



Epiretinal Membrane (Macular Pucker)

The Following Information has been Prepared for You:

An Epiretinal Membrane (aka Macular Pucker, Cellophane Maculopathy or Surface Wrinkling Retinopathy) is a condition that occurs in middle-aged or elderly patients. It is usually in both eyes. It is a thin layer of cells on top of the retina that contract over the macula and cause a wrinkling of the retinal surface. The cause is largely unknown, but may be related to retinal tears or detachments, prior eye surgeries, ocular trauma, diabetic retinopathy or other retinal vascular disease.

Symptoms of epiretinal membranes usually range from none to mild visual distortion. Treatment is usually not necessary. However, a "membrane peel" operation may be performed by a retinal specialist if visual distortion is problematic.

Epiretinal membranes increase the risk of tractional retinal holes or detachments, which may significantly impact vision. Your doctor will want to regularly evaluate your eyes for any signs of this.

Evaluation will entail regular checks of your vision. Dilated exams and photographs will enable your doctor to look at the surface of the retina. "OCT" of the retina will enable evaluation of the multiple retinal layers, which cannot be seen with dilation or photos. Visual fields will enable your doctor to see how the epiretinal membrane affects your visual function. All of these procedures will help determine if your epiretinal membrane has progressed to a stage that requires intervention via a membrane peel or whether it has progressed to a retinal hole or detachment. Retinal holes or detachments are very sight-threatening and often require prompt surgical intervention.

Your doctor may also ask you to routinely self-monitor your vision at home, by using an Amsler Grid. Amsler Grids can help you discover changes in your vision that you may not otherwise notice. If your condition progresses, early detection and treatment can help ensure the best possible prognosis.

It is important to protect your eye from injury or trauma by wearing protective eyewear when you engage in hazardous activities such as sports, yard work, shop work, construction, etc. If you have an injury to your eyes or head or blunt force trauma to your body (as in a fall or car accident), it is important to get a prompt eye exam to check for retinal tears or detachments.

In most cases, yearly evaluation is sufficient. However, if you notice any sudden changes in your vision such as new floaters, black spots, wavy distortion or flashing lights, you should seek prompt medical attention.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

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