Diode laser photocoagulation to the vascular retina for progressively advancing retinopathy of prematurity

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Abstract

Aims—To estimate the effectiveness of diode laser photocoagulation of the retina posterior to the ridge in eyes with retinopathy of prematurity (ROP).

Methods—Diode laser photocoagulation was applied posterior to the fibrovascular ridge in stage 4a ROP in six eyes of four infants and in advancing stage 3+ in two eyes of one infant. Seven eyes had previously been unsuccessfully treated with diode laser photocoagulation anterior to the ridge.

Results—Six eyes of four children had total regression, two eyes of two children had flat maculae with residual peripheral tractional detachment and maintained vision.

Conclusion—These preliminary results indicate that diode laser photocoagulation posterior to the ridge may be a useful treatment in late stage 3 and stage 4A ROP following failed laser treatment to the avascular retina in threshold stage 3 disease.

(retina, photocoagulation, diode laser, post-Ret.)

Retinal cryotherapy and laser photocoagulation are successful methods of treating threshold retinopathy of prematurity (ROP) when used to ablate the avascular retina anterior to the fibrovascular ridge.\(^1\)-\(^8\) The timely recognition of threshold disease is important because of the short window of opportunity\(^6\) during which therapy is effective. Despite treatment that is adequately timed and applied, a proportion of eyes advance to stage 4 and stage 5 disease.\(^1\)-\(^5\) In this study, we describe diode laser photocoagulation of the retina posterior to the ridge in eyes with progressively advancing stage 3+ and stage 4A ROP following initial extensive diode laser application to the avascular anterior retina.

Material and methods

Eight eyes in five infants received laser photocoagulation posterior to the fibrovascular ridge using the Iris OcclLight SL diode laser system for rapidly advancing ROP. They had a mean gestational age of 26-1 weeks (range 25 to 29 weeks) and birth weight of 753-5 g (range 645 to 1000 g). Laser treatment of the avascular retina anterior to the ridge was performed initially on seven of the eight eyes. The first laser intervention was carried out when the disease progressed to ‘threshold’ level (stage 3+, zone 2, 5 contiguous or 8 cumulative clock hours or more severe). In the eighth eye, the disease had progressed to stage 4a for 5 contiguous clock hours in zone 2 by the time the first screening examination was due, according to the screening protocol in use at that time. The fellow eye in this infant was already at stage 5 at this examination. Further laser was applied to skip areas so that there was complete or almost complete laser application to the avascular retina. Despite this, the disease progressed to stage 4a in five of the seven eyes and persistent progression of stage 3+ disease in the other two with vitreoretinal traction and prominent plus disease. Retinal diode laser photocoagulation was then applied to these eyes posterior to the ridge in an attempt to half disease progression and limit tractional detachment. Because of the severe and aggressive nature of the stage 4a disease in the eighth eye (which was already an only eye), the same rationale for posterior treatment was applied, in the absence of previous laser photocoagulation. In all cases with stage 4a disease, treatment extended to about 1 disc diameter nasal to the optic disc, 3 disc diameters temporal to fovea, and outside the temporal vascular arcade superiorly and inferiorly. In the two eyes with non-regressing stage 3 disease, the treatment was confined to the vascular retina just posterior to the ridge in the inferotemporal quadrant in one eye and all down the temporal side in the other. The numbers of burns placed inside and outside the ridge in each eye treated in this manner appear in Table 1. The laser power used varied between 300 and 100 mW and the duration between 200 ms and 500 ms. Increased power and duration were required to elicit a visible ‘burn’ in areas where subretinal fluid was present.

Results

Four eyes of two children (eyes 1 to 4, in Table 1), not having responded to complete or almost complete treatment, anterior to the fibrovascular ridge, over 2 weeks, progressed to stage 4 disease with peripheral tractional retinal detachment. About 1 week following treatment of the retina posterior to the ridge, the tractional detachment started to flatten. At the last examination, all four retinas were reattached. Both eyes of a third child (eyes 5 and 6, in Table 1) had non-regressing stage 3+ disease despite complete ablation of the avascular retina, carried out in two treatment sessions over a 3 week period. These eyes received limited laser therapy to the vascular
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Table 1 Siting and quantity of laser burns, retinal and visual outcome

