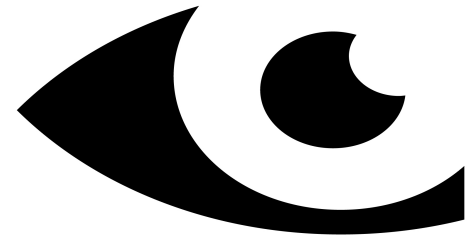




www.mitryvision.com

Contact:
Ms Katie Roberts
Secretary@mitryvision.com
Tel: 0203 8268370

Flashes and floaters



Information for patients

This leaflet answers common questions about flashes and floaters. If you would like further information, or have any particular worries, please do not hesitate to ask your nurse or doctor.

What are flashes and floaters?

Floaters are shapes that quickly drifted across your vision. The form of these is variable; they may for example be tiny black dots, small shadowy dots, large cloud-like spots or long narrow strands.

You may have many small floaters or just one or two larger ones. Most floaters are small and move out of your field of vision. Floaters are often most noticeable when you're looking at a light-coloured background, such as a white wall or clear sky.

Flashes are quick, sudden flashes of light that can happen when the eyes are open or closed.

Flashes and floaters are quite commonly seen by people with normal eyes.

What causes flashes and floaters?

Flashes and floaters happen because of changes in the vitreous, the clear, jelly-like substance that fills the space in the middle of the eyeball. The vitreous jelly shrinks as you get older and slowly pulls away from the retina (the light sensitive layer at the back of the eye). The shrinking and separation or detachment of the vitreous from the retina (posterior vitreous detachment) is common, particularly in people over 50 years of age. In 9 out of 10 patients

posterior vitreous detachment causes no damage to the retina.

What treatments are available for flashes and floaters?

Flashes and floaters rarely lead to any serious complications, so you generally do not need any treatment for them. Flashes and floaters cannot be prevented because they are part of the natural ageing process.

If they are troublesome, the effect of floaters might be minimised by wearing dark glasses. This will help in bright sunlight or when looking at a brightly lit surface. For persisting floaters interfering with quality of vision, a vitrectomy procedure can be performed.

In many cases the flashes disappear with time and the floaters get less noticeable as your brain adjusts to the jelly change.

When to seek medical advice?

If your flashes or floaters become much worse, you should get in touch to exclude any serious problems.

If you see a black shadow or curtain effect (the appearance of a shadow, like a curtain coming over the vision) or you suddenly lose vision, please get in touch **without delay**.

Do you have any further questions?

For further advice and to contact Mr Mitry's team, please see below:

Mr Danny Mitry
Consultant Ophthalmologist and Vitreoretinal Specialist

Contact:

Ms Katie Roberts
Secretary@mitryvision.com
Tel: 0203 8268370

www.mitryvision.com