



Conjunctiva - Pinguecula & Pterygium

The Following Information has been Prepared for You:

The conjunctiva is the clear membrane that covers the white part of your eye. It wraps around to the underside of your eyelids.

PINGUECULA - these are whitish, yellow or brown deposits that develop on top of the white part of your eye. They can appear on one or both sides of the iris / cornea. The larger they get, the more elevated they become.

They occur due to sunlight exposure - usually while in a vehicle. Protecting the eyes from sunlight exposure will help prevent growth of current pinguecula or development of additional pinguecula.

They may increase the risk or exacerbate dry eye or foreign body symptoms. Treatment of these symptoms usually involves the use of oil-based or petroleum-based artificial tears, gels or ointments. Refresh Mega, Retaine, Nanotears MO, and Refresh PM are common brands.

In some cases, patients are concerned about the cosmetic appearance. While some pinguecula may be removed surgically, it is not a common procedure.

There is no current cure for pinguecula.

PTERYGIUM (pronounced ter - ig' -ee - um) - these are typically triangular flaps of tissue that grow onto the cornea from the conjunctiva (the clear membrane that covers the white part of the eye). They are associated with excess exposure to UV radiation from the sun or being exposed to frequent windy or dusty conditions. They form as the body's attempt to protect the delicate cornea (the clear dome that covers the front of the eye) from harm, almost like a "third" eyelid helps cats and other animals.

Usually, they are small and pose no significant threat to the overall health of the eye or vision. Large ones, however, may cause warping of the corneal shape, and can induce astigmatism. They may also grow into the pupil zone and block vision. By interfering with the normal pathway of tears across the ocular surface, pterygia can exacerbate dry eye and become inflamed, red, and cause blurred vision and light sensitivity.

Pterygium do not resolve on their own. They may be either left alone or surgically removed. Inflammation can be managed with corticosteroid eyedrops and artificial tears. More severe symptoms of dry eye may require further treatment, as recommended by your eye doctor.

To prevent further progression, use quality wrap-around sunglasses when outdoors, or sealed safety goggles when working in dusty conditions, such as a wood shop or textile factory. Avoid standing in front of strong fans.

Contact our office with any significant vision changes or emergencies that you feel require immediate attention.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful - none of my questions were answered
Comments / Questions / Typos:	

Provider Contact Information

Family Eye Care & Pediatric Vision Center, PLLC
Melissa Holliman, OD

David Holliman, OD
Brandon Holliman, OD

1203 N. Eastman Rd
Kingsport, TN 37664
Phone: (423) 274-3321
Fax: (423) 247-3631
FamilyEyecareKingsport@gmail.com
Website: DrHolliman.com