

# Exotropia and correlation of orthoptic assessment of Exotropia with its surgical outcome

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## Abstract

**Aims:**To find out the outcome of orthoptic management in exotropia and to assess and compare the result of orthoptic assessment of exotropia with its surgical outcome.

**Methods:**A prospective analysis of all cases of exotropia during 4 months period i.e. Jan 2011 to April 2011 presenting at orthoptic department of Al-Shifa Trust Eye Hospital Rawalpindi. A total of 50 patients with exotropia underwent clinical evaluation for squint surgery. They were divided into 5 groups of which 6 cases had exotropia with deviation having 30PD, 14 cases with 35PD deviation, 11 cases with 40PD deviation, 9 cases with 45PD deviation and 10 cases with 50PD deviation.

Visual Acuity (V.A) measurements, cycloplegic refraction and orthoptic evaluation were done in all cases along with detailed anterior and posterior segment evaluation.

The surgical procedure was monocular recession of lateral rectus (LR) and resection of medial Rectus (MR) being done by the same surgeon. Post operative visual acuity, extraocular movements, diplopia and ocular alignment were noted in all cases.

**Results:**Successful ocular alignment (within < 15PD) was achieved in all cases. 50 patients met the inclusion criteria in which 31 (62%) were males and 19 (38%) were females. The results showed that among 50 patients 18(36%) patients completely attained orthophoria, 26(52%) showed residual exotropia and 6(12%) showed consecutive esotropia. Further results showed that all 50 patients showed good ocular alignment after successful surgery. All patients were happy with the cosmetic outcome and psychosocial rehabilitation.

**Conclusion:**A good surgical outcome can be obtained in exotropia when it is operated according to the orthoptic assessment. *Al-Shifa Journal of Ophthalmology 2015; 11(1): 29-33.*

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