

Efficacy of topical prednisolone phosphate 1% eye drops in reducing recurrences after bare sclera pterygium surgery

Tambe, E; Karimurio, J.; Masinde, S.

.)

Abstract:

Aim: To evaluate the efficacy of topical prednisolone phosphate 1% eye drops in reducing recurrences after bare sclera pterygium surgery. **Design:** Randomized controlled clinical trial. **Setting:** Kenyatta, Nakuru, Embu, Murang'a, and Machakos eye clinics of Kenya. **Subjects:** 51 eyes of 46 patients (17 males and 29 females) operated between May and November 1997 at the above eye units. The youngest was 22 years and the oldest 76 years. **Results:** 24 out of 31 pterygia in the prednisolone group and 15 of 20 controls were evaluated. 16.7% of the eyes in the prednisolone group developed recurrences as compared to 53.3% in the control group ($p=0.0017$). All except one of the recurrences developed within 8 weeks. Recurrences were more common in younger patients. There was no statistically significant difference in the recurrence rate between males and females. **Conclusions:** Topical prednisolone phosphate 1% eye drops; a cheap and easily available eye medication is an effective adjunctive treatment after bare sclera pterygium surgery. **Recommendations:** Other adjunctive treatments and surgical techniques should also be explored preferably in a multi-centre