What is CCh?

Redundant, loose & non-edematous Bulbar conjunctiva
Key Features of Conjunctivochalasis

- Mid-aged or elderly (Medicare) patients, as common as cataract, often overlooked and trivialized
- Often mixed (or confused) with dry eye. CCh is the predominant diagnosis when dry eye cannot be managed by conventional treatments (Restasis, Plugs).
- Can be worsened by surgeries for cataracts (retrobulbar or peribulbar anesthesia), to tighten the lids or transconjunctival approach for blepharoplasty.
- “Benign” subconjunctival hemorrhage is almost always due to CCh
- Superior limbic keratoconjunctivitis (SLK) is a focal form of CCh involving superior bulbar conjunctiva
## Conjunctivochalasis

**Inferior Redundant Bulbar Conjunctiva**

<table>
<thead>
<tr>
<th>Severity</th>
<th>Pathogenesis</th>
<th>Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Severe</td>
<td>Exposure</td>
<td>Pain, Ulcer Subconjunctival hemorrhage</td>
</tr>
<tr>
<td>Moderate</td>
<td>Delayed Tear Clearance</td>
<td>Tearing</td>
</tr>
<tr>
<td>Mild</td>
<td>Unstable Tear film</td>
<td>Dry eye</td>
</tr>
</tbody>
</table>

*Meller & Tseng,* *Surv Ophthalmol* 43:225, 1998

Literature Review
Three Methods of Detecting CCh

Vigorous Blinking under Slit Lamp

“Tenting” by 0.12 Forceps

Press Finger to the Lid against the Globe
Fluorescein Pattern in CCh

Interrupted tear meniscus & wrinkled bulbar conjunctiva
Fluorescein Pattern in CCh Enhanced by a Special Filter

Interrupted tear meniscus & wrinkled bulbar conjunctiva
CCh Detected by Roes Bengal
Increasing Conjunctival Redness as if “Conjunctivitis”
CCh, Differential Diagnosis

**Symptoms**
- Diurnal Variation
- Worst Gaze
- Increased Blinking

**ATD Dry Eye**
- Worst in P.M.
  - Up Gaze
  - Improved
  - Exposure Zone
  - Improved

**Chalasis Dry Eye**
- Same throughout the day
  - Down Gaze
  - Worsened
  - Non-Exposure Zone
  - Worsened

Increasing Conjunctival Redness in the area of CCh and can be mistaken as “Conjunctivitis”
Anterior Migration of Mucocutaneous Junction and Regional “Blepharitis”