

## Lacrimal prolapse secondary to ocular allergy: About a case

Rida El Hadiri ; *Ophthalmologie A ; Hôpital des spécialités de Rabat; Université Mohammed V de rabat.*

Rim El Hachimi ; *Ophthalmologie A ; Hôpital des spécialités de Rabat; Université Mohammed V de rabat.*

Nourdine Boutimzine;; *Ophthalmologie A ; Hôpital des spécialités de Rabat; Université Mohammed V de rabat.*

Abellah Amazouzi; ; *Ophthalmologie A ; Hôpital des spécialités de Rabat; Université Mohammed V de rabat.*

Lalla Ouafa Cherkaoui ;; *Ophthalmologie A ; Hôpital des spécialités de Rabat; Université Mohammed V de rabat.*

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### **Abstract:**

*Lacrimal gland prolapsed or displacement is a bulging of the lacrimal gland from its anatomical location. Thisweakening may be seen in several etiologies. Herein we describe an unusual cause of bilateral mild lacrimal gland prolapsed due to repetitive eye rubbing and chronic ocular surface inflammation triggered by allergy.*

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### **I. Case Report:**

A 17-year-old boy consulted for acute onset of unilateral painless red eye. His medical history was negative for ocular trauma or previous similar episodes. The patient initially denied any known systemic or ocular condition other than chronic ocular itching and foreign body sensation. The best corrected visual acuity was 6/6 OU. Slit lamp examination showed temporal subconjunctival hemorrhage with mild herniation of the lacrimal gland after stretching of the upper eyelid (**figure 1**). We also noted tarsal papillae and decreased tear break up time with normal anterior and posterior segments examination. Ocular motility was full OU with normal papillary reflex. The fellow eye showed a similar clinical picture without hemorrhage. After explanations were given to the patient, he confirms having vigorous eye rubbing two days before onset of symptoms. We concluded to a case of perennial allergic conjunctivitis complicated with bilateral prolapsed of the lacrimal gland and unilateral subconjunctival hemorrhage. The management was conservative with lubricants and antihistamines based eye drops and referral to an allergologist. The condition remains stable over a period of four years.

Lacrimal gland prolapsed or displacement is a bulging of the lacrimal gland from its anatomical location at the level of the lacrimal fossa of the frontal bone into the outer upper eyelid. This condition occurs secondary to gravity and increased laxity of the suspensory ligaments that supports the lagrimal gland and assure its anchoring to the periosteum [1,2].This weakening may be seen in several etiologies such as age related involution, trauma and chronic inflammation[3]. Herein we describe an unusual cause of bilateral mild lacrimal gland prolapsed due to repetitive eye rubbing and chronic ocular surface inflammation triggered by allergy. This finding was incidental but ocular management was found effective for prevention of progression of this condition to advanced stages of unattractive appearance and ocular discomfort that may require surgical intervention.

### **Competing interests:**

The authors declare no competing interest.



**Figure 1:** slit lamp examination with diffuse illumination showing subconjunctival hemorrhage (a) lacrimal gland prolapse (b,c) and tarsal papillae (d)

**References:**

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