

# Salzmann

# Nodules

## What?

## So What?

## Now What?



Salzmann Nodules are elevated lumps that slowly develop in the cornea.

Acknowledgments: Samuel, A., Kumar, A., Baig, K., Sabeti, S.

## What causes Salzmann Nodules?

- The **cornea** is the clear, dome-shaped surface at the front of the eye that helps focus light on the retina. The cornea contains multiple layers.
  - **Salzmann Nodular Degeneration (SND)** is a condition that involves the formation of nodules between the outer layers of the cornea (the epithelium and Bowman layer).
    - These nodules contain material that collects after the Bowman layer is disrupted.
    - The presence of these nodules can further damage the surrounding layers of cornea.

### Risk Factors:

- Ocular diseases that cause corneal inflammation or dry eye
- Previous trauma to ocular surface (corneal abrasions, surgery)

## How does SND present?

Although symptoms often vary between individuals, it is possible to experience:

- Blurry or fluctuating vision
- Excessive watering of the eye
- Increased light sensitivity
- Eye discomfort / irritation
- Foreign body sensation

## Why is SND important?

Salzmann Nodules are important to treat to prevent complications and improve vision and comfort.

- Left untreated, the nodules can cause irregularities in the ocular surface, resulting in astigmatism (blurry vision).
- Before cataract surgery, Salzmann's Nodules may need to be treated for optimal intraocular lens calculations.

*Early intervention through a comprehensive eye exam can greatly improve long-term visual health.*

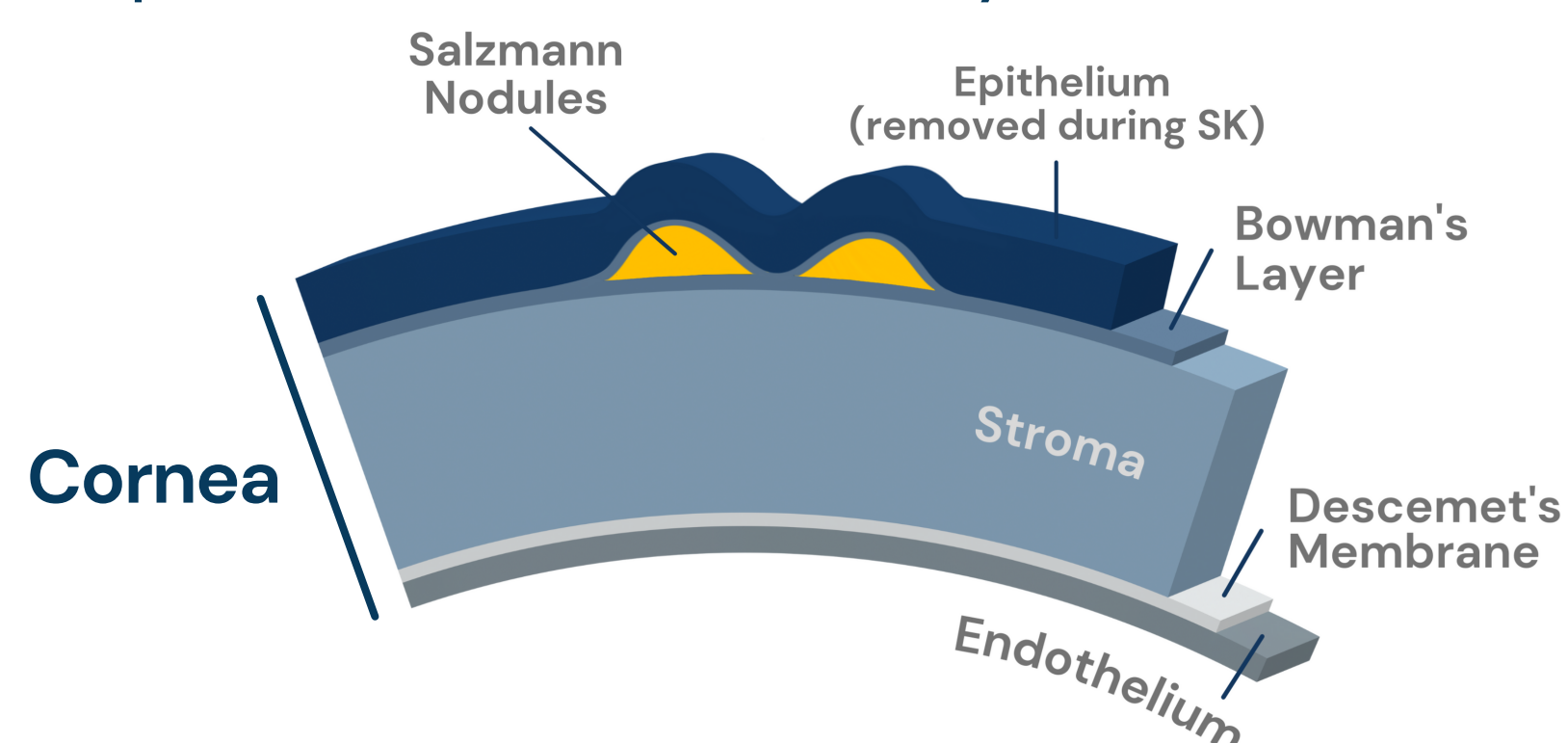
## What are my treatment options?

