

WHAT IS RETINAL TEAR AND DETACHMENT

The retina is the lining of the inside of the eye. It sends messages to the brain so you can see. When the retina pulls away from the inside of the eye, tears, holes or detachment can occur.

SIGNS OF RETINAL TEARS AND DETACHMENT

Retinal tears or detachment is painless. Signs include:

- Sudden increase in floating spots in your vision
- Sudden flashes of light in one or both eyes
- A shadow or curtain over part of your vision
- Sudden blurry vision

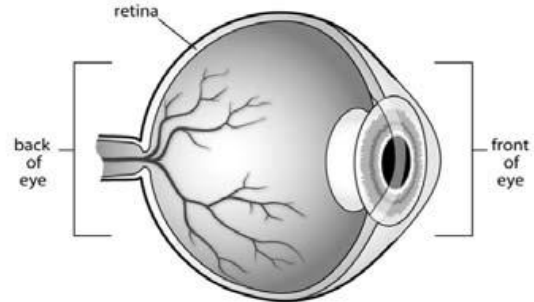
YOUR CARE

If you have any signs, see a doctor called an ophthalmologist right away. **Retinal detachment is a medical emergency.** If not reattached quickly, permanent vision loss can occur in the affected eye. Prompt medical care and treatment can save your vision. Your doctor will check your eye to find what is causing your signs. If a retinal tear, hole or detachment is found, surgery is done. If a tear or hole is treated before detachment occurs, you will likely retain most of your vision.

TREATMENT FOR SMALL HOLES OR TEARS

Small holes or tears are treated with a laser beam or a freeze treatment called **cryopexy**. These treatments are done in your doctor's office.

- A **laser beam** may be used to make burns around the retinal tear or hole. These burns cause scarring to secure the retina in place.
- In **cryopexy**, intense cold is used to freeze the retina around the tear. This freezes the area and causes a scar to develop. The scarring secures the retina to the eye wall.



TREATMENT FOR RETINAL DETACHMENT

There are three types of surgeries used to treat retinal detachment. You may need to have this done in a hospital.

- **Scleral buckling:** a tiny band is attached to the outside of the back of the eye to gently push the wall of the eye against the detached retina.
- **Vitreotomy:** a tiny incision is made in the eye. Gas is injected to push the retina against the wall of the eye.
- **Pneumatic retinopexy:** A bubble of expandable gas is injected. Over several days, the gas bubble expands, eventually causing the retina to reattach itself to the wall of the eye.

With all of these surgeries, either laser beam or cryopexy is used to secure the retina back in place. It may take several months following surgery to know how well your vision will improve. Results are best when treatment occurs before retinal detachment.

Talk to your doctor about your questions and concerns.

Sources:

- The Ohio State University Medical Center
- Mount Carmel Health
- www.healthinfotranslations.org

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

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甚麼是視網膜撕裂和脫離?

視網膜是眼睛的一層內襯膜。視網膜向大腦發出訊息，使人產生視覺。視網膜與眼睛內部分離時，可能發生撕裂、穿孔或脫離。

視網膜撕裂和脫離的症狀

視網膜撕裂或脫離不會產生痛感。症狀包括：

- 眼前漂浮的斑點突然增加
- 單眼或雙眼突然有閃光的感覺
- 眼前出現陰影或遮幕
- 視力突然模糊

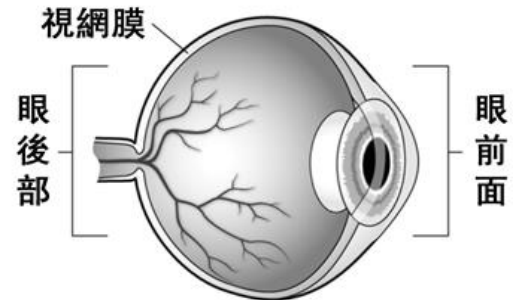
護理

如果有任何症狀，須立即找眼專科醫生。**視網膜脫離是急症**，如果視網膜不迅速復位，受影響的眼睛可能永久喪失視力。迅速就醫診治可挽救視力。醫生會檢查眼睛，尋找癥結。如果發現視網膜撕裂、穿孔或脫離，則須進行手術。如果能在發展到脫離前可以治療撕裂或穿孔，有可能保住大部分視力。

小穿孔或撕裂的治療

對小穿孔或撕裂，可採用雷射治療或**視網膜冷凍** (cryopexy) 進行治療。這種治療在醫生的診所進行。

- 醫生可採用**雷射治療**，以雷射光束灼熱視網膜撕裂處或穿孔處的邊緣。燒出的疤痕可固定住視網膜。
- **視網膜冷凍法**是對視網膜撕裂處的邊緣進行冷凍，形成疤痕。疤痕可使視網膜緊靠眼壁。



視網膜脫離的治療

對視網膜脫離有三種手術療法，可能需要在醫院接受手術。

- **鞏膜扣帶術** (Scleral buckling)：在眼後部的**外部**附著一條細小的扣帶，在眼壁上施加很小的力，使眼壁緊貼脫離的視網膜。
- **玻璃體切除術** (Vitrectomy)：在玻璃體上切一個細小的切口，注入氣體，使視網膜緊貼眼壁。
- **氣體網膜固定術** (Pneumatic retinopexy)：將可膨脹氣體的氣泡注入眼內，幾天內氣泡慢慢膨脹，使視網膜重新附著在眼壁上。

進行這些手術時，會採用雷射治療或視網膜冷凍法來固定視網膜。手術後可能需要數月才能確定視力的改善程度。如果在發生視網膜脫離前進行治療，治療效果最好。

如果有任何疑問或擔心，請諮詢醫生或護士。

資料來源：

- The Ohio State University Medical Center
- Mount Carmel Health

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