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Macular Hole Closure with Topical Steroids

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Purpose:

To report the outcomes of topical difluprednate 0.05% use in the closure of full-thickness macular holes.

Methods:

Retrospective chart review of 4 patients with full-thickness macular holes who received difluprednate drops 4 times daily for a minimum of 12 weeks. Main outcome measures were macular hole status assessed with optical coherence tomography, visual acuity, intraocular pressure, and complications of treatment.

Results:

All patients had macular hole closure within 12 weeks of difluprednate exposure. Mean time to macular hole closure was 5 weeks (range, 2–12 weeks). Visual acuity improved with macular hole closure. Average baseline visual acuity was 20/42. Average visual acuity after macular hole closure was 20/26 (P = 0.14). Two patients demonstrated an on-off phenomenon, where macular holes re-opened after stopping difluprednate and then closed when re-exposed to the drug. Two patients experienced increased intraocular pressure with topical steroid use.

Conclusions:

Exposure to difluprednate in this cohort of patients with full-thickness macular holes was associated with reduced macular edema, macular hole closure, and visual improvement.