

Chalazion

A chalazion is a harmless cyst on the eyelid caused by inflammation of tiny glands (called Meibomian glands). The glands produce oil which helps to keep the eyes moist. If these glands become blocked, the oil builds up into a cyst which looks like a small lump. The lump can become irritated and red and can occasionally become infected.

Treatment Options

Most cysts disappear with time. Sometimes, this takes weeks, but it can take several months.

To prevent a chalazion from developing, daily eyelid cleaning is recommended as follows:

- Use a warm compress to melt the oily secretion blocking the opening of the gland
 1. Boil some water and let it cool until it is hand hot
 2. Soak cotton wool pads or a clean flannel in the warm water
 3. Wring it out and gently press onto your closed eyelids for 5 to 10 minutes
- Massage to push the oil out of the eyelid glands
Gently massage your eyelids using your forefinger. Move in a downward motion for the upper eyelid and an upward motion for the lower eyelid
- Cleaning to wipe away any excess oil and remove any debris or build up of your skin. You can use tap water to clean the eyelids or you can make up a cleaning solution as below:

Use a cotton bud moistened with water or cleaning solution. Gently rub the cotton bud along the edge of the lower lid. It helps to tilt the lid outward using a finger from your other hand. The upper lid is more difficult to clean. It is best done with the eyelid closed and pulled slightly over the lower lid. This should prevent you from accidentally poking the cotton bud into your eye. Then more firmly scrub off any flakes on the base of your eyelashes. This is best done in front of a mirror.

Medication

In some cases you may be prescribed with antibiotic drops and or ointment to reduce inflammation.

Surgical Intervention

Surgical treatment of a chalazion is not common for the following reasons:

- the cyst is harmless and will disappear with time
- surgery does not prevent another cyst from developing
- there are rare, but serious risks for surgery, such as infection or scarring
- surgery cause swelling to the eyelid for several days after the surgery

However, if your chalazion persists a small surgical procedure can be carried out. This is an incision and drainage and is performed under a local anaesthetic.