



## How can Pterygia be treated?

In cases where the pterygium is not actively encroaching upon the cornea, safeguarding the eyes from ultraviolet light exposure, reducing exposure to allergens, improving eyelid health and tear film function can help stabilise its growth. If the pterygium is stable and not compromising vision no further intervention is needed. However, when the pterygium is actively advancing onto the cornea and jeopardizing vision surgical removal is required.



We recommend **P.E.R.F.E.C.T.** (Pterygium Extended Removal Followed by Extended Conjunctival Transplant) surgery. Performed by a handful of ophthalmologists in Queensland and New South Wales, this procedure has reduced the pterygium recurrence rate from the 10 to 15% to 0.1%. More importantly the cosmetic appearance achieved after P.E.R.F.E.C.T. is usually so good that the patient forgets which eye has had the surgery a few months later.

The same technique is used for the removal of a recurrent pterygium after removal by other surgeons. The surgical procedure is far more difficult and may take 1½ - 2 hours of operating time. The recurrence rate is 0.5%, but the cosmetic result is not always as good as when the surgical procedure is used on a pterygium which has never been removed before.

Recovery can take several weeks. It's advisable to undergo surgery before the pterygium progresses to the point of interfering with vision. We can evaluate the pterygium and refer you to a pterygium ophthalmologist if removal is necessary.

## How can Pterygia be prevented?

The most effective method to lower your risk of developing a pterygium is by shielding your eyes from ultraviolet (UV) radiation. UV radiation exposure not only contributes to the development of pterygia but also increases the risk of cataracts, macular degeneration, and eye lid and facial skin cancers.

- Avoid the sun especially from 10 am to 4 pm.
- Wear a broad-brimmed hat that will reduce by half the amount of UV radiation reaching your eyes.
- Wear sunglasses- Wraparound sunglasses are best.

