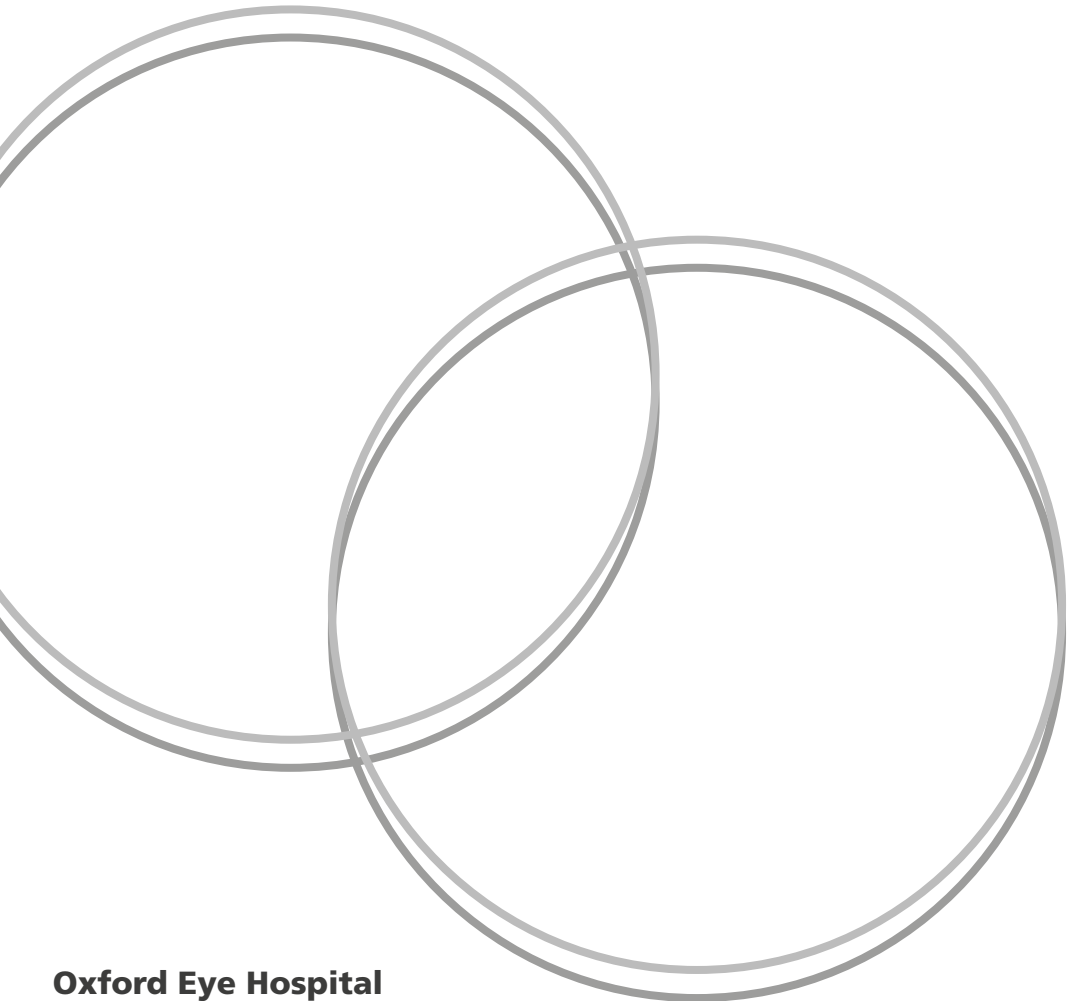




Oxford University Hospitals
NHS Foundation Trust

Posterior Vitreous Detachment

Information for patients



Oxford Eye Hospital

Posterior Vitreous Detachment

The eye doctor has examined your eyes today and has diagnosed a condition known as posterior vitreous detachment.

The vitreous is a transparent gel which fills the back of the eyeball. With age, the vitreous gel shrinks and separates itself from part of the retina (the light-sensitive layer at the back of the eye).

Signs and symptoms

You may notice black 'floaters' (e.g. little dots, lines or circles) in your vision, which move with the eye and then settle as the eye rests. You may also be aware of flashing lights, like little flickers of light in the edge of the eye. To look at, the eye will appear normal.

If you notice an increase in floaters, new floaters in your vision, or if you notice a portion of your visual field missing, like a curtain coming across, this may be a warning of a retinal detachment (tear in the retina) and you should see a specialist as soon as possible.

Treatment

There is no treatment for posterior vitreous detachment. However, as the symptoms are linked to those of a retinal detachment, a clinical examination by an Ophthalmologist is advised soon after the onset of symptoms. In the vast majority of cases no treatment is necessary; we can only reassure you that the symptoms will resolve.

The floaters will never really disappear but, in time, you will start to get used to them and notice them less. This is because the brain starts to adapt and in time is able to ignore them.

The flashing lights should gradually settle down over the next few weeks.

Further information and support

We do not expect your condition to get worse and therefore you should not need to contact us.

If however, you develop any other eye symptoms that are cause for concern, you can contact us on our emergency telephone triage line. **Do not** attend the hospital before calling.

Telephone: **01865 234 567** option 1 followed by option 1
(Monday to Friday, 8.30am to 4.30pm)
(Saturday and Sunday, 8.30am to 3.30pm [including Bank Holidays])

You will be able to speak to an ophthalmic health professional who will advise you.

If you need advice **out of hours, please phone NHS 111 or your out of hours GP practice.**

You may also find information on the RNIB website helpful:
www.rnib.org.uk

Further information

If you would like an interpreter, please speak to the department where you are being seen.

Please also tell them if you would like this information in another format, such as:

- Easy Read
- large print
- braille
- audio
- electronic
- another language.

We have tried to make the information in this leaflet meet your needs. If it does not meet your individual needs or situation, please speak to your healthcare team. They are happy to help.

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Oxford University Hospitals NHS Foundation Trust
www.ouh.nhs.uk/information



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