



OVERVIEW

A Pinguecula is a yellow-white localized area of sun damage on the conjunctiva, often on the inner and outer edges of the cornea. They are elevated, and very prone to becoming irritated by environmental conditions such as dryness, windy days, smoke filled rooms, and contact lenses.

Pinguecula usually don't require treatment unless they cause irritation, prevent comfortable contact lens wear, or are growing. Inflamed pinguecula usually respond to treatment with topical lubricants, steroids, and NSAIDs. If drops fail to relieve the redness, inflammations, and discomfort, pinguecula can be surgically excised, although there is a small risk of reoccurrence.

ADDITIONAL NOTES:

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