

inferior Dellen of the cornea

An inferior dellen of the cornea, which is a localized area of corneal thinning and dehydration, typically occurs near the limbus. It is often associated with conditions that disrupt the normal tear film, such as abnormal lid position, conjunctival swelling, or following ocular surgery. The treatment of an inferior dellen focuses on restoring the integrity and stability of the tear film and addressing any underlying causes.

1. **Artificial Tears:** Frequent application of preservative-free artificial tears can help maintain corneal hydration. These should be applied liberally, particularly in the early stages of treatment.
2. **Lubricating Ointments:** These can be used, particularly at night, to provide longer-lasting lubrication and protection for the cornea.
3. **Bandage Contact Lens:** In cases where dellen is persistent or particularly bothersome, a bandage contact lens may be applied by an eye care professional. This helps protect the cornea and maintain a more uniform tear film.
4. **Addressing Underlying Causes:** It's crucial to identify and treat any underlying factors contributing to the formation of the dellen. This may include managing eyelid abnormalities, reducing conjunctival swelling, or adjusting post-surgical care.
5. **Environmental Modifications:** Humidifying the environment and avoiding direct air flow towards the eyes (e.g., from air conditioning or fans) can help reduce tear film evaporation.
6. **Temporary Punctal Occlusion:** In cases associated with dry eye, temporary punctal plugs may be considered to reduce tear drainage and increase tear film stability.
7. **Follow-up Care:** Regular follow-up with an eye care professional is essential to monitor the response to treatment and make adjustments as needed.

As with any eye condition, the management of an inferior dellen should be tailored to the individual patient, taking into account the specific cause and severity of the condition. It's important for patients to work closely with their ophthalmologist or eye care specialist to ensure optimal treatment and monitoring. Additionally, patients should be advised to seek immediate professional attention if they experience significant changes in vision, persistent discomfort, or signs of infection.