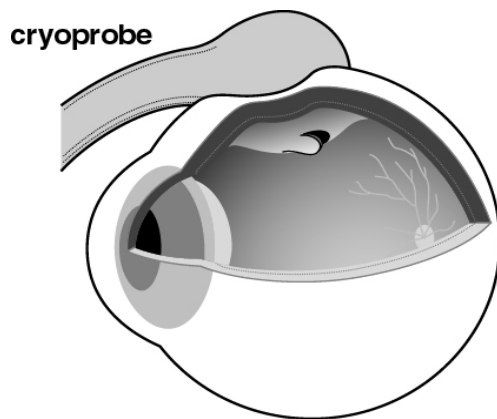


Cryotherapy for Retinal Tears and Detachment

Cryotherapy is a treatment for retinal tears that is performed in the clinic. This handout explains what cryotherapy is and what to expect. Cryotherapy helps fix a tear in the retina by freezing the spot where the tear is located. This helps keep the retina in place inside your eye.

What to Expect During Treatment

First, we will use numbing drops or a shot near the spot we treat. Then, the doctor puts a small cold probe on the outside of your eye, over the tear. They use a head light and a hand-held lens to check that the probe is in the right spot.



The probe turns on and freezes a small spot in a few seconds. You may feel a cold pinch in that area. Your doctor may need to freeze more than one spot to seal the tear.

What to Expect After Treatment

Some people feel cold pain or an “ice cream headache” during or after the treatment. You can use Tylenol® for pain if needed. Your sight may be a bit blurry for a few days. Your eye may look red for a few weeks.

Activity Restriction

Check with your doctor for physical restrictions.

When to Call

Call the clinic if you have any concerns or other symptoms such as an increase in floaters or loss of vision.

Who to Call

University Station Eye Clinic
8 am to 4:30 pm
Monday through Friday
(608) 916-2020

When the clinic is closed, your call will be sent to hospital paging. If you live out of the area, call **1-800-323-8942** and ask to be transferred to the Eye Clinic phone number.

