Is Perfect Technique Perfect

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ABSTRACT
Pterygium is a triangular or wing shaped degenerative, fibrovascular hyperplastic proliferative tissue actively growing from the conjunctiva onto the cornea.
Its prevalence rate varies from 0.7% to 31% in different regions , in south Indian population it is about 9.5%
Ultraviolet radiation and hot, windy, dusty ,dry, smoky environments are considered as risk factors for pterygium.
Pterygium disturbs vision by leading to tear film instability, corneal astigmatism or visual axis obscuration.
Aim : To compare the outcomes of Pterygium excision with conjunctival autograft by using PERFECT TECHNIQUE and FIBRIN GLUE.
Primary outcomes
To note the recurrence rates amongst the two surgical methods
To record the amount of residual astigmatism
Secondary outcomes
To note the difference in the time taken to perform the two procedure
To note complications seen intra and post-operatively.

I.   DISCUSSION

We have done our study to compare pterygium excision between CAG using fibrin glue and PERFECT technique

There were 60 patients [30 in each group] in our study Among them 29 males and 31 females showed equal gender distribution Mean age group was 48.57+_11.86 in PERFECT group and 46 +_11.9 in Fibrin glue Majority of patients in our study had grade 2 pterygium There were no intraoperative complications in both the groups

The median Duration of surgery in minutes for perfect treatment was 50 (IQR 45 to 56.25) and fibrin glue was 15 (IQR 15 to 20) which was statistically significant difference between two groups (P value <0.001) as PERFECT technique involves extended excision and large graft In our study , astigmatism was decreased significantly following pterygium excision , In   perfect group decreased from -2.25 to -0.50 and in fibrin group from -1.88 to -0.50 .

There were no recurrence in our study in both the groups at the end of 6 months In our study , gain in BCVA was from 0.18 to 0.09 logMAR in perfect group and 0.18 to 0.00 logMAR in fibrin group which was comparable between two groups