

A brief note on pterygium and its therapy.

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Description

Pterygium, commonly known as surfer's eye, is a fleshy tissue (including blood vessels) growth on the conjunctiva, the transparent layer that lines the eyelids and surrounds the eyeball. It normally starts on the side closest to the nose and progresses toward the pupil. It might be little or big enough to cover a portion of the cornea. If the growth reaches onto the cornea (the pupil portion of eye), it may alter its shape, resulting in hazy or double vision. Pterygium is thought to be caused by a mixture of sun, wind, and dust exposure to ultraviolet (UV) radiation.

It may appear to be cancer, but it is not. Growth may occur gradually over the course of the life or may come to a halt at some time. It might obscure pupil and cause visual impairment in severe circumstances. The growth might appear in one or both eyes. A bilateral pterygium occurs when it affects both.

Symptoms

- Pterygium symptoms can range from moderate to severe.
- Redness and swelling of the conjunctiva, usually when the pterygium is growing.
- A yellow spot or bump on the white of eye.
- Dry, itchy, burning eyes.
- A sensation as though sand or grit is trapped in the eye.
- Foggy vision.

Treatment

If the condition produces redness or irritation, over-the-counter eye ointments or wetting drops can be used to treat it. Eye drops relieve redness and inflammation, Steroid eye drops on prescription to relieve redness, irritation, swelling, and discomfort. If the growth gives you pain, interferes with eyesight, or is not aesthetically acceptable, it can be removed during an outpatient operation.

As with any operation, there may be consequences such as the return of a more aggressive growth, scarring, and so on. When

all other therapies have been used, surgery is usually recommended. After the lesion is removed, one form of surgery utilises tissue from conjunctiva or a placenta to replace the empty hole. The growth is removed, and the filler is glued or sewn into place. Another type of surgery employs the use of a medicine known as Mitomycin-C to aid in the prevention of scar tissue development.

The treatment usually takes between 30 and 45 minutes. The person undergone the treatment is most likely need to wear an eye patch for a day or two. For several weeks or months, steroidal eyedrops are preferable. They will reduce inflammation and make a new lesion less likely to develop. Grafting tissue into the eye may appear unappealing, but it can reduce the likelihood of a tumour returning.

Prevention

Use of sunglasses every day. This includes cloudy days since clouds do not block Ultraviolet (UV) light. Choose shades that filter 99 percent to 100 percent of Ultraviolet A (UVA) and UVB (Ultraviolet B) light. Wraparound the models that offers protection against UV rays, dust, and wind. Wear them when driving as well. The side windows of your automobile, unlike the windshield, do not protect you from UV radiation and also use of artificial tears to keep your eyes moist in dry conditions.

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