

## Abstract

**Background:** "Achoo" is the sound that is correlated with sneezing. A sneeze, in rare occasions, it can cause Valsalva retinopathy. Usually, small bleeding gets absorbed with time. But if the haemorrhage stays for a longer period of time, it can lead to de-hemoglobinization of blood which can cause damage to the photoreceptors. If such a damage occurs over the macula, it can cause irreversible visual loss. Hence, prompt and meticulous treatment is indicated in such cases. One such case is described here where a lady suffered from a sudden bout of sneezing and presented to us after a month later. A large sub-internal limiting membrane (ILM) bleed was noted over the macula. Hence a vitrectomy with ILM peeling with drainage of blood was advised. She recovered 20/40 visual acuity one month following surgery. **Purpose:** This video emphasizes on diagnosis of sub-ILM hemorrhage and the technique in which the sub-ILM bleed can be drained in the modern era of microincision vitreoretinal surgeries. **Synopsis:** A key aspect in such cases is to distinguish sub-ILM from sub-hyaloid bleed. Subtle differentiating points on imaging are described in the video. In cases of sub-ILM hemorrhage, the most important surgical step after performing a core vitrectomy is a good posterior vitreous detachment (PVD) induction. After that, ILM peeling is carried out with the help of finesse loop and ILM peeling forceps. Using proportional vacuum and aspiration alternatively from the cutter, the hemorrhage is displaced and drained. This step can prevent damage to the underlying retinal tissue. After the macula hemorrhage is completely cleared, an air-fluid exchange is done. **Highlights:** Teaching points include: 1. Diagnostic markers for sub-ILM hemorrhage; 2. The method of PVD induction in cases of Sub ILM hemorrhage; and 3. Technique of drainage of sub-ILM hemorrhage using proportional vacuum and aspiration function of the cutter. **Video link:** <https://youtu.be/hBhfLDy9o-Y>

**Key words:** Sub-ILM hemorrhage, Vitrectomy, Valsalva retinopathy, ILM peeling

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**DOI:** 10.4103/ijo.IJO\_155\_22 **PMID:** \*\*\*\*\*

## Achoo - God bless you!

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