

Pterygium

What?

So What?

Now What?



Pterygium is a benign, wedge-shaped fleshy growth of conjunctival tissue over part of the cornea.

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

What causes pterygium?

- The **cornea** is the clear, dome-shaped window at the front of the eye that helps focus light on the retina.
- **Pterygium** is a yellowish-white growth of conjunctival tissue over the cornea.

Several risk factors can contribute to the development of pterygium, including:

- Prolonged exposure to UV light
- Dry climates (proximity to the equator)
- Outdoor lifestyle (exposure to wind and dust)
- Family history

How does pterygium present?

- In the early stages, a pterygium may not cause any symptoms.
- If symptomatic, patients may complain of:
 - Redness and inflammation
 - Eye irritation, foreign body sensation, or burning
 - Blurry vision

What are my treatment options?

Non-surgical management:

- **A)** Wear sunglasses and a hat to protect from UV light exposure to prevent pterygium.
- **B)** Use artificial tears to lubricate the eyes and reduce irritation.
- **C)** Steroid eye drops are sometimes used to reduce inflammation, itching, and swelling.

Surgical management:

- **Pterygium Excision and Conjunctival Autograft**
 - The pterygium will be removed from the surface of the eye.
 - **Autograft** = small area of healthy conjunctival tissue taken from the same eye and used to patch the area where the pterygium was removed.
 - This graft is held in place by glue +/- sutures.
 - A **topical agent** (mitomycin C) may be used during your surgery to prevent further scarring and recurrence of the pterygium.

What are the risks of this procedure?

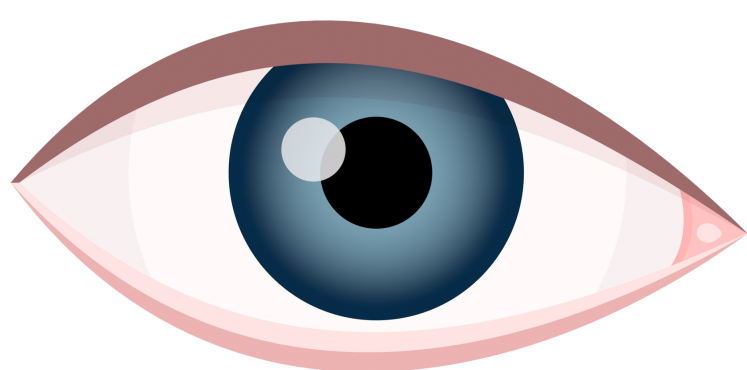
- While this surgery is considered a minor procedure, some risks include, but are not limited to:
 - Infection
 - Prolonged inflammation or poor healing
 - Pterygium recurrence

What are the indications for this procedure?

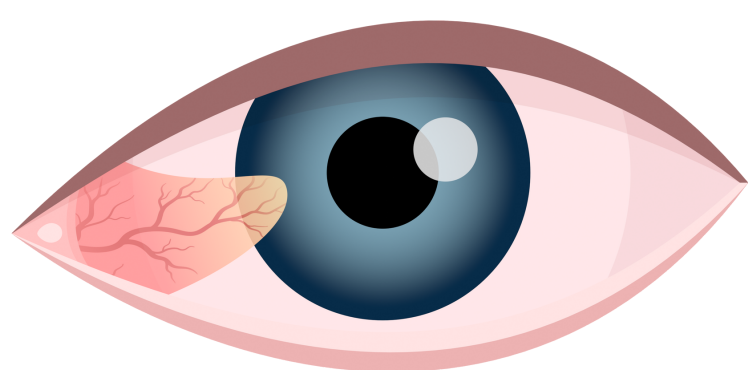
- Discomfort or foreign body sensation
- Chronic redness and light sensitivity
- Blurry vision
- Regularization of corneal curvature in preparation for cataract surgery

Note: Pterygium excision on its own may not necessarily improve vision. New prescription glasses, contact lenses, or cataract surgery may be required for further vision correction as deemed necessary by your surgeon.

Healthy Eye



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Preoperative Instructions

- **Procedure Location:**
 - The pterygium 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 pterygium procedure takes approximately 20–30 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.
- Remember to carefully adhere to all preoperative instructions, ask any questions you may have, and share relevant medical information with your surgeon.

Postoperative Instructions

- Start eye drops as instructed
- Do **NOT** rub your eye
- For one (1) week after surgery:
 - Wear your eye shield at night
- For two (2) weeks after surgery:
 - No eye makeup
 - Avoid getting water or sweat in the eye
 - No swimming or hot tubs

What can I expect after surgery?

- You may have a contact lens placed on your eye after surgery that will be removed by your doctor after 1–2 weeks.
- After surgery, vision may be blurry and your eye may appear red for 3–4 weeks after the procedure.
 - Light sensitivity may also occur.

What you can do to help:

- Apply cool compresses gently to eyelids or use oral medications for pain management as advised by your doctor.
- The eye will take approximately **8–12 weeks** to fully heal.

Your Minor Procedure Details

- **Date:** _____
- **Time:** _____
- **Location:** Precision Cornea Centre _____
- **Surgeon:** _____
- **Follow Up:** _____
- **Additional Notes:** _____

Patient Surgery Journey Video

