

Valsalva Retinopathy: A Case Report

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Abstract

Valsalva retinopathy is characterised by pre-retinal haemorrhage which presents with unilateral, sudden, painless diminution of vision. Pre-retinal haemorrhage caused by sudden rise in venous pressure was first termed as Valsalva haemorrhage by Duane TD in 1972. It is caused by rupture of superficial retinal capillaries due to increased intra-ocular venous pressure following increase in intra-thoracic or intra-abdominal pressure. It resolves in few weeks or month and vision returns to normal depending on the location of the bleed on the retina. Observation, Nd:YAG (neodymium-doped yttrium aluminium garnet) laser and Argon laser hyaloidotomy, vitrectomy are effective treatment options for eyes with Valsalva retinopathy. Here we present a case of a 32 year old female with Valsalva retinopathy with subhyaloid haemorrhage after an episode of vomiting who was treated with Nd:YAG laser hyaloidotomy with a good visual outcome. The novelty of this case report lies in the fact that although conservative management is practiced more often with similar prognosis, early intervention by Nd:YAG laser hyaloidotomy can benefit the patient with marked improvement and rapid recovery.

Key words: Valsalva retinopathy, subhyaloid haemorrhage, Nd:YAG laser hyaloidotomy.