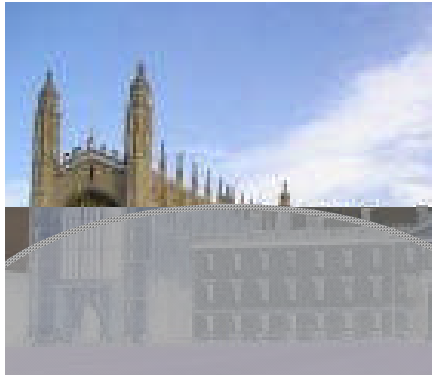


WARNING SIGNS OF A RETINAL TEAR

Warning signs of a retinal tear or detachment could be an increase in size and number of your floaters, a change/increase in the flashing lights you experience or a blurring of vision. If you experience any of these symptoms you should seek medical advice within 24 hours.



Curtain permanently drifting across your vision

This is particularly important if you notice a dark or blurred 'curtain' falling or drifting across your vision. This may mean that the retina is involved. Early intervention gives the best outcome.

www.clampoptometrists.com

Optometrists

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Warning Signs Summary

A curtain or veil/cobweb descending over your vision.

An increase in the number of floaters, often described as a shower of floaters.

An increase in the number of flashes of light, often described like lightning.

Seek medical advice from your Optometrist or GP within 24h.

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AND CONTACT LENS PRACTITIONERS

Proprietor

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FLASHING LIGHTS & FLOATERS

WHY HAVE I BEEN GIVEN THIS LEAFLET?

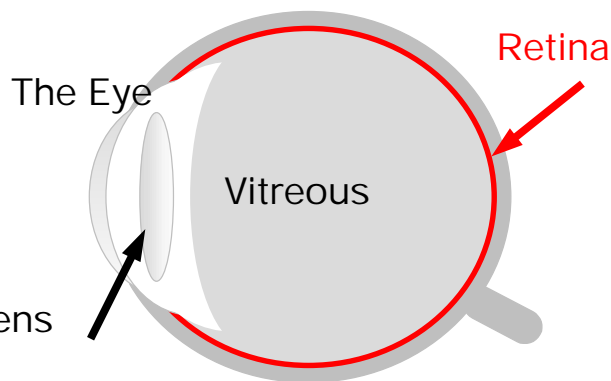
Your Optometrist will have found that your vitreous has undergone or is about to undergo some normal changes. The vitreous is a transparent jelly that fills the middle of your eye. These changes may result in some symptoms which you should be aware of. You may have already experienced some of these symptoms such as floaters. Floaters are small strands or dots of gel which float in the vitreous.

You are more likely to notice the effects of changes in your vitreous if:

- You are short sighted
- You have experienced severe head trauma

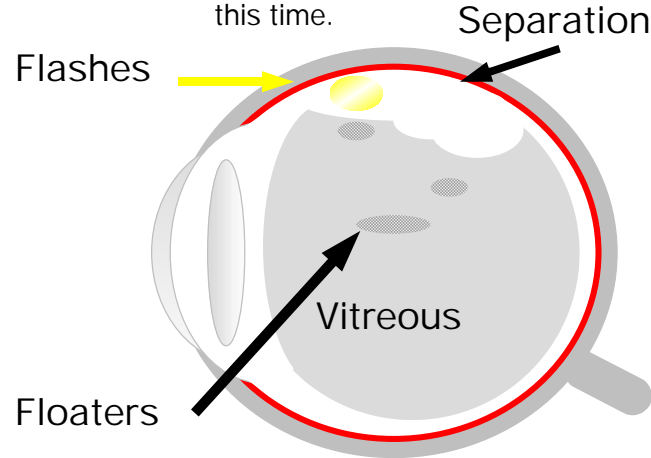
As you get older your vitreous may shrink away from your retina. This may happen earlier if you are short sighted, or have suffered any eye trauma.

This shrinking process may happen gradually, or suddenly over a few days. This process is called a Posterior Vitreous Separation (PVS). This shrinking is like a jelly liquifying and may happen in a number of different ways.



TREATMENT

Treatment is generally not required as the changes are normal. Occasionally your optometrist may wish to use drops to dilate your pupil in order to examine the edge of your vitreous and retina. The drops take about 20 minutes to work and about 6-12 hours to wear off. You should not drive, or operate dangerous machinery during this time.



NORMAL CHANGES WHICH TAKE PLACE

1 It may shrink away from the retina, leaving it totally unaffected; you will be completely unaware of this happening.

2 It may gently tug the retina causing small flashes of light, which subside after a couple of weeks

3 Pigment or strands of gel may cause small floaters, which will gradually disappear over weeks or months. Sometimes they will always be noticeable

MORE SERIOUS CHANGES WHICH CAN TAKE PLACE

Less commonly, the vitreous may pull the retina to such an extent it creates a small tear, or even less commonly, it detaches the retina. If this happens then early treatment is required.

At your eye examination your optometrist will have checked your eyes very carefully for any signs of tears, or detachments and they will have been confident that your retina is healthy and attached.

However you usually need another examination promptly if you notice:-

- A cobweb or veil of blurred vision which drifts across your eye-it is best to check for this by covering each eye separately
- Sudden onset of increased flashes or floaters

