

# BÖLÜM 12

## GÖZ PİTOZİSİ CERRAHİ YAKLAŞIM



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### PİTOZ TANIMI

Pitoz, Yunanca'da "düşmek" anlamına gelen bir vücut parçasının sarkması yada düşmesi demektir. Göz kapağı pitozu, üst göz kapağının anormal derecede düşüklüğü olarak tanımlanmaktadır (Fotoğraf 1). Normalde üst göz kapağı kenarı limbus düzeyinde veya limbusu 1-2 mm kadar örtcek seviyededir. Pitozis durumunda üst kapak kenarı değişen derecelerde daha aşağı düzeylere ineabilmektedir. Bu durum dermatoşalazis veya aşırı üst göz kapağı derisi ile ilişkili olabilmektedir.. Üst göz kapağındaki bu değişiklikler okuma, araba kullanma, sportif aktiviteler ve diğer günlük yaşam aktivitelerimizi sınırlayabilmektedir. Pitoz, yüze yaşlanmış bir görünüm verir ve kronik baş ağrısına neden olabilmektedir. Göz kapağı pitozu konjenital veya edinsel olarak sınıflandırılabilir. Ayrıca aşağıdaki mekanizmalardan birinin veya daha fazlasının neden olduğu şekilde sınıflandırılabilir bunlar;; nörojenik, miyojenik, aponörotik, mekanik ve psödopitozdur. Basit bir ifade ile pitoz hafif , orta veya şiddetli olarak derecelendirilebilmektedir. Şiddet, hem margin refleks mesafesinin (Margin Refleks Distance-MRD) hem de levator fonksiyonunun değerlendirilmesi ile belirlenmektedir. Pitozu yönetmek için çeşitli cerrahi prosedürler mevcuttur. Seçilecek cerrahi teknik önemli ölçüde pitozisin şiddeti ve levator fonksiyonu ile belirlenmektedir (1,2).

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