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Going green – Treatment outcome and safety profile of chronic central serous chorioretinopathy treated with subthreshold green laser

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Aim: Subthreshold lasers have gained popularity in the treatment of chorioretinopathy central serous chorioretinopathy (CSCR) and yellow (577 nm) lasers have completely revolutionized the treatment. However, there is very little literature regarding the use of a more common and conventional green (532 nm) subthreshold laser for the treatment of chronic CSCR. We report the use of green (532 nm) laser for the treatment of chronic CSCR and its outcome.

Methods: Eyes with nonresolving CSCR were treated with green subthreshold laser and evaluated at the end of 5 months. Visual acuity, central macular thickness (CMT), and macular volume (MV) at baseline and at 5 months following treatment were evaluated.

Results: Thirteen eyes with chronic CSCR were treated with green laser in SP-Mode™. The mean

duration of CSCR was 7.64 ± 3.77 months at the time of treatment. The median age of the patients was 41 (35–57) years. The baseline mean best corrected visual acuity (BCVA) was $0.96 \log\text{MAR} \pm 0.17$, with mean baseline CMT of $503.8 \mu\text{m} \pm 181.9$ and MV of $12.8 \text{ mm}^3 \pm 3.81$. The mean CMT at 5 months was $211 \mu\text{m} \pm 31.7$ and mean MV was $9.65 \text{ mm}^3 \pm 0.60$, correlating to a mean decrease of $292 \mu\text{m} \pm 79$ in CMT and mean decrease of $3.18 \text{ mm}^3 \pm 1.87$ in the MV from baseline ($P, 0.05$). The mean BCVA after treatment was $0.18 \log\text{MAR} \pm 0.09$ ($P, 0.05$). Two cases of CSCR with pigment epithelial detachment (PED) also had complete resolution of both at 5 months.

Conclusion: Subthreshold green laser (532 nm) is a safe and effective modality for the treatment of chronic CSCR with very good and stable outcomes. It may also be beneficial in the treatment of PEDs.

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