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Which is preferable? Two methods for pterygium surgery

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Purpose: To compare sutured conjunctival autograft technique and fibrin glue technique for pterygium excision in terms of surgery time, postoperative discomforts, postoperative complications and recurrence.

Methods: 40 eyes were included in this prospective study. The patients were divided into two groups. Sutured conjunctival autograft technique was performed on the first group. The sutureless Tisseel fibrin glue technique was performed on the second group. 20 eyes were included in both groups. The patients in both groups were compared in terms of preoperative findings and postoperative results.

Results: The average surgery time was 23.95 min (between 18-21 min) in Tisseel fibrin glue group, whereas in sutured conjunctival autograft group the average time was 30.55 min (between 25-38 min). The average surgery time for the second technique was significantly less than the time needed for the first group ($p < 0.005$). At the end of 6 months there were only two recurrences in fibrin glue group (10%), while there were three recurrences in sutured conjunctival autograft group (15%). Furthermore, there were much less complaints in the fibrin glue group in terms of postoperative discomforts on the first, second and third day during the postoperative phase ($p < 0.005$ (day 1), $p < 0.005$ (day 2) and $p = 0.001$ (day 3)).

Conclusions: Both techniques are safe and effective methods concerning pterygium surgery. Fibrin glue technique is considered to be more preferable for surgeons and patients due to the fact that it has shorter surgery times and there is less recurrence despite its high cost.

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