



veonet
Ireland

Specialist Eye Clinics

Posterior Vitreous Detachment: Aftercare Instructions

Important:

Posterior vitreous detachment, often called PVD, is a common eye condition where the gel inside the eye naturally separates from the retina. It is often age-related and usually does not cause permanent harm. However, in some cases, it can lead to a retinal tear or retinal detachment, which requires urgent treatment. Please monitor your symptoms carefully and attend all recommended follow-up appointments.

What Happened?

Inside your eye is a clear gel called the vitreous. As we age, this gel becomes more liquid and can pull away from the retina, which is the light-sensitive layer at the back of the eye.

This is called a posterior vitreous detachment.

PVD can cause new symptoms such as floaters or flashes of light. These symptoms can be alarming, but PVD itself is often not sight-threatening.

However, as the vitreous separates, it can sometimes tug on the retina and cause a retinal tear. A retinal tear can lead to retinal detachment if untreated. About 10% of patients with PVD develop a retinal tear.

You have been assessed today to check for signs of retinal tear or detachment.

Common symptoms include:

- New floaters, such as dots, cobwebs, threads, or rings
- Flashes of light, especially in the dark or with eye movement
- Blurred vision
- Awareness of a shadow or movement in your side vision
- Mild eye awareness or discomfort

In many cases, floaters become less noticeable over time as the brain adapts.

Important: If your symptoms suddenly worsen, this may indicate a retinal tear or detachment and must be checked urgently.

Medications

PVD itself does not usually require eye drops or medication.

If you have been prescribed any drops for another eye condition, please continue to use them as directed.

Do's and Don'ts

DO:

- ✓ **Monitor your symptoms carefully.**
 - ✓ **Attend any recommended follow-up appointments.**
 - ✓ **Contact us urgently** if you develop new or worsening symptoms.
 - ✓ **Take care when driving** if floaters are affecting your vision.
 - ✓ **Continue your normal medications** unless advised otherwise.
 - ✓ **Wear your usual glasses** or contact lenses if comfortable.
-

DON'T:

- ✗ **Do not ignore a sudden increase in floaters.**
- ✗ **Do not ignore new or worsening flashes of light.**
- ✗ **Do not ignore a curtain, shadow, or veil in your vision.**
- ✗ **Do not delay seeking help** if your vision changes.
- ✗ **Do not assume symptoms are harmless** if they suddenly worsen.

When to Seek Urgent Help

Contact us immediately or go to A&E if you experience:

- A sudden increase in floaters
- New or worsening flashes of light
- A curtain, veil, or shadow coming across your vision
- Sudden blurred or distorted vision
- Loss of side vision
- A sudden drop in vision
- Symptoms affecting one eye that are rapidly worsening

These symptoms may indicate a retinal tear or retinal detachment. Early treatment can help protect your sight.

Follow-Up Appointments

Your consultant will advise whether follow-up is required.

Some patients may need a repeat retinal examination within a few weeks, particularly if symptoms are new, severe, or if the view of the retina was limited.

Please attend follow-up even if symptoms have improved.

If you cannot attend, contact us as soon as possible to reschedule.

Long-Term Outlook

Most people with PVD do not develop serious complications.

Floaters may remain visible but often become less noticeable with time.

Flashes usually settle gradually as the vitreous stops pulling on the retina.

However, a small number of patients can develop a retinal tear or retinal detachment after the initial assessment, which is why monitoring is important.

Preventing Complications

PVD itself cannot usually be prevented, but you can reduce risk by acting quickly if symptoms change.

You should seek urgent advice if:

- Floaters suddenly increase
- Flashes become more frequent
- A dark shadow or curtain appears
- Vision becomes blurred or reduced

Prompt assessment is the best way to protect your vision.

Contact Us

If you have any questions or concerns about your recovery, please contact your Veonet Ireland clinic:

T +353 (0)1 270 7888

E info@veonet-ireland.com

veonet-ireland.com

Opening hours:

Monday–Friday, 9.00 to 17.00

Out of hours number:

T +353 (0)1 270 7887

In an emergency, go to your local A&E.

Remember:

PVD is common and often settles without treatment, but new or worsening floaters, flashes, or shadows must be checked urgently.

We are here to support you and protect your vision.

Accessibility

This brochure is available in alternative formats to ensure it is accessible to everyone.

Larger Print - We can provide this brochure in a larger font size for easier reading.

Braille - Copies are available in Braille upon request.

Digital Format - An accessible digital version can be sent by email or downloaded for use with screen readers.

Alternative Languages – Translated versions of this brochure can be provided upon request.

To request this brochure in an alternative format or language, please contact:

T ROI 01 270 7888 or NI 028 9002 9002

E Patientexperience@veonet-ireland.com

Veonet Ireland is committed to making all of our information accessible, so every patient can engage with and benefit from our services.



veonet-ireland.com