

Hypotony

This material will help you understand hypotony and how to manage it.

What is hypotony?

If you have hypotony, this means that your eye pressure (intraocular pressure) is too low. Hypotony can often cause decreased vision.

What causes hypotony?

The most common causes of hypotony are glaucoma surgeries, chronic eye inflammation, or a detached retina.

How is hypotony treated?

The treatment of hypotony depends on its cause. It can include medicines or a procedure. After glaucoma surgery, common ways to treat hypotony include:

- Changing your medications
- Sleeping at night with an eye shield, if there is a wound leak after glaucoma surgery
- Patching the leak with a Band-Aid contact lens
- You might also be asked to return to the operating room to repair the leak, or if medications cannot heal the problem.

To take care of your eye at home, you will need to be very careful about your eye pressure:

- You cannot bend over so that your head goes below your knees as that causes the pressure to fluctuate in the eye and puts too much strain on it.
- You cannot lift anything that is more than 5 pounds because we do not want you to strain. When you strain, the eye pressure fluctuates.
- If you are constipated, you should take a stool softener.

Having very low eye pressure puts you at risk for bleeding inside the eye. If your eye bleeds, you will have pain and decreased vision. If at any time you develop worsening pain or vision, you need to call your eye doctor right away. To decrease the chances of bleeding, you should not take any blood thinners like motrin or aspirin. If you have mild pain, you can take Tylenol. If you are taking a blood thinner like Coumadin®, you will need to talk to all of your doctors about this.

For more information, scan these codes with your smartphone or visit the websites listed.



<http://www.aao.org/publications/eyenet/200910/pearls.cfm>



<http://www.glaucoma.org/treatment/hypotony.php>

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