



icanseeclearly.com

Issue 5  
August 2002

The Best Vision Newsletter

### Recurrent Corneal Erosions – What Should You Do?

Recurrent corneal erosion (RCE) is a common problem that continues to challenge eye care professionals. RCE results when the corneal epithelium is loosely adherent to its basement membrane due to deficient hemidesmosomal attachments. This usually occurs in an eye that has previously healed from prior corneal abrasion. These patients often present with attacks of ocular pain typically in the morning hours or upon awakening. While many patients have symptoms beyond findings at the slit-lamp, retroillumination can frequently demonstrate subtle abnormalities.

There are several treatment options with the common goal of providing an environment for the hemidesmosomal complex to heal properly. Treatment options include lubrication, bandage soft contact lenses (BCL), anterior stromal micropuncture, superficial keratectomy and phototherapeutic keratectomy (PTK). Our practice has had the most success starting with conservative treatment of lubrication and BCLs. The BCL protects the corneal surface from trauma associated with eyelid movement; this both increases patient comfort and reduces stress on the healing corneal surface. Several weeks of BCL treatment, replaced weekly, are often required. Lubrication is essential after stopping BCL therapy, and ointment should be used nightly for at least several months after the corneal surface has healed.

Keratectomy and PTK have been our most productive treatment option when BCL therapy fails. Keratectomy removes the loosely adherent epithelial cells. PTK takes this approach one step further through the precise application of laser pulses to the anterior Bowman's membrane. The result is a new surface to form attachments to the basal epithelial cells. After PTK, we still use BCL's and lubrication to maximize corneal healing.

We wish you the best of luck with your RCE patients and would be glad to provide any assistance along the way.

**Erdey Eye Group**  
5965 East Broad Street  
Suite 490  
Columbus OH 43213  
**Voice: 614.863.3937**  
Fax: 614.863.5010  
**Richard A Erdey MD**  
Medical Director  
**Gregory D Searcy MD**  
Ophthalmologist  
**Patrick A Janson OD**  
Clinical Director  
**Stacie L Errington OD**  
Director of Education  
**Kasey J Eppley OD**  
Refractive Team Director  
**Matthew U Neal OD**  
Staff Optometrist  
**Douglas Bosner OD**  
Optometric Fellow  
**Pamela J Andrews**  
Administrator

We dedicate ourselves to enhancing the quality of life for every individual whose life we touch, by helping each to see his or her best, and by preserving our patients' vision and eye health throughout life.

Do YOU have all your Continuing Education requirements met?

It's nearing the end of the CE season for 2002.

Contact us for up to 8 hours of observation in our office or at East Columbus Surgery Center.

It's convenient, informative, and there's no charge for the credit hours!

Direct your inquiries to

Dr. Janson (pjanson@erdeyeyegroup)

Thank you for your support!

Email Address: [bestvision@erdeyeyegroup.com](mailto:bestvision@erdeyeyegroup.com)