

Maximizing Exposure for Scleral Buckling

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Advantages:

To demonstrate a simple technique to maximize scleral exposure for buckling or posterior segment plaque placement.

Methods:

2-0 silk sutures are used to loop the rectus muscle, and the thumb and index finger used to grasp the suture above the knot, with middle and ring fingers placed in the loop to direct exposure, with the hand in supinated position.

Effectiveness / Safety:

This technique has been used successfully in small orbits, for deep posterior scleral suture bites, and to expose enough of the posterior pole for transscleral biopsy methods. There is never an indication to remove rectus muscles to enhance exposure.