



Procedure Information Sheet

Introduction

A pterygium is a benign wedge-shaped fibrovascular growth of the conjunctiva that enlarges and extends onto the cornea. The exact cause of the disease is uncertain. It may be related to prolonged exposure to the sun and wind. There may be no symptom in early cases. In more severe disease, one may experience redness, inflammation, foreign body sensation and visual blurring.

Indication

Mild pterygium may be left untreated. Tear supplements for lubrication may be used for symptomatic relief. Surgical removal may be needed in the following situations:

- Pterygium blocking leading to blurring vision
- Persistent significant or severe foreign body sensation, inflammation or irritation
- Significant astigmatism
- Pterygium limiting ocular movements

The Operation / Procedure

Pterygium removal is usually performed under local anaesthesia as a day case procedure.

The pterygium is excised and adjunctive procedures may be performed to prevent recurrence of pterygium:

1. Conjunctival autograft, harvested from another portion of the conjunctiva in the same or fellow eye is used to cover the defect.
2. Adjunctive use of anti-metabolite agents
3. Amniotic membrane graft

Before the Operation / Procedure

1. Inform your doctor if you have any other systemic conditions such as hypertension, stroke, heart disease, diabetes or taking any medications (especially blood thinners such as aspirin or warfarin), traditional Chinese medicine or healthy supplements on a regular basis.
2. If needed, fasting as instructed by healthcare professionals.

After the Operation / Procedure

1. The eye is usually patched with dressing overnight.
2. Use eye drops or ointment as prescribed by your doctor.
3. Avoid contact sports to prevent injury.
4. Wear clothing with buttons (instead of pullovers) to prevent contact to the eye.
5. Avoid inadvertent contact with any dirty water, foreign body or trauma to the operated eye.
6. Do not rub your eyes.
7. In order to avoid any trips or falls during nocturnal toilet visits, it is advisable to leave some night light on.
8. The wound will heal over time.
9. Follow strictly on the medication instructions and to attend review as scheduled.
10. Wear a hat or UV protective glasses outdoors to minimize irritation from sun light and risks of pterygium recurrence.
11. You should seek immediate medical attention from our Eye Centre or attend our Out-patient Centre if you experience acute ocular symptoms like sudden eye pain or visual deterioration.

<p>Patient's Label Patient Name: _____ Hospital No: _____ Episode No: _____</p>



Risk and Complication

Pterygium operation is a safe procedure. Complications that may occur occasionally include:

1. The most common complication is recurrence, the resultant size of which may actually be bigger than the initial pterygium.
2. Redness, watering and gritty sensation of the eye after operation, especially when stitches are used.
3. Granulation tissue formation
4. Poor healing, autograft dislodges.
5. Astigmatism, especially with residual scarring.
6. Blurring of vision due to scarring. Vision may be worse than before operation.
7. Adhesion between the eyeball and eyelids
8. Defective ocular movements, squint and double vision.
9. Ocular perforation
10. Wound infection
11. Corneal-scleral melting
12. Other associated anaesthetic risks

Disclaimer

This leaflet only provides general information pertaining to this operation / procedure. While common risks and complications are described, the list is not exhaustive, and the degree of risk could also vary between patients. Please contact your doctor for detailed information and specific enquiry.

Reference

Smart patient website by Hospital Authority: Pterygium (5/2020)

Patient's Signature: _____ Date: _____

Patient's Label

Patient Name: _____

Hospital No: _____

Episode No: _____