

Floppy Eyelid Syndrome

Case Description

60-year-old obese man presents with bilateral eye redness, foreign-body sensation, and mild mucous discharge, worse upon awakening

Image Description



external photograph of the left eye shows lax, everted upper eyelid with diffuse papillary hypertrophy of the upper tarsal conjunctiva

Data acquisition

History

- weight gain/obesity
- diabetes
- hypertension
- obstructive sleep apnea
- seasonal allergies, asthma, eczema
- thyroid disease
- onset & course of symptoms
- contact lens wear
- ocular trauma/surgery
- exposed suture
- foreign body
- current topical medication

Physical Exam

- upper tarsal
- conjunctival papillary rxn
- fluorescein staining of cornea
- corneal pannus, filaments, scarring
- signs of atopic/vernal keratoconjunctivitis
- signs of infectious keratoconjunctivitis
- keratoconus
- laxity
- apply upward pressure on eyelids
- spontaneous eversion

Additional Testing

check blood glucose

Assessment

floppy eyelid syndrome

Differential Diagnosis

floppy eyelid syndrome

clinical presentation

- obese male
- bilateral
- superior tarsal plate is soft, rubbery, flaccid, and easily everted when pulled up toward the forehead
- ocular irritation worse on awakening
- mild mucus discharge
- ptosis
- superior tarsal chronic papillary conjunctivitis
- SPK
- associations
 - obesity
 - hyperglycemia
 - sleep apnea
 - keratoconus
 - eyelid rubbing



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vernal conjunctivitis

- seasonal
- itching
- giant papillary rxn

atopic keratoconjunctivitis

giant papillary conjunctivitis

- contact lens wear
- exposed suture/foreign body

superior limbic keratoconjunctivitis

- hyperemia/thickening of superior bulbar conjunctiva

toxic keratoconjunctivitis

- eyedrops
 - long-term use of certain topical ophthalmic medications
 - pilocarpine
 - echothiophate iodide
 - demecarium bromide
 - epinephrine
 - timolol
 - idoxuridine
- inferior tarsal>superior tarsal

Treatment

Medical

- artificial tears/ointment
- taping
- patching
- bedtime
- wearing shield
- moisture chamber goggles
- antibiotic ointment

Surgical

- horizontal lid tightening

Referrals

- refer for obstructive sleep apnea

General

Patient Education

- do not sleep face down
- hypertension
- cardiac disease
- explain relationship between FES and obstructive sleep apnea