



EYE APPEAL OPTOMETRY

31843 Rancho California Road
Suite 100
Temecula, California 92591
Phone: 951.587.6500
Fax: 951.587.6550

Pinguecula

Overview

A pinguecula (pin gwe' cue la) is a benign, yellowish growth that forms on the white part of the eye, or the conjunctiva. They usually grow near the cornea on the nasal side. Pingueculae (plural form of pinguecula) are thought to be caused by ultraviolet light and are most common among people who spend a great deal of time outdoors.

This growth does not affect vision, but may cause irritation if it becomes elevated. In rare cases, the pinguecula may gradually extend over the cornea, forming a pterygium.

Signs and Symptoms

Pingueculae are harmless growths and rarely cause symptoms.

- ◆ Yellowish, raised area on the conjunctiva
- ◆ Irritation and scratchiness
- ◆ Dry eye
- ◆ Occasional inflammation of the conjunctiva
- ◆ Redness if the area becomes irritated

Detection and Diagnosis

Pingueculae can often be seen with the naked eye; however, the doctor examines the growth with an instrument known as a slit lamp microscope.

Treatment

Because of their benign nature, pingueculae rarely require treatment. Occasionally, the growth may become inflamed, causing irritation and dryness. The doctor may prescribe artificial tears for lubrication and mild anti-inflammatory medication to reduce swelling.

Sincerely

Henry Oishi, O.D.