



Dr. Michael Ashenhurst & Dr. Vivian Hill

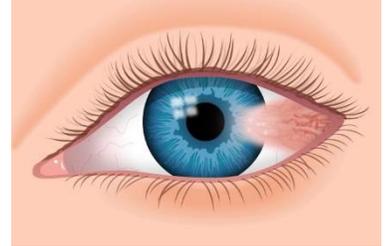
Eye Physicians & Surgeons

Phone: 403 245 3171 Fax: 403 245 4205

(Surgical Booking)

Pterygium Surgery

A pterygium is a raised, wedge-shaped growth of the conjunctiva (the clear mucous membrane lining the inner eyelids and the sclera) that extends onto the cornea. Pterygia are benign lesions that can be found on either side of the cornea that may be caused by prolonged exposure to sunlight or wind. Inflammation, exposure to dust, and dryness may also be a factor. They usually cause irritation, redness, and foreign body sensation. Sometimes they grow and cause decreased or distorted vision.



In pterygium removal surgery, the patient is lightly sedated to ensure comfort, and the eye is completely numbed so there is no way to see the surgery occurring and no sensation of discomfort. The abnormal corneal and conjunctival tissue is removed and replaced with a thin graft of normal tissue. Over the next 3-4 weeks the eye gradually returns to a normal appearance.

Pterygium surgery is made possible by the use of modern tissue adhesive. Composed of clotting proteins normally found in human blood, tissue adhesive allows the surgeon to secure a conjunctival autograft in seconds rather than minutes. After about one week the tissue adhesive dissolves with no residue, leaving the eye to heal comfortably.

Post-operative instructions:

After your surgery you will leave with an eyepatch in place. Do not remove the pad the surgeon positioned after your surgery, however you can add another pad on top if it becomes moist. The pad will be removed at the office the following day.

Take Tylenol if needed to ease discomfort. Do not take Aspirin or any other products containing aspirin (ASA). Take one Ativan or Imovane at bedtime, if needed, to help you sleep.

The following day you will be seen in the office for your surgeon to check on the eye. After your checkup you can start using the ointment in your operated eye only. Keep the eye covered with a pressure pad as advised by the doctor, removing it only to put the medication in your eye. Replace the pad after each medication application.

Tobradex ointment is used twice daily.

We recommend the following for the first week:

- Never rub the eye. It is normal for the eye to feel irritated.
- Always wash your hands before instilling eye medication.
- Cover your eye to keep water or soap out when bathing, showering, or washing your hair.
- Keep your eyelids and lashes clean.
- Avoid hair spray and makeup.

It is safe for you to gradually resume regular activities after the first week, remembering to avoid unnecessary irritation. Following surgery, your eye will appear very red and may feel gritty for several weeks. These after-effects will subside gradually as healing progresses. You may also experience a change in vision, depending upon the size and location of the pterygium.

Call us immediately if you experience any of the following:

- **Significant persistent pain**
- **Loss or decrease in vision, especially if sudden**
- **Excessive redness or colored discharge from the eye**

**If you have any concerns, you can call the office during office hours at 403-245-3171.