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The efficacy of improved method of surgical treatment persistently recurrent pterygium

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Topicality. The main method of pterygium treatment is its surgical removal with using of different modifications.

Purpose. To develop the most effective surgical method of the treatment of persistently recurrent pterygium and to assess its efficacy.

Materials and methods. Depending on the conducted surgical treatment, patients (60 eyes) were divided into two groups. A control group of patients (30 eyes) underwent pterygiumectomy with plasty of autoconjunctiva on the stem. The main group (30 eyes) of patients were operated on by the combined method that we suggested, which persistently relapsed the pterygium with autoconjunctival plasty on the stem. The principle of the combined method consists of the complete removal of the pterygium within the healthy conjunctiva and along the semilunar fold, as well as the recession of the inner rectus muscle of the eye by 3-4 mm. Then, the formed tissue defect on the sclera is replaced by an autograft on the stem, cut from the surface layers of the upper segment of the bulbar conjunctiva.

Results. One year after the operation, in 27 patients (90%) of the main group, visual acuity increased to 0.3-0.4 and averaged 0.8 ± 0.09 relative units. In parallel, these same patients experienced a decrease in the magnitude of astigmatism to 1.5-2.0 diopters. The patients in the comparison group, one year after the surgery, the proportion of patients with an increase in visual acuity to 0.3-0.4 and a decrease in the degree of astigmatism to 1.0-1.5 diopters was almost 1.5 times less than in patients in comparison with the main group. We detected abrupt shifts in refraction in the operated patients of both groups. There were increased the number of eyes with emmetropic refraction- $31.8 \pm 4.4\%$ in the main group and $24.5 \pm 3.4\%$ in the comparison group. There was a slight increase in the number of eyes with hypermetropic refraction, which was $27.1 \pm 4.3\%$ in the main and $23.3 \pm 2.8\%$ in the comparison group and a sharp decrease in hypermetropic astigmatism – $27.1 \pm 4.3\%$ and $33.9 \pm 3.6\%$ respectively. The proportion of patients with improved refraction of a reduction in the degree of astigmatism in the comparison group was almost 1.5 times less than in patients in the main group.

Conclusions. The use of the developed method of surgical treatment, persistently relapsing pterygium reliably reduces (2.7 times) the frequency of repeated relapses of the disease in comparison with the autoconjunctiva plasty on the stem.

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