<table>
<thead>
<tr>
<th>Eye No</th>
<th>Stage Retinal zone</th>
<th>No of burns</th>
<th>AR</th>
<th>VR</th>
<th>Retinal outcome</th>
<th>Visual outcome</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>4a Posterior zone 2</td>
<td>1020</td>
<td>218</td>
<td>Flat</td>
<td>Flat</td>
<td>Flat</td>
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<tr>
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<td>4a Posterior zone 2</td>
<td>1049</td>
<td>272</td>
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<td>3</td>
<td>4a Posterior zone 2</td>
<td>691</td>
<td>219</td>
<td>Flat</td>
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<td>Flat</td>
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<tr>
<td>4</td>
<td>4a Posterior zone 2</td>
<td>726</td>
<td>408</td>
<td>Flat</td>
<td>Flat</td>
<td>Flat</td>
</tr>
<tr>
<td>5</td>
<td>4a Posterior zone 2</td>
<td>1842</td>
<td>100</td>
<td>Flat</td>
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<td>Flat</td>
</tr>
<tr>
<td>6</td>
<td>3+ Posterior zone 2</td>
<td>2441</td>
<td>500</td>
<td>Flat</td>
<td>Flat</td>
<td>Flat</td>
</tr>
<tr>
<td>7</td>
<td>4a Mid zone 2</td>
<td>636</td>
<td>568</td>
<td>Flat</td>
<td>Peripheral RD, macula flat</td>
<td>Peripheral RD, macula flat</td>
</tr>
<tr>
<td>8</td>
<td>4a Mid zone 2</td>
<td>600</td>
<td>400</td>
<td>Flat</td>
<td>Peripheral RD, extrafoveal macular traction</td>
<td>1.6 cpd FCP</td>
</tr>
</tbody>
</table>

Stage=stage of disease at time of treatment of vascular retina, AR=avascular retina, VR=vascular retina, CSM=central steady and maintained fixation, RD=retinal detachment, FCP=forced choice preferential looking.

Despite the success of cryotherapy and laser photocoagulation, a significant percentage of eyes progress to retinal detachment.1-3 In these patients, even skillful vitreoretinal surgery, with anatomical success, offers a poor visual prognosis.12 Currently established practice is to apply laser, or cryotherapy, to the avascular retina anterior to the ridge when threshold disease occurs. The effect of this is possibly twofold. It reduces or eliminates the release of 'vasogenic factors' which are thought to stimulate abnormal vessel growth, and it encourages chorioretinal adhesions which may contribute to the successful outcome. No vasogenic agent has been isolated although we assume its presence. Given that the chorioretinal diode laser burn is relatively deep, part of its therapeutic effect may be the creation of focal chorioretinal adhesions in the treated areas.13 Hindle has advocated treatment of the fibrovascular ridge directly.14 We have been reluctant to do this because it has been our experience and that of others, that, where laser was inadvertently directed to the ridge, intraretinal and vitreous haemorrhage often ensued from the delicate and abnormally friable new vessels. Treatment of the vascular retina after initially treating the avascular retina is a new approach. We have performed this in cases where disease progressed to early stage 4a in five eyes, despite complete photocoagulation of the avascular retina anterior to the ridge; where stage 4a disease was present at the initial examination (one eye); and with advancing stage 3+ disease despite similarly complete photocoagulation of the anterior avascular retina (two eyes). Technically, treatment posterior to the ridge, in zone 2 in most cases, with the indirect laser is generally not difficult. In order to apply cryotherapy to the same area, an open surgical approach, with general anaesthesia, would be necessary. We have experienced differences with the method of laser application in that one generally requires greater laser power and/or burn duration to elicit a visible reaction particularly in areas of shallow retinal elevation.

Our results are encouraging in that four eyes, with stage 4a disease, regressed with this therapy. Two eyes had progressive stage 3+ disease halted with limited ablation of the vascular retina and two further eyes have flat maculae but significant peripheral tractional changes. All of the eyes have some visual function but all have extensive retinal pigment epithelial changes in the treated areas which may well impact on their visual fields.

Although the Cryo-ROP study therapeutic
guidelines represent a large step forward in the control of ROP, it has only established that one form of treatment in one specific form of the disease is effective (avascular retinal cryoablation in threshold disease). Although anatomical success occurs with vitreoretinal surgery,15-17 the functional outcome is poor.12 We feel that treatment of the vascular retina in previously conventionally, but unsuccessfully treated avascular retina in advancing stage 3 and stage 4a disease is successful in selected cases. The treatment of the vascular retina is new and radical and we recognise that the number of children treated is small, but the successful outcome merits further evaluation.