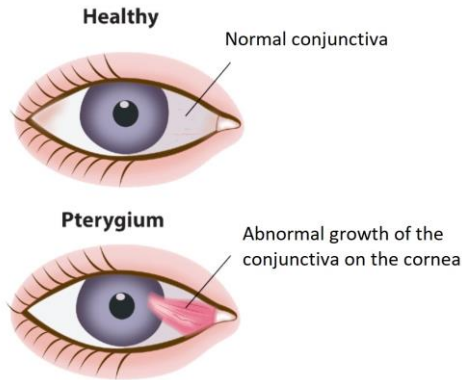




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What is Pterygium?

A pterygium is a benign wedge-shaped fibrovascular growth of the conjunctiva that can enlarge and extend onto the cornea. The exact cause of the disease is uncertain. It may be related to prolonged UV light exposure.

Signs and Symptoms:

There may be no symptoms in earlier cases. In more severe disease, one may experience redness, inflammation, foreign body sensation and visual blurring in the eyes.

Preventions:

Wear a hat or sunglasses when you go out to reduce the UV light on your eyes. Avoid direct exposure to sunlight, which may cause enlargement or recurrence.

Pterygium Removal

Indications for Surgery

Surgical removal may be needed in the following situations:

- Pterygium blocking / blurring vision
- Persistent or significant severe foreign body sensation, inflammation, or irritation
- Significant astigmatism

請注意，此信息並不是用作診斷健康問題或用作取代專業醫護人員的意見。若您根據此信息作出任何決定，東北醫療中心不會就此承擔任何責任。

Please note that this information is not intended to diagnose health problems or to replace the advice of a health care professional. North East Medical Services disclaims any liability for the decisions you make based on this information.

Surgery Procedure

Pterygium removal is usually performed under local anesthesia as a day case procedure. The pterygium is excised and adjunctive procedures may be performed to prevent recurrence of pterygium:

- Conjunctival autograft
- Adjunctive use of anti-metabolite agents

Before the Procedure

- Inform your doctor if you have any other systemic conditions or taking any medications (especially blood thinners such as aspirin or warfarin), traditional Chinese medicine or healthy supplements on a regular basis.
- If needed, fasting as instructed by healthcare professionals.

After the Procedure

- The eye is usually patched with gauze overnight
- Use eye drops or ointment as prescribed by your doctor
- Do not rub your eyes
- Avoid contact sports in the first week after surgery
- Avoid washing your hair for the first week after surgery to avoid dirty water entering the eyes

Follow up

- The wound will heal over time
- Follow strictly on the medication instructions and return for follow up appointment as scheduled
- Wear a hat or UV protective glasses outdoors to minimize irritation from sun light and risks of pterygium recurrence

If you have any questions or concerns, please consult with your doctor or nurse.

Sources:

- Hospital Authority, HK

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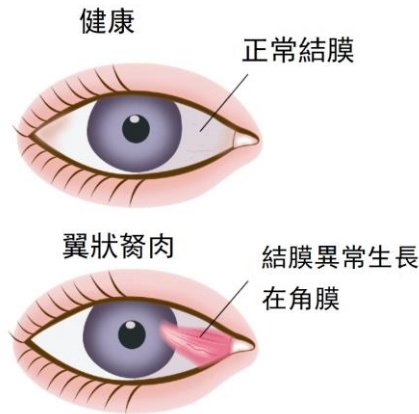
Nếu quý vị nói tiếng Việt, chúng tôi có thể cung cấp dịch vụ hỗ trợ ngôn ngữ miễn phí và các thiết bị và dịch vụ hỗ trợ phù hợp.



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甚麼是翼狀胬肉?

翼狀胬肉是一種良性的結膜病變，由結膜生長血管纖維至角膜。原因不明，一般認為是結膜長期受到風沙，紫外光等刺激而引起的慢性炎症。因其形狀酷似昆蟲的翅膀，故名翼狀胬肉。

症狀

初期是沒有特別症狀，進一步可能會有眼睛發炎或眼痛不適，嚴重的會影響角膜弧度，散光度數增加，視線受阻，甚至視力模糊。

預防

外出時應穿戴帽子或太陽眼鏡，以減低陽光的紫外光對眼睛的刺激。應盡量避免直接注視陽光，引致胬肉擴大或復發。

胬肉切除手術

適用情況

胬肉切除手術則適用於：

- 胬肉於角膜表面並逐漸遮蔽瞳孔，因而造成視力障礙
- 胬肉長期引起嚴重不適或發炎
- 胬肉伸展至角膜時，由於牽扯而產生散光

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手術過程

大部份的胬肉切除手術可在日間手術室於局部麻醉下施行。醫生會先切除胬肉，為減低復發機會，手術期間可能施行下列各種輔助程序：

- 自體結膜移植
- 手術時使用抗代謝或抗纖維藥物

手術前準備

- 如你有其他疾病或要長期服藥，尤其服用抗凝血藥物、薄血丸等或長期服用中藥或健康食品等，你必須預早通知醫生並依指示暫停藥物，以減低併發症或出血的風險。
- 如有需要手術前依指示停止飲食

手術後須知

- 手術部位會蓋上紗布
- 依醫生處方滴眼藥水及使用眼膏，以預防減少傷口感染
- 請勿揉眼
- 手術後避免做劇烈運動
- 手術後頭一星期應避免洗頭，以防止污水入眼引致發炎

手術後跟進

- 傷口會慢慢癒合
- 應依照醫生處方按時滴眼藥水及使用眼膏，並於預定的日期覆診
- 外出時應穿戴帽子或隔紫外光眼鏡，以減低陽光對眼睛的刺激，引致胬肉復發。

如果有任何疑問或擔心，請諮詢醫生或護士。

資料來源：

- Hospital Authority, HK

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