

Retinal Consultants

## Retinal Tear

[www.retinalmd.com](http://www.retinalmd.com)

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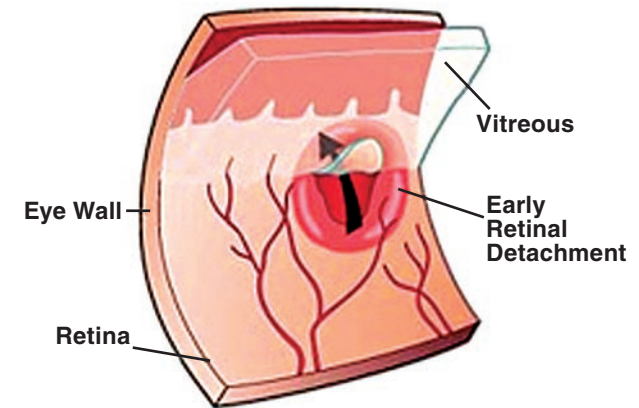
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Your  
eyes are  
irreplaceable.  
And there  
is no  
substitute  
for excellence.

—  
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**How is a retinal tear dangerous for my eye?** Tears can easily act as a channel for fluid to track under the retina, causing a retinal detachment. When a retinal tear or hole hasn't yet progressed to detachment, your eye surgeon may suggest an outpatient procedure, which can usually prevent retinal detachment and preserve vision.

**How are tears treated?** Small holes and tears are treated with laser surgery or a freeze treatment called cryopexy. Performed in the office, laser creates tiny burns around the retinal break. As healing takes place, a water-tight seal is formed, preventing a retinal detachment. Cryopexy is selected in certain circumstances.

**How is a laser treatment (photocoagulation) performed?** Your surgeon directs a laser beam through a special contact lens or a head mounted devise. This procedure requires no surgical incision, and it causes minimal irritation. Some of the laser spots can be felt, but are rarely painful.

**What about freezing (cryopexy) treatment?** Your surgeon briefly freezes the retina around the tear. After anesthetizing the eye, a freezing probe is applied to the surface of the eye directly over the defect. Cryopexy is used in instances where tears are difficult to visualize or reach with a laser or when fluid has already begun to seep under the retina. Your eye may be somewhat red and swollen afterwards.

**What do I need to do afterwards?** Generally, a period of decreased activity is recommended for about 2 weeks. Of course, any increase in symptoms will require another examination, in case any new tears arise or a detachment develops.

