

# 2024 Total Solar Eclipse: Solar Retinopathy Guidelines



Feb. 19, 2024

## Clinical Recommendations for Solar Retinopathy

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On **Monday, April 8**, a total solar eclipse will pass over Indiana. The Indiana Department of Health (IDOH) is planning for a potential surge in patients with eye complaints due to the eclipse and the number of anticipated visitors to the area. **There is no specific treatment for solar retinopathy caused by looking at the eclipse without proper eye protection, and in most cases the condition will heal within 3-6 months. Emergency evaluation for solar retinopathy is not necessary.**

IDOH has collaborated with the Indiana Academy of Ophthalmology to provide guidance for clinicians evaluating patients with possible solar retinopathy.

### Prevention

- The **best management is prevention**. Avoid looking directly at the sun during the eclipse. To safely view the eclipse, use approved glasses with solar filters or use solar viewers. Additional information can be found [here](#).

### Symptoms

- Painless loss of central vision with a central or paracentral scotoma in one or both eyes.
- Rapid onset within a few minutes to a day or two following exposure.
- The persistence of the central scotoma or blind spot is the clue to the clinical diagnosis.

### Diagnosis

- Fundoscopic examination may be normal or show subtle yellowish spots in the fovea.
- **ED evaluation is not recommended since standard radiographic and echographic modalities will be normal.**
- HD OCT and/or fluorescein angiography can assist with the diagnosis.

### Treatment

- There is no specific treatment for solar retinopathy. Most cases spontaneously heal within 3-6 months after the inciting event, although permanent vision loss can occur<sup>1</sup>.
- Consider referral to a retinal specialist.
- There is not strong evidence to suggest routine use of systemic corticosteroids. If they are utilized, a Prednisone taper starting at 60mg and decreasing by 10mg weekly for a total of 4-6 weeks may be considered.

If the diagnosis is unclear and does not align with exposure and symptoms, please proceed with standard care.

<sup>1</sup>Chod, R. B., Larrazabal, L. I., Tripathy, K., Weng, C. Y., & Lim, J. I. (2023, December 15). *Solar retinopathy*. EyeWiki. [https://eyewiki.aao.org/Solar\\_Retinopathy](https://eyewiki.aao.org/Solar_Retinopathy)