Luke's?**

Plan to be at St Luke's 4-5 hours on average the day of surgery. Your condition/ procedure may vary so it could be shorter or longer