



veonet
Ireland

Specialist Eye Clinics

Retinal Tear or Hole: Aftercare Instructions

Important:

A retinal tear or hole is a break in the retina, the light-sensitive layer at the back of the eye. It can lead to retinal detachment if untreated. Prompt treatment and careful monitoring are essential to protect your sight. Please follow your aftercare instructions closely and attend all follow-up appointments.

What Happened?

The retina lines the back of the eye and sends visual signals to the brain. A retinal tear or hole occurs when the vitreous gel inside the eye pulls on the retina strongly enough to create a break.

Retinal tears or holes may be associated with:

- Posterior vitreous detachment
- Short-sightedness/myopia
- Eye trauma
- Previous eye surgery
- Family history of retinal detachment
- Lattice degeneration or areas of retinal thinning

You may have noticed floaters, flashes of light, or a change in vision.

You have been assessed and may have received treatment such as laser retinopexy or cryotherapy to seal the tear or hole and reduce the risk of retinal detachment.

What to Expect During Recovery

Common symptoms include:

- Blurred vision
- Mild discomfort after laser or freezing treatment
- Light sensitivity

Floaters and flashes may take time to settle. Some floaters may remain but often become less noticeable.

If you have had laser treatment, the laser marks usually take time to form a firm scar around the tear or hole. This scar helps seal the retina in place.

Important: Even after treatment, new tears can occasionally develop. You must continue to monitor your symptoms.

Medications

You may not need medication after treatment for a retinal tear or hole.

If drops have been prescribed, use them exactly as directed.

You may use simple pain relief if suitable for you and if you experience mild discomfort after treatment.

Do's and Don'ts

DO:

- ✓ **Attend all follow-up appointments.**
 - ✓ **Monitor your vision every day.**
 - ✓ **Contact us urgently if symptoms worsen.**
 - ✓ **Rest after treatment if advised.**
 - ✓ **Wear sunglasses if your eye is light sensitive.**
 - ✓ **Continue your usual medications unless told otherwise.**
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DON'T:

- ✗ **Do not ignore new floaters or flashes.**
- ✗ **Do not ignore a curtain, veil, or shadow in your vision.**
- ✗ **Do not undertake strenuous activity until advised it is safe.**
- ✗ **Do not drive if your vision is blurred or affected.**
- ✗ **Do not miss follow-up appointments.**
- ✗ **Do not assume treatment means no further monitoring is needed.**

Activity Advice

Your consultant may advise you to avoid strenuous activity for a short period after treatment.

This may include avoiding:

- Heavy lifting
- High-impact exercise
- Contact sports
- Vigorous bending or straining
- Activities that involve sudden head movement

Please follow the specific advice given to you by your consultant.

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 across your vision
- Sudden loss of vision
- Loss of side vision
- Increasing blurred or distorted vision
- New symptoms in the other eye

These may be signs of a retinal detachment or a new retinal tear or hole and require urgent assessment.

Follow-Up Appointments

Follow-up is essential after a retinal tear or hole.

Your consultant will check that the treated area is stable and that no new tears or holes have developed.

Your follow-up schedule may include review within days to weeks depending on your individual case.

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

Long-Term Outlook

With prompt treatment, many retinal tears or holes can be successfully sealed and the risk of retinal detachment reduced.

However, some patients remain at higher risk of further tears or retinal detachment, especially if they are very short-sighted, have had trauma, or have retinal changes in the other eye.

You may continue to notice floaters after treatment. These often become less intrusive over time.

Preventing Complications

You cannot always prevent retinal tears or holes, but you can reduce the risk of vision loss by seeking urgent help if symptoms change.

Act immediately if you notice:

- More floaters
- More flashes
- A dark curtain or shadow
- Reduced vision

Early treatment is key to protecting your sight.

Contact Us

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

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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:

A retinal tear or hole is serious but can often be treated successfully when managed promptly. Continue to monitor your vision and seek urgent help if symptoms change.

We are here to support your recovery and protect your sight.

Accessibility

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