

Introduction

- A pterygium is a benign wedge-shaped fibrovascular growth of the conjunctiva that can enlarge & extend onto the cornea. The exact cause of the disease is uncertain. It may be related to prolonged UV light exposure. There may be no symptoms in earlier cases.
- In more severe disease, one may experience redness, inflammation, foreign body sensation and visual blurring in the eyes.

Indication

Mild pterygia 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 / blurring vision.
- Persistent significant or severe foreign body sensation, inflammation or irritation.
- Significant astigmatism.
- Pterygium limiting ocular movements.

Pre-operative preparation

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. Fast as instructed by your doctor if necessary.

Possible risks and complications

Pterygium operation is a safe procedure. The most common complication is recurrence, the resultant size of which may actually be bigger than the initial pterygium. Other complications that may occur occasionally include:

- Redness, watering and gritty sensation of the eye after operation, especially when stitches are used.
- Granulation tissue formation.
- Poor healing.
- Astigmatism, especially with residual scarring.
- Blurring of vision due to scarring. Vision may be worse than before operation.
- Symblepharon formation causing adhesion between the eyeball and lid(s).
- Defective ocular movements, squint and double vision.
- Ocular perforation.

- Wound infection.
- Corneal-scleral melting.
- Other associated anaesthetic risks.

Post-operative information

1. The eye is usually patched with dressing overnight.
2. Follow strictly use eye drops or ointment as prescribed by your doctor.
3. Do not rub your eyes.
4. Avoid contact sports and refrain from washing your hair in the first week after the operation, and to wear clothing with buttons (instead of pullovers) to avoid inadvertent contact with any dirty water, foreign body or trauma to the operated eye.
5. Wear a hat or UV protective glasses outdoors to minimize irritation from the sun light and risks of pterygium recurrence.
6. In order to avoid any trips or falls during nocturnal toilet visits, it is advisable to leave some night light on.
7. The wound will heal over time. Follow up on scheduled as instructed by your doctor.

Remark

The above mentioned procedural information is not exhaustive, other unforeseen complication may occur in special patient groups or different individual. Please contact your physician for further enquiry.

Reference: http://www21.ha.org.hk/smartpatient/tc/operationstests_procedures.html

I acknowledge that the above information concerning my operation/procedure has been explained to me by Dr. _____. I have also been given the opportunity to ask questions and receive adequate explanations concerning my condition and the doctor's treatment plan.

Name:

Pt No.: Case No.:
Sex/Age: Unit Bed No.:
Case Reg Date & Time:
Attn Dr:

Patient / Relative Signature: _____

Patient / Relative Name: _____

Relationship (if any): _____

Date: _____