

PATIENT NAME	
REFERRING PHYSICIAN	TELEPHONE

**What is pterygium?**

Pterygium (pronounced tur-IJ-ec-um) is an abnormal tissue growth that extends from the corner of the eye toward the center of the eye. The appearance of a pterygium can vary from a small, almost unnoticeable tissue mass to a large, red, noticeable and irritating growth.

**What are the symptoms of pterygium?**

It is possible that a patient with a pterygium has no symptoms at all. Other patients have a variety of symptoms including abnormal redness, swelling, itching, irritation, and blurred vision.

Vision can be affected if the pterygium grows to cover the center of the eye or if the irregular tissue grows and restricts the eye's movement.

**Are there ways to prevent Pterygium?**

Protecting your eyes from prolonged sun exposure is the best prevention method. When outdoors, wear a hat with a brim and UV coated sunglasses to block the sun's harmful UV rays. These precautions are even more important if you live in a tropical or subtropical area, if you work outside, or if you participate in outdoor activities like fishing, skiing, or gardening.

**What can I expect after surgery?**

After surgery the eye will be patched overnight: topical antibiotic and anti-inflammatory drops and /or ointments will be used to minimize the pain and help with the healing. Your doctor will monitor your healing and advise you how often to use the drops and /or ointments.

There may be some discomfort during the first few days after surgery but you will be able to resume full activity within 48 hours. The eye will heal within two weeks.

**Is there any risk of complication?**

The most common complication of pterygium surgery is the chance that the pterygium might grow back. Those patients who develop recurrent pterygium can be retreated using the same surgical removal as desired.

**How is pterygium treated?**

Treatment depends on the symptoms. You can treat symptoms with over the counter artificial tears or topical lubricating drops and/or ointments.

Your doctor can also prescribe short-term use of topical corticosteroid anti-inflammatory drops when symptoms are not relieved by over the counter medications. It is also wise to protect eyes from UV rays

If over the counter and prescription medications do not alleviate your symptoms or if you want a better cosmetic appearance, a pterygium can be surgically removed.

**How is pterygium surgically removed?**

Your pterygium can be surgically removed in an outpatient setting under local or topical anesthesia. Your surgeon will remove all of the pterygium tissue from the surface of your eye. IN order to help the area around the pterygium heal. Your surgeon will treat the surface of your eye by covering the area where the pterygium was removed with a thin layer of tissue removed from an area next to the pterygium.

**DIRECTIONS:**

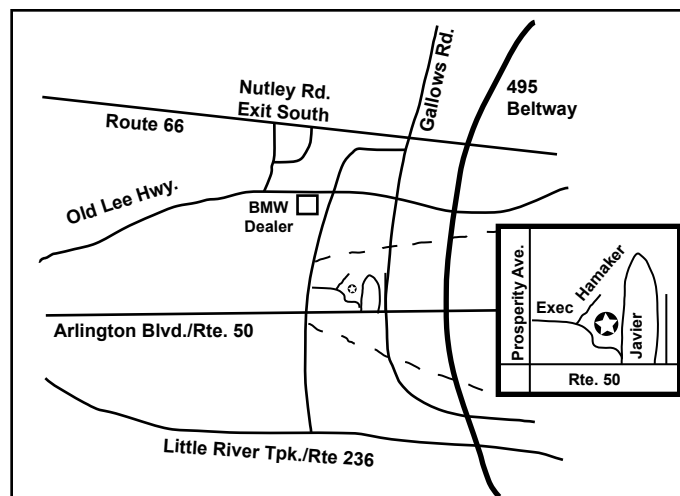
**From Virginia (Traveling West):** Take Arlington Blvd. ( Route 50-West) towards Fairfax. After passing under the Capital Beltway, turn right at the 4th traffic light onto Prosperity Ave. Turn right at the first street onto Executive Park Ave. Turn left at the first street, onto Hamaker Ct.

**From Virginia (Traveling East):** Take Arlington Blvd. (Rt. 50-West) Turn left onto Prosperity Avenue. Turn right at the first street onto Executive Park Ave. Turn left at the first street, onto Hamaker Ct.

**From Washington DC:** Take either Arlington Blvd. (Rt. 50-West) or take the Capital beltway (I-495) to Exit 50 (Rt. 50 West-Fairfax). Continue West on Route 50. Turn right at the 4th traffic light onto Prosperity Ave. Turn tight at the first street on to Executive Park Ave. Turn left at the first street, on to Hamaker Ct.

**From Maryland:** Take the Capital Beltway to Exit 50 (Rt. 50 East-Fairfax). Continue West on Route 50. Turn right at the 4th traffic light on to prosperity ave. Turn right at the first street onto Executive Park Ave. Turn left at the first street on to Hamaker Ct.

**Capital Eye Consultants, P.C.** is located on the first floor of 3025 Hamaker Court, Suite 101, a five story, red, brick building on your right immediately after you turn into Hamaker Ct.



***Your appointment is scheduled for:***

\_\_\_\_\_ Date \_\_\_\_\_ Time

***Please bring insurance information.***

If you have any questions prior to your appointment, please call  
**Capital Eye Consultants, P.C. at (703) 876-9630**