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Service (sector) Cornea and External DiseaseN° CEP

### **Use of subconjunctival triamcinolone to prevent pterygium recurrence**

Fabiana dos Santos Paris; Myrna Serapião dos Santos; Jefferson Luiz Alves Batista; Juliano Lopes Carvalho; José Álvaro Pereira Gomes. Purpose: To report the outcome of postoperative subconjunctival injection of triamcinolone in eyes that were submitted to pterygium surgery and presented risk of recurrence. Patients/Methods: Twelve eyes of 11 patients with primary (7 eyes) or recurrent (5 eyes) pterygia were submitted to excision and conjunctival autografting in 4 (33.3%) eyes, amniotic membrane transplantation in 6 (50%) eyes or both in 2 (16.6%) eyes. All these eyes presented signs that were considered as risk factors for recurrence (conjunctival inflammation, hemorrhage, granuloma, and fibrovascular proliferation) and were submitted to subconjunctival injection of triamcinolone. Results: Among the 11 patients, 8 were men (66.6%) and 3 women (25%), with a mean age of 41 years old (from 20 to 56 years old). Five eyes (41.6%) were graded in T2 (intermediate) and 7 eyes (58.3%) in T3 (fleshy). The time between the surgery and the first injection ranged from 2 to 5 weeks (mean 3.4 weeks). One to 3 injections were necessary (mean 1.6 injections) to achieve the desirable result. After the injection, 1 patient (8.3%) developed inflammation and 2 eyes (16.6%) from the same patient presented intraocular hypertension, which was controlled with topical betablocker. The follow up after the last injection ranged from 2 months to 30 months (mean 8.5 months). Only one case of conjunctival recurrence (grade 3) was observed. Conclusion: The post-operative use of subconjunctival triamcinolone seems to benefit patients with increased risk for pterygium recurrence. It is relatively safe and presents few complications. Controlled and prospective studies are necessary to confirm its efficiency.