

SAFETY AND EFFICACY OF THE PTERYGIUM EXCISION WITH LIMBAL CONJUNCTIVAL AUTOGRAFT SURGERY IN PTERYGIUM MANAGEMENT

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ABSTRACT

Aims

To determine the efficacy and safety of limbal-conjunctival autograft in the management of symptomatic pterygium and also to determine the best corrected visual acuity and to know the pterygium recurrences.

Materials and Methods

The surgical excision of pterygium and limbal-conjunctival autograft were done in 70 eyes with pterygium. Autologous limbal-conjunctival graft of the same eye was used to cover the bare sclera after pterygium excision, while we had maintaining the limbus to limbus orientation. All patients were followed up to 8 to 20 months.

Result

The study observed that a low recurrence rate of pterygium and Minimal complications. Astigmatism reduced with significant improvement of visual acuity ($P<0.01$). All confounders and related parameters of pterygium excision were found to be statistically significant ($p<0.01$) with respect to age and sex matched frequency. The incidence of post operative complications is very minimal and found to be significantly associated with the PTE and LCA ($P<0.01$).

Conclusion

The present study demonstrated a low recurrence rate from pterygium excision with Limbal-conjunctival autografting among rural population to whom the pterygium is more prevalent due to ultraviolet light exposures. This technique is free from sight threatening complications (unlike topical chemotherapy or radiotherapy) and also the study could not found manifested deleterious effect on visual acuity (unlike lamellar grafting).

KEYWORDS: *Pterygium Excision, Limbal Conjunctiva, Autograft, Bare Sclera, Complications*

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