Pterygium Excision

Pterygia are fleshy growths that arise from the *conjuctiva.* This is the red velvety membrane you see when you pull your lower lid down. When they grow out over the *cornea* (the window to the eye or the clear membrane on the front of your eye), they block vision. It becomes difficult to see. It may also cause *irritation* (make the eye red and sore). It also causes *cosmetic* problems. This means your eye does not look as good as when it was healthy. One of the most common problems with pterygia are that they often come back even after complete removal.

TREATMENT

Pterygia are removed with an operation. This is often done with a local anesthetic. This is a medication like Novacaine that makes the eye and area being worked on numb. They are often removed using a microscope. This is an instrument the surgeon looks through that *magnifies* (makes larger) the small area of the operation. When these operations are done with the patient awake, the patient must be able to hold still and co-operate with the surgeons instructions.

HOME CARE INSTRUCTIONS:

If a dressing was applied, this may be changed once per day or as instructed. Your caregiver will instruct you in your care.

- If eye drops or ointment was prescribed, use as directed for the full time directed.
- Should your eye become more red and swollen with use of medications, let your caregiver know. This could be an allergic reaction.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL ATTENTION IF:

- There is redness, swelling, or increasing pain near or around the eye.
- There is a change in your vision
- Pus is coming from wound.
- An unexplained oral temperature above 102° F (38.9° C) develops, or as your caregiver suggests.
- You develop cough, shortness of breath, or have pain in the chest.

Document Released: 04/07/2004 Document Re-Released: 09/26/2009
ExitCare® Patient Information ©2011 ExitCare, LLC.