

Pingueculum

This material will help you understand what a pingueculum is, risk factors for developing one, and treatment.

What is a pingueculum?

A pingueculum (plural is “pingueculae”) is a change of the normal tissue in the conjunctiva, which results in a deposit of protein and fat. The conjunctiva is the thin membrane that covers the white part of the eye (see image to the right). A pingueculum looks like a pinkish growth, or spot, on the conjunctiva. It is most commonly located on the exposed area of the conjunctiva between your eyelids on the side of the eye close to the nose. Pingueculae can get inflamed and red. Every once in a while they cause people to feel like there is something in their eye.

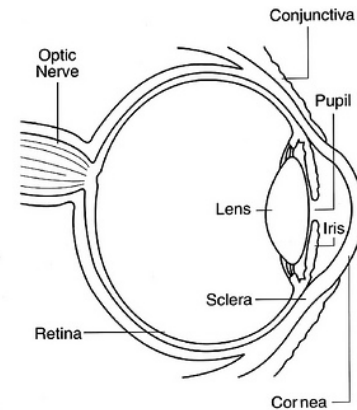


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What causes pingueculae?

The exact causes of pingueculae are unknown, but risk factors include extended exposure to the sun’s ultraviolet rays, wind, or dust. It may also occur from chronic dryness of the eyes. Pingueculae are more common in populations that live closer to the equator.

What is the treatment for pingueculae?

Treatment for a pingueculum is only necessary if it becomes irritated or inflamed. The most common way to calm a pingueculum is to use artificial

tears up to 4-6 times daily. If you are still experiencing irritation after keeping the eye well-lubricated with the tears, your doctor may prescribe an anti-inflammatory eye drop. Pingueculae are almost never removed surgically, as they do not affect vision.

For more information, scan these codes with your smartphone or visit the websites listed.



<http://kellogg.umich.edu/patientcare/conditions/pingueculum.html>



<http://www.geteyesmart.org/eyesmart/diseases/pinguecula-pterygium.cfm>

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