Inflammatory Eye Disease

Scleritis

Scleritis is an inflammation (redness and swelling) of the sclera. The sclera is the hard, white outside coating of the eye that provides rigid structural support to the eye. The sclera is closely related to the connective tissues that provide support to joints.

What causes scleritis?

Scleritis can be due to many things. Most of them are related to joint diseases (arthritis) like rheumatoid arthritis or lupus (SLE). Sometimes scleritis occurs as part of an eye infection, especially shingles. In many patients no cause can be found for the scleritis. Most patients with scleritis undergo a number of blood tests to determine if there is an underlying cause. In many patients the disease appears to be localised to the eye and there is no disease elsewhere in the body.

How is scleritis treated?

The treatment for scleritis depends very much on how severe the inflammation is. People with bad scleritis need treatment with oral steroids (prednisolone); some patients are able to simply use oral Naprosyn (or other non-steroidal anti-inflammatory drug). Other patients with mild disease may be able to get away with simply eye drops or steroid injections. The treatment will fluctuate for each patient depending on how the disease is at the time. Unfortunately, even though scleritis can be treated, it cannot be cured.

What is likely to happen in the long-term?

Unfortunately scleritis is a relapsing disease and even if one recovers fully from an attack, it is quite possible that the scleritis will recur. One good thing about scleritis is that it is very uncommon for the vision to be permanently affected. Even though vision may be blurred and the eye may be very painful during the attacks, the usual pattern is for the vision to return completely to normal at the end of the attack. Patients who are having recurrent attacks of scleritis are usually given a treatment plan to combat each attack themselves when it flares up. If the scleritis does not respond promptly to treatment at home, then you should make an appointment to see your eye doctor as soon as possible.
Consultation for Inflammatory Eye Diseases

Should you require a consultation for Inflammatory Eye Diseases, please call 1800 986 695

At Eye Surgery Associates we are able to offer you appointments at any one of our three sites: East Melbourne, Malvern and Doncaster.