

GENERAL INFORMATION

# NERVE-RELATED VISION PROBLEMS



vision  
eye institute

---

# WHAT ARE NERVE-RELATED VISION PROBLEMS?

Your eyes receive visual information, but it's actually your brain that interprets the information and allows you to 'see' the image. Your brain also controls your eye movements and focus.

Conditions that affect the brain and nervous system can cause vision problems.

## What does a neuro-ophthalmologist do?

A neuro-ophthalmologist is an ophthalmologist who has undertaken further specialist training in brain and nervous system disorders that affect the eye and vision. They specialise in diagnosing and treating vision problems caused by neurological conditions.

You may be referred to multiple specialists, such as a neuro-ophthalmologist, neurologist, oculoplastic surgeon (for thyroid eye disease), or neurosurgeon, for management.

## REFERENCES

1. Better Health Channel. Eyes – optic neuritis. Available at <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/eyes-optic-neuritis> [Accessed 21 October 2025].

---

# HOW ARE NERVE-RELATED VISION PROBLEMS DIAGNOSED?

Your neuro-ophthalmologist will obtain a detailed history of your problem and any relevant medical conditions, and conduct a comprehensive examination involving neurological eye tests. This may take more than an hour. If you have had recent CT scans or MRI, please bring your films along.

A range of tests may be conducted to assess your:

- Vision and visual fields
- Eye movements
- Colour vision
- Eye pressure and size
- Retina and optic nerve
- Other cranial nerves.

Depending on your condition, eye drops may be used to dilate your pupils during the examination.

An ophthalmoscope exam allows your neuro-ophthalmologist to quickly assess the internal structures of your eye, including the optic nerve. More detailed studies may also be performed, such as an optical coherence tomography (OCT) scan to examine the back of the eye.

You may need to have blood tests to check for an underlying medical condition, such as diabetes, high blood pressure, a stroke or a neurological condition (e.g. myasthenia gravis).

A CT or MRI scan may be able to detect a structural cause for your symptoms. An MRI of the brain is often used to check for multiple sclerosis. Sometimes, a lumbar puncture (spinal tap) is required to assess if an infection or inflammation has caused elevated pressure in your brain (e.g. with idiopathic intracranial hypertension).



# WHAT ARE THE SYMPTOMS OF NERVE-RELATED VISION PROBLEMS?

If you have any of the following symptoms, have your eyes checked by an optometrist or GP:

- Problems moving your eyes
- Double vision in one eye (monocular) or both eyes (binocular)
- Bumping into objects
- Involuntary shaking of the eyes (nystagmus)
- Sudden change in pupil size or unequal pupils
- Loss of vision
- Sudden onset of headache.





---

# HOW ARE NERVE-RELATED VISION PROBLEMS TREATED?

**The treatment recommended by your neuro-ophthalmologist will depend on your specific condition and symptoms. Some nerve-related vision problems improve or resolve by themselves.**

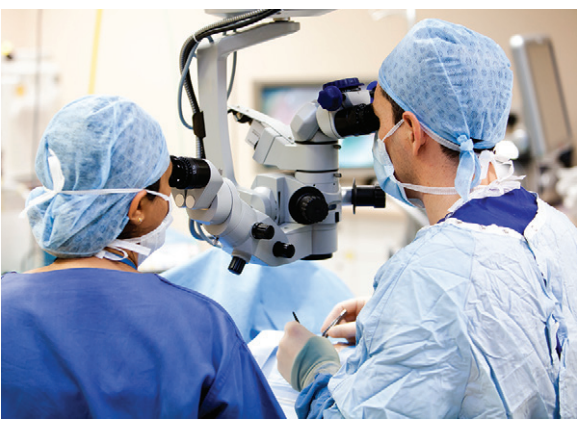
Some visual recovery may be possible after a stroke. Recovery after the removal of a brain tumour depends on the initial vision loss and the extent of the surgery.

Visual field deficits due to inflammation may resolve spontaneously or with medication.

Double vision may also resolve by itself. An eye patch is sometimes used to reduce the occurrence of double vision. If it is a permanent problem, surgery may be suggested.

Vision loss due to optic neuritis usually improves once the inflammation resolves.<sup>1</sup> If appropriate, your neuro-ophthalmologist may prescribe medication to try and reduce the risk of developing multiple sclerosis, which is often associated with optic neuritis.

Idiopathic intracranial hypertension may require surgery to relieve pressure on the brain. If recent weight gain has contributed to the condition, a weight-loss program may also be advised.



# COMPREHENSIVE EYE CARE



Scan the QR code to learn more about this service on our website

Vision Eye Institute is the largest private provider of ophthalmic services in Australia. Our team of highly regarded doctors includes general ophthalmologists as well as those who specialise in specific areas/conditions of the eye.

LASER EYE  
SURGERY



CATARACT &  
LENS SURGERY



GLAUCOMA



DIABETIC EYE  
DISEASE



MACULAR  
DEGENERATION



RETINAL  
CONDITIONS



KERATOCONUS



DRY EYE



PTERYGIUM



CORNEAL  
TRANSPLANTATION



CORNEAL  
CONDITIONS



NERVE-RELATED  
VISION PROBLEMS



RECONSTRUCTIVE  
EYE SURGERY



CHILDREN'S  
EYE HEALTH



GENERAL  
EYE HEALTH



## OUR NEURO-OPHTHALMOLOGY CLINICS

For more information or to find a Vision Eye Institute clinic that treats nerve-related vision problems, visit:

[visioneyeinstitute.com.au/services/neuro-ophthalmology](http://visioneyeinstitute.com.au/services/neuro-ophthalmology)

This information is general in nature. All medical and surgical procedures have potential benefits and risks. Consult your ophthalmologist for specific medical advice.



[visioneyeinstitute.com.au](http://visioneyeinstitute.com.au)



Transforming lives. That's our vision.