Optic Dimple: A Case of Spontaneously Resolving Optic Disc Maculopathy

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Abstract

Optic disc pits are rare cavitary congenital anomalies of the optic disc and can be complicated by serous maculopathy. The latter is responsible for significant visual deterioration. We report a case of optic disc pit maculopathy, which spontaneously resolved.

Keywords: serous maculopathy, optic disc pit, congenital anomaly, subretinal fluid

A 50-year-old male presented with complaints of blurred central vision and mild metamorphopsia in LE for two months. Examination revealed a BCVA of 6/36 in LE with an unremarkable anterior segment. Fundus evaluation showed an optic disc pit (ODP) inferotemporally (Figure 1) and serous subretinal fluid. OCT revealed serous neurosensory detachment (Figure 2A). The patient was advised fundus fluorescein angiography but was lost to follow-up. He reviewed after 1 year with a BCVA of 6/6, and the subretinal fluid had resolved when the OCT was repeated (Figure 2B).

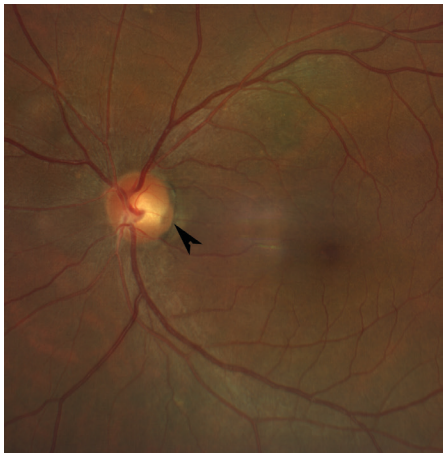

Figure 1: Fundus photograph depicting a greyish crater-like cavitation (arrowhead) inferotemporally on the optic disc, which is suggestive of an optic disc pit

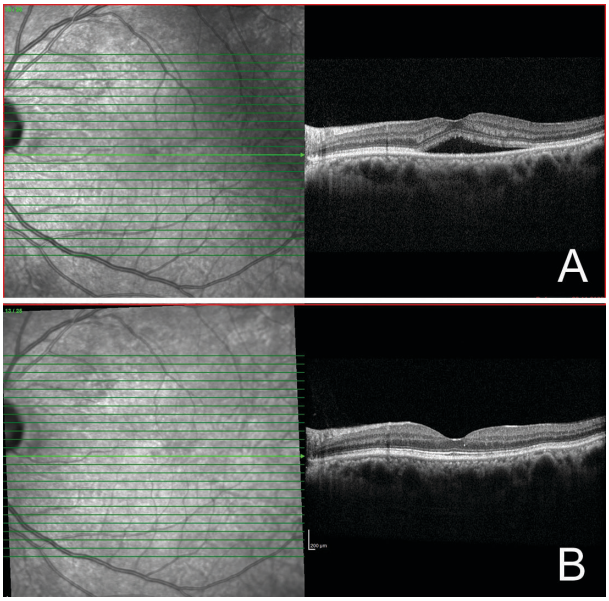

Figure 2(A-B): (A) Optical coherence tomography depicting subretinal fluid causing neurosensory detachment (B) Optical coherence tomography depicting resolved subretinal fluid with normal retinal architecture

ODPs are rare and can be complicated by maculopathy. Treatment options include scleral plug, internal limiting flaps, photocoagulation and observation.[1,2]

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CONFLICTS OF INTEREST

There are no conflicts of interest.

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