



**veonet**  
Ireland

Specialist Eye Clinics

# Central Serous Retinopathy

What you need to know.

## Your treatment at Veonet Ireland

At Veonet Ireland, we know how important your vision is to your everyday life. Our mission is simple — to make world-class eye care more accessible and affordable for patients across Ireland, delivered with warmth, understanding, and expertise.

This brochure is designed to help you feel comfortable and informed about a CSR procedure. We'll explain why this treatment may be recommended, what's happening with your vision, and what you can expect on the day.

From your first visit to your follow-up care, our team is here to support you every step of the way — ensuring you feel confident, cared for, and in safe hands



## What causes CSR?

CSR develops when a small pool of fluid builds up underneath the retina, causing the central area responsible for fine vision (the macula) to lift slightly. This raised area can blur or distort the central part of your field of vision.

Doctors do not fully understand why this fluid leakage happens, but several factors are known to increase the likelihood of CSR:

- It is more common in men than in women.
- It often affects people between the ages of 20 and 45.
- Stress or high cortisol levels may contribute in some cases.
- Some medications, such as steroids, can increase the risk.
- In many cases, the cause remains unclear.

CSR usually occurs suddenly and affects one eye at a time, although it can occasionally return in the same or the other eye.

## What are the signs and symptoms?

People with CSR often notice a sudden change in their central vision.

### Symptoms may include:

- Blurred or distorted central vision
- A dark or grey patch in the centre of vision
- Straight lines appearing wavy
- Difficulty reading small print
- You may find your close-up vision becomes more blurred, making small print harder to read
- Colours looking less vivid

CSR is not painful, and peripheral (side) vision usually remains normal.

## What is the treatment?

In most cases, CSR settles on its own without any treatment. The fluid under the retina is gradually reabsorbed by the body, and vision often returns to normal within one to six months.

### Your ophthalmologist may recommend treatment if:

- The fluid does not clear by itself
- Symptoms return frequently
- The leak is close to the centre of the macula
- You rely heavily on clear central vision for work

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## Treatment options may include

**Observation:** Many people recover fully with no intervention. Regular check-ups help monitor your progress.

**Laser treatment:** In selected cases, a gentle laser can be used to seal the leaking point. This is only advised when CSR does not improve naturally.

**Fluorescein angiography:** Your ophthalmologist may sometimes recommend a dye test called fluorescein angiography. A small amount of dye is used to pinpoint exactly where the fluid is leaking, helping guide treatment decisions.

Once your condition has improved, you will be discharged. If symptoms return, you should seek advice from your GP or optician.



## Who gives the treatment?

If treatment is needed, it will be carried out by one of our retinal specialists. They will explain the procedure, answer any questions and make sure you feel comfortable before, during and after your appointment.

## What happens after treatment?

After treatment, most people notice only mild and temporary symptoms as the eye settles. You may experience:

- Slight discomfort
- Mild redness
- Temporary blurring of vision

These usually improve within a few days. Your ophthalmologist will arrange follow-up appointments if needed to check your progress. You can continue most daily activities, but you should avoid rubbing your eyes, swimming or getting water directly into them for several days.



## What are the risks of this treatment?

CSR often improves naturally, but treatment may be recommended in certain cases. Treatments are generally very safe, but, like all procedures, there are some risks.

### Possible complications include:

- A small risk of scarring at the treatment site, which may affect vision
  - The condition may return in the same or the other eye
  - Rarely, vision may remain slightly distorted even after the fluid has cleared
- Your ophthalmologist will discuss these risks with you before treatment and make sure you have the information you need to feel confident in your care.

## How to contact us

Contact your Veonet Ireland Clinic for appointment information or questions about your treatment.



Ireland 01 270 7888

NI 028 9002 9002

(Monday - Friday, 07:30 - 17:30)

[info@veonet-ireland.com](mailto:info@veonet-ireland.com)



## Feedback and complaints

At Veonet Ireland, patient experience is at the heart of everything we do. Feedback helps us to continually improve our services and celebrate what we do well.

**Compliments** - If you've had a positive experience with our team, we'd love to hear about it. Sharing your story helps us recognise and thank our staff for the care they provide.

**Suggestions and feedback** - We welcome ideas on how we can improve our services, facilities, or communication. Every suggestion is carefully reviewed and considered.

**Complaints** - If something hasn't met your expectations, please let us know. We take all concerns seriously and will work with you to resolve them quickly, fairly, and with respect.

## How to share your feedback

- Speak directly with our patient experience team during your visit.
- Call our patient experience team on **ROI 01 270 7888 or NI 028 9002 9002**
- Email us at **[patientexperience@veonet-ireland.com](mailto:patientexperience@veonet-ireland.com)**

Your voice matters. Whether it's a compliment, suggestion, or complaint, your feedback helps us deliver the highest standard of care for every patient.

## Accessibility

This brochure is available in alternative formats to ensure it is accessible to everyone.

**Larger Print** - We can provide this brochure in a larger font size for easier reading.

**Braille** - Copies are available in Braille upon request.

**Digital Format** - An accessible digital version can be sent by email or downloaded for use with screen readers.

To request this brochure in an alternative format, please contact:

**T** ROI 01 270 7888 or NI 028 9002 9002

**E** [Patientexperience@veonet-ireland.com](mailto:Patientexperience@veonet-ireland.com)

Veonet Ireland is committed to making all of our information accessible, so every patient can engage with and benefit from our services.

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Specialist Eye Clinics



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Belfast  
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**Opening 2026**

Dublin North  
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