

Surgical Decompression in Thyroid Eye Disease: Guidelines and Current Evidence

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Endocrine Orbitopathy (EO) is the most frequent and important extrathyroidal stigma of Graves' disease.

In the active stage of the orbitopathy fibrosis and hypertrophy of the extra-ocular muscles can lead to visual impairment and diplopia.

In the stable phase of the disease surgical treatment by orbital expansion and/or orbital decompression can improve the quality of life and it is indicated for morpho-aesthetic and functional reasons.

The surgical technique used should be adapted to the individual patients' needs.

In severe cases intraorbital fat removal and bony decompression can be and carried out in one surgical procedure.

An integrated global approach by a multidisciplinary team is strongly recommended. Strabismus surgery is a significant part of the overall treatment.

The Author suggest general surgical guidelines and an algorithm of treatment in EO.