

TED

(THYROID EYE DISEASE)



WHAT IS TED (THYROID EYE DISEASE)?

TED is a disorder of the eye and its surrounding tissue. It is related to immune disorders of the Thyroid gland and can affect up to 40% of people with thyroid gland disorder.

Signs/ Symptoms of TED

Dry eyes | Double vision | Watery eyes
Staring look | Bulging eyes | Loss of vision

What Causes TED ?

Autoimmune mediated deposition of protein and swelling of eye muscles lead to swelling of eye ball within the bony socket

- Pain and increasing redness
- Proptosis and double vision
- Dimness of vision (Optic nerve compression)

Treatment of TED

GENERAL MEASURES : Control of thyroid levels, quit smoking (if any) and selenium supplements.

MILD TED : Lubricating eye drops and ointment to prevent dry eyes and corneal ulcers

MODERATE TED : Orbital radiotherapy to reduce swelling and inflammation

SEVERE TED : To reduce staring look for bulging eyes, a customised functional & cosmetic solution is provided by surgery

- Lid Surgery for minimal proptosis
- Orbital Decompression with cosmetic incisions

Space is created in the bony orbit behind the eye to push back the protruding eye. Some severe cases may require both these surgeries in 2 stages for better results.

Care before the Procedure

- Preoperative blood tests and physician check up would be required
- CT scan orbit is performed for accurate assessment
- Bring old files and reports
- Stop blood thinners (aspirin or clopidogrel) 5 days prior to surgery
- Do not take anything to eat or drink 6 to 8 hours before surgery
- Operation will be done under general anesthesia and would take 2 to 4 hours duration
- Hospital admission will be for 1 to 3 days

Care after surgery

- Please take the prescribed medicines as advised
- Apply eye drops as advised
- A rest of 7 to 10 days is preferred
- Do not wet your eyes for 10 days
- Follow up with Dr Surbhi on 7th post op day
- Minor swelling and pain may persist for 1 to 2 months
- Recovery may be noted in 3 to 6 months



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