CONJUNCTIVAL RETENTION CYST

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Abstract:- Conjunctival cysts can be congenital or acquired. Acquired cysts develop as a result
of penetrating trauma, ocular surgeries and various ocular surface inflammatory disorders like
cicatrical ocular inflammations, pingueculitis.

Introduction:-
A 18-year-old male patient presented to the ophthalmology department with a history
of foreign body sensation in the right eye for a few months. He had taken ocular consultations
previously at various centres and was on topical antihistaminics without much improvement.
There was no other significant medical, surgical, family, traumatic or other drug abuse history.
Ocular examination was carried out and his visual acuity was 6/6 in both the eyes; pupillary
reactions, ocular movements, colour vision, fundus and intraocular pressure were normal
bilateral. Slit lamp examination in the right eye revealed a whitish, elevated, pin head sized
conjunctival cystic lesion which was firm in consistency, non-tender, with well-defined margins
plus a vessel adjacent to it (figure 1). A probable diagnosis of conjunctival retention cyst was
made and the patient was advised puncture/aspiration of the cyst along with surgical removal
of the walls of the cyst for histopathological examination. The patient consented only for the
puncture of the cyst and hence only this part of the treatment modality was done. The patients
was asymptomatic till his last follow up. One limitation of our study was the lack of
histopathological examinations of the lesion.

DISCUSSION:-
Conjunctival cysts can be congenital or acquired. Acquired cysts develop as a result of
penetrating trauma, ocular surgeries and various ocular surface inflammatory disorders like
cicatricial ocular inflammations, pingueculitis etc.\textsuperscript{[1]} Conjunctival cyst formation can also occur as side effects of topical ocular medications with its preservative being the chief culprit.\textsuperscript{[2]} Conjunctival epithelial inclusion cysts comprise 6–13% of conjunctival lesions and 80% of conjunctival cystic lesions. Most inclusion cysts present as a subconjunctival cystic mass filled with clear fluid and are easily diagnosed by clinical examination. Its differential diagnosis include subconjunctival fat prolapse. However, subconjunctival fat prolapse is usually located superotemporally in the eye of an obese person.\textsuperscript{[3]}

The extensive surface inflammation with adhesions between the tarsal and bulbar conjunctival surfaces can cause sequestration of epithelium beneath the surface with the formation of retention cysts. While smaller cysts can be of cosmetic problems, larger ones can act like space-occupying lesions and restrict ocular motility. Surgical interventions like excision and marsupialization were suggested for larger cysts.\textsuperscript{[4]}

REFERENCES:

