

Cyclosporine A Eye Drops: Its Effects and Complications in Vernal Keratoconjunctivitis

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Objective: To evaluate the efficacy, safety, and therapeutic effect of topical cyclosporine A drops in vernal keratoconjunctivitis patients.

Materials and Methods: This study was conducted in Department of Ophthalmology, Khyber Teaching Hospital, Peshawar from 1st April 2015 to 31st March 2016. Forty patients with active vernal keratoconjunctivitis diagnosed at least one year before and treated with a variety of topical medications including steroids were included in the study. All patients were treated with 0.05% cyclosporine eye drops four times daily in both eyes for 4 weeks. Symptoms (itching, watering, photophobia, mucous discharge and foreign body sensation) and signs (conjunctival hyperemia, limbal edema, epithelial punctate keratitis and palpebral conjunctival papillae) of vernal keratoconjunctivitis were recorded before treatment and at the end of treatment period.

Results: There was a statistically significant improvement in itching, photophobia, mucous discharge, conjunctival hyperemia, punctate keratitis and conjunctival papillae after 4 weeks treatment period. No significant adverse effect of treatment with topical cyclosporine was observed except for mild to moderate stinging upon administration.

Conclusion: Topical cyclosporine A seems to be safe and effective in alleviating signs and symptoms of severe VKC refractory to topical steroid treatment. *Al-Shifa Journal of Ophthalmology* 2016; 12(3), 156-163. © Al-Shifa Trust Eye Hospital, Rawalpindi.