### Topical Medications:

- **Lubricating Eye Drops**
  - Can relieve dryness and associated discomfort.
- **Topical Medications**
  - Can reduce inflammation while promoting corneal healing.

### Surgical Options – Superficial Keratectomy (SK):

- **WHAT is a superficial keratectomy?**
  - A minor surgical procedure where the abnormal epithelial layer is removed from the cornea, resulting in a smoother ocular surface.
- **WHY is a superficial keratectomy performed?**
  - To treat corneal dystrophies, scars, and irregularities
  - To improve vision and reduce visual disturbances
  - To prepare the eye for cataract surgery, if indicated
- **HOW is a superficial keratectomy performed?**
  - Specialized instruments are used to carefully remove the targeted epithelial layer of the cornea under local anesthesia (you will be awake, but your eye will be numb).
  - Takes ~5-10 minutes to complete.
- **The decision to perform a superficial keratectomy with or without polish or the use of additional topical agents is typically based on the specific needs of the patient and is made on a case-by-case basis.**



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## Preoperative Instructions

- **Procedure Location:**
  - The superficial keratectomy procedure will take place in a dedicated minor procedure room.
- **Anesthesia:**
  - To ensure your comfort throughout the procedure, both topical and subconjunctival anesthetic will be administered.
  - These anesthetics will numb the ocular surface, minimizing any potential discomfort during the surgery.
- **Sedation:**
  - Please note that no sedation will be provided for this procedure.
  - You will be awake throughout, but the anesthetics will ensure you experience minimal discomfort.
- **Duration:**
  - Typically, the superficial keratectomy procedure takes approximately 5-10 minutes.
- **Eye Patching:**
  - After the procedure, your eye will be patched to protect it and promote healing.
  - Your surgeon will provide specific instructions on when and how to remove the patch. It is crucial to follow their guidance to ensure proper recovery.

## Postoperative Instructions

- 1) **Use prescribed eye drops as directed by your doctor to prevent infection and promote healing:**
  - Eye drops will be prescribed to prevent infection, reduce inflammation, and help the cornea heal properly. Follow the recommended dosage and frequency.
- 2) **Avoid rubbing or touching your eyes:**
  - Rubbing or touching your eyes can irritate the surgical site and disrupt the healing process.
- 3) **Wear protective eyewear, such as sunglasses, to shield your eyes from dust, wind, and bright light:**
  - Protecting your eyes from environmental factors can help prevent complications and promote a comfortable healing process.
- 4) **Avoid swimming or exposing your eyes to water for 2 to 4 weeks, as advised by your doctor:**
  - Water can introduce bacteria into the eyes and increase the risk of infection. Your doctor will inform you when it is safe to resume these activities.

## Patient Surgery Journey Video



## Your Minor Procedure Details

- Date: \_\_\_\_\_
- Time: \_\_\_\_\_
- Location: Precision Cornea Centre \_\_\_\_\_
- Surgeon: \_\_\_\_\_
- Follow Up: \_\_\_\_\_
- Additional Notes: \_\_\_\_\_