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## Spontaneous Chronic Corneal Epithelial Defect (SCCED)

An ulcer is a scratch on the clear part of the eye (cornea). Normally, an ulcer should heal in 3-5 days. Spontaneous chronic corneal epithelial defect (SCCED), also called indolent ulcer, is an age-related ulcer that is not infected and does not heal in the normal amount of time. In an indolent ulcer, the top layer of the cornea (epithelium) does not stick to the second layer (stroma). SCCED will therefore not heal spontaneously. A diamond burr debridement and/or grid keratotomy is necessary to stimulate healing, but can take several weeks to heal completely.

The loose epithelium is removed using a special instrument called a diamond burr after an anesthetic drop is placed in the eye. The instrument creates microscopic grooves within the top layer of the cornea that allows new cells to grow and stick better to the cornea. A grid keratotomy procedure may also be performed to stimulate healing. The procedure will make the eye a little more uncomfortable for a few days. As the ulcer heals it may turn red as blood vessels grow into the area.

SCCED's are very fragile as they heal, so a protective E-collar is a very important part of the treatment. Any rubbing can worsen the ulcer and prolong healing. Additionally, patients are put on topical and in some cases oral medications. Please use these as directed since they are important to prevent infection, promote healing and reduce discomfort.

SCCED's can be frustrating because occasionally they may need multiple procedures to heal. In a small amount of cases, a surgical procedure under sedation or general anesthesia is needed to achieve healing. The diamond burr debridement and/or grid keratotomy procedures typically have a 90-95% success rate and healing time of up to 1-4 weeks.