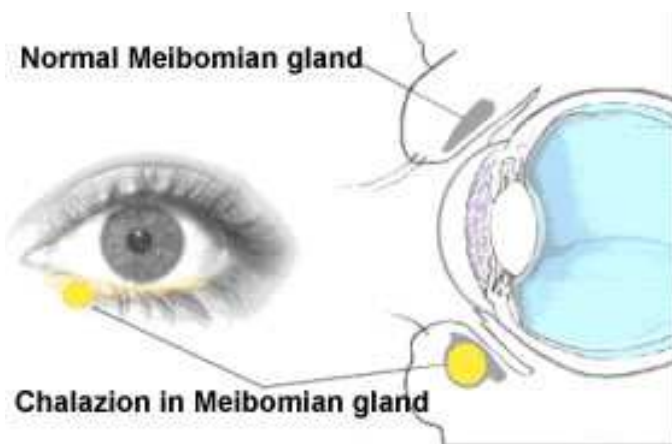


Chalazion

Information for Patients



What is a chalazion?

A chalazion is a small cyst (semi-fluid swelling) in the eyelid. It is common and sometimes called a meibomian or tarsal cyst.

What causes a chalazion?

There are tiny glands just under the surface of the inner eyelid. These make an oily fluid to help lubricate the eye. If the gland gets blocked then the fluid cannot escape and it may swell into a cyst.

What are the symptoms of a chalazion?

- The usual symptom is a small lump which develops on an eyelid. It might look unsightly.
- Sometimes it causes mild pain or irritation.
- Occasionally it gets infected. It then becomes more swollen and painful.
- Sight is not affected. It can occasionally enlarge to the point that it may block a small part of your field of vision.

What is the treatment for a chalazion?

- **No treatment** may be advised at first. They often just go away within a few months.
- **Hot compresses** help to ease irritation. Hold a flannel that has been in hot

water gently but firmly against the closed eye. Sometimes this warmth and slight pressure is enough to release the contents of the cyst, and it is cured. (The water should be hot, but comfortable and not scalding.)

- **An antibiotic ointment** may be needed if it becomes infected.



- **A small operation** is an option if it does not go or if it causes troublesome symptoms. The operation is done under local anaesthetic. The eyelid is numbed. A small cut is then made on the inside of the eyelid to release the contents of the cyst. It is a minor procedure.

Will it happen again?

For most people a chalazion occurs just once. However, some people are prone to develop them and it may recur.

You may be able to prevent it from recurring by using a hot compress on the eyelids (described above) and massaging the eyelids each morning.

TREATMENT

Your eyelid will need to be numbed by an anaesthetic injection to the area. This will sting initially, but the lid will soon become frozen.



The cyst is removed from the inside of the eyelid – no stitches are necessary, and no scar will be visible. Antibiotic ointment will then be applied, followed by an eye pad.

The pad may be removed after 2 hours, or left overnight for comfort, if felt necessary. You may be given ointment to use in the eye for 3-4 days following your operation.

The lid is often bruised following the procedure – do not worry, this is normal and will resolve within 2 weeks.

You will need someone to drive you to and from your appointment

WHERE TO GET ADVICE



If you have any concerns during the post-op period you can get advice or help from one of these sources.

- Contact your own doctor or nurse
- Contact one of the surgical team Tel 01726 885104
- Out of Hours Service – contact the emergency number provided by your surgery
- Your local Emergency Department

STUDENTS

We are a teaching and training practice.

Sometimes medical students or doctors in training may wish to observe or participate in procedures or operations.



They will always be supervised by a senior doctor and will only participate with your approval.

If you do not wish to be seen by trainees or students you are perfectly entitled to withhold your consent.