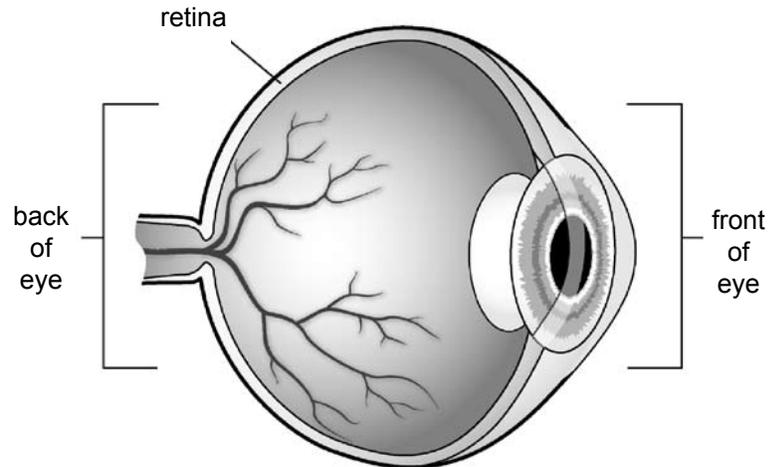


Retinal Tears and Detachment

The retina is the lining in the back 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 are 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 or decreased vision

Your Care

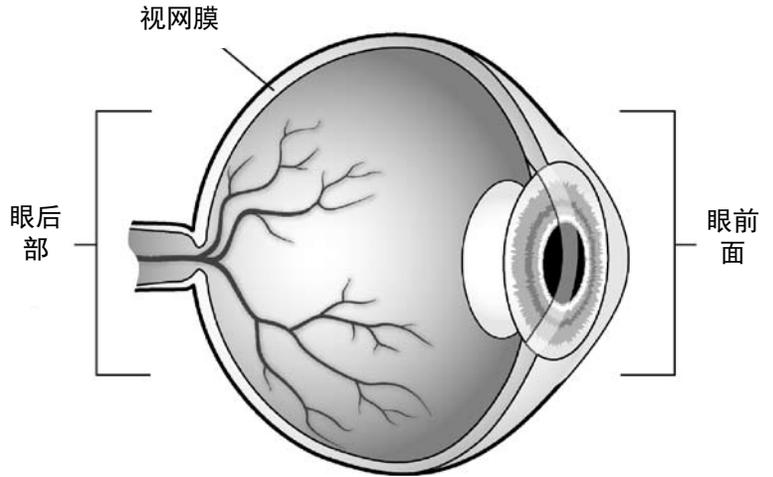
If you have any signs, see a doctor called an ophthalmologist right away. **Retinal detachment is a medical emergency.** If not reattached quickly, permanent vision loss can occur in the affected eye. Prompt medical care and treatment can save your vision.

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.

视网膜撕裂和脱离

视网膜是眼睛背后的一层内衬膜。视网膜向大脑发出讯息，使人产生视觉。

视网膜与眼睛内部分离时，可能发生撕裂、穿孔或脱离。



视网膜撕裂和脱离的症状

视网膜撕裂或脱离不会产生痛感。症状包括：

- 眼前漂浮的斑点突然增加
- 单眼或双眼突然有闪光的感觉
- 眼前出现阴影或遮幕
- 视力突然模糊或下降

护理

如果有任何症状，须立即找眼科医生。**视网膜脱离是急病**，如果视网膜不迅速复位，受影响的眼睛可能永久丧失视力。迅速就医诊治可挽救视力。

医生会检查眼睛，寻找症结。如果发现视网膜撕裂、穿孔或脱离，则须进行手术。如果能在发展到脱离前就对撕裂或穿孔进行治疗，有可能保住大部分视力。

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.
- **Vitrectomy** – a tiny incision is made in the eye. Gas is injected to push the retina against the wall of the eye.
- **Pneumatic retinopexy** – Gas is injected to cause a bubble. The gas bubble pushes the retina back into place, so it can reattach itself to the wall of the eye. You may need to maintain a certain head position for several days. The gas bubble disappears over time.

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.

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小穿孔或撕裂的治疗

对小穿孔或撕裂，可采用雷射治疗或视网膜冷冻法（cryopexy）进行治疗。这种治疗在医生的诊所进行。

- 医生可采用**雷射治疗**，以激光束灼热视网膜撕裂处或穿孔处的边缘。烧出的疤痕可固定住视网膜。
- **视网膜冷冻法**是对视网膜撕裂处的边缘进行冷冻，形成疤痕。疤痕可使视网膜紧靠眼壁。

视网膜脱离的治疗

对视网膜脱离有三种手术疗法，可能需要在医院接受手术。

- **巩膜扣带术（Scleral buckling）** – 在眼后部的外部附着一条细小的扣带，在眼壁上施加很小的力，使眼壁紧贴脱离的视网膜。
- **玻璃体切除术（Vitrectomy）** – 在玻璃体上切一个细小的切口，注入气体，使视网膜紧贴眼壁。
- **气体网膜固定术（Pneumatic retinopexy）** – 注入气体，形成气泡。气泡会将视网膜复位，从而重新附着在眼壁上。手术后，您的头部可能需要在几天内保持某个姿势。气泡会逐渐消失。

进行这些手术时，会采用雷射治疗或视网膜冷冻法来固定视网膜。手术后可能需要数月才能确定视力的改善程度。如果在发生视网膜脱离前进行治疗，治疗效果最好。

如果有任何疑问或担心，请咨询医生或护士。

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Retinal Tears and Detachment. Simplified Chinese.