

Facilities

- Comprehensive eye care
- Vitreo-retinal surgery-for eye haemorrhages, macular hole, infections, epiretinal membranes, retinal detachment, foreign bodies and complicated diabetic eye disease
- Fundus fluorescein angiography-to see leakages in diabetic retinopathy,vascular occlusion, maculopathies, aging eye
- Indirect ophthalmoscopy and slit lamp bi-microscopy-for complete evaluation of retina
- Laser for diabetic retinopathy, vascular occlusion, retinal holes and other macular diseases
- YAG laser for 'after-cataract'
- Cryotherapy for retinal breaks and eye tumours
- Buckling surgeries for retinal detachment
- Glaucoma diagnosis and treatment
- Orthoptic exercises and surgery for squint

Expertise, Technology, Care



The Eye Clinic

Centre for Retina & Lasers

www.the-eye-clinic.in

DR. ABHAS MEHROTRA

MD (AIIMS), FICO (Germany)

Eye Specialist

Vitreo-retina Surgeon

Fellow : All India Institute of Medical Sciences, New Delhi
Universtat Klinikum, Hamburg, Germany

3-A Chakrata Road (Near Bindal Service Station)
Dehradun-248001 Tel: 0135-2723069
E-mail: info@the-eye-clinic.in

Flashes and Floaters



The Eye Clinic[©]

Centre for Retina & Lasers

Flashes and Floaters

The space between the **crystalline lens** and the **retina** is filled with a clear substance called **vitreous**. In youth, the vitreous has a gel like consistency and is attached firmly to the retina. With age, the vitreous degenerates and may separate from the back of the eye. This is called posterior **vitreous detachment (PVD)**, a very common, usually harmless condition.

As the vitreous degenerates and pulls free from the retina, it is often accompanied by light flashes or floaters. Floaters are caused by tiny cells that cast shadows on the retina. Flashes occur when the vitreous pulls on the sensitive retina. In a small percentage of patients this may be associated with a hole or break occurring in the retina, which is a precursor for the more **serious problem** of retinal detachment. One must seek a retina specialist opinion if experiencing such symptoms. Floaters may also indicate inflammatory cells in the vitreous.

Occasionally, flashes of light are caused by neurological problems such as a **migraine headache**. When related to a headache, the flashes usually occur 20-30 minutes before the headache starts and are seen in both eyes.

Common symptoms include:

- Black spots or “spider webs” that float in front of the eyes in a cluster or alone.

- Spots that move or remain suspended in one place.
- Flickering or flashing lights that are most prominent when looking at a bright background like a clear, blue sky
- Symptoms that may indicate a more serious problem
- Veil or curtain that obstructs part or all of the vision
- Sudden increase in the number of floaters like small insects in front of the eyes.
- Sudden decrease of vision along with flashes and floaters

One must seek a medical opinion immediately if a sudden shower of floaters, new light flashes, a veil or curtain obstructing the vision, or any other change is noticed. The specialist will **dilate** the **pupils** with eye drops and examine the vitreous and retina.

These floaters typically become less bothersome over a period of weeks to months as they settle below the line of sight. Surgical removal of the vitreous (vitrectomy) may be considered if the vision is significantly affected. This treatment is rarely needed. However, **vitrectomy** may be indicated in a select group of patients with visually disabling vitreous floaters.