

# Posterior Vitreous Detachment (PVD)

The human eye is spherical in shape. Externally, it consists of several layers that allow it to maintain its structure, receive nutrients and capture light to form images. Internally, in close contact with the innermost layer (retina), the eye contains a thick, transparent substance called vitreous humor. Sometimes, this gel becomes cloudy and degenerates, loses volume, detaches from the retina, and causes a **posterior vitreous detachment**. If the vitreous humor undergoes further changes, it could pull the retina inward and tear it, leading to a retinal detachment.

## When should you suspect it?

The main symptom of posterior vitreous detachment is the sudden and persistent vision of small black spots that move when the eye moves, known as *floaters*. In some cases, small *flashes* of light may also appear. Posterior vitreous detachment is painless and does not result in vision loss.

## What factors favor it?

The majority of cases are due to normal aging, but it is also associated with other circumstances such as myopia, eye surgery or trauma from sudden head movements.

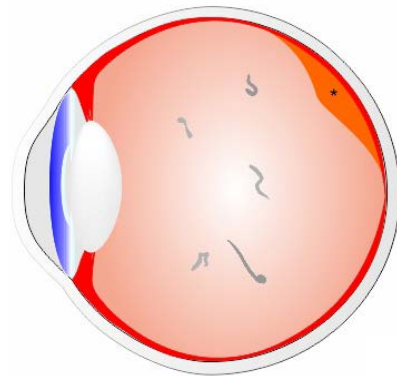
## When should I go to my doctor?

The sudden onset or worsening of floaters and flashes of light is a reason to consult with an ophthalmologist within a short period of time. A fundus examination will be performed to determine if the retina is affected.

## Should I receive treatment?

It is a benign phenomenon, and in the majority of cases does not require treatment or follow-up. Action should only be taken if it is associated with retinal lesions. In such cases, it may be necessary to ensure that the

lesion does not extend, for example, through laser treatment.



Posterior vitreous detachment and vitreous floaters



Vitreous floaters as perceived by the patient

## Will I regain my previous vision?

Floaters typically disappear after a few months, as the brain becomes accustomed to the defect and eventually unconsciously ignores it. However, some individuals may continue to notice floaters for an extended period, especially when looking at a clear background, such as a white wall or a screen.

If the person consciously thinks about them or feels anxious, they may see the black spots again, without it necessarily indicating a worsening of the condition.