

# CHALAZION



## BASIC INFORMATION

### DESCRIPTION

A lump (also called a cyst) on the eyelid resulting from chronic inflammation of a gland that lubricates the edges of the eyelid. A chalazion is not a sty.

### FREQUENT SIGNS AND SYMPTOMS

A painless swelling on the eyelid. At first, it may seem like a sty. The eyelid may swell, and the eye may feel irritated. After a few days, these early symptoms go away. There is then a painless, slow-growing, firm lump in the eyelid. Skin over the lump can be moved loosely. The upper eyelid is the one usually affected.

### CAUSES

Blockage of a type of sweat gland in the eyelid. The blockage may be due to infection.

### RISK INCREASES WITH

Skin conditions such as acne or dermatitis.

### PREVENTIVE MEASURES

There are no specific measures to prevent chalazions.

### EXPECTED OUTCOMES

A chalazion may heal by itself. If not, it can be treated.

### POSSIBLE COMPLICATIONS

Some people are prone to chalazions. Once you have one chalazion, you are more likely to get another one.



## DIAGNOSIS & TREATMENT

### GENERAL MEASURES

- Self-care is often all that is needed.
- Use warm-water soaks to reduce irritation and swelling. The soaks may also make the area heal faster. Apply soaks for 20 minutes, then rest at least 1 hour. Gently massage the area several times a day. Do not squeeze or try to pop the chalazion.

- See your health care provider if you are concerned about the problem. An exam will be made of the affected eyelid area. Medical tests are not required.

- Treatment may involve drugs to be applied to the eyelid, drugs injected into the chalazion, or surgery to remove it.

- Surgery to remove the chalazion may be recommended. This is usually done in your health care provider's office. The area will be numbed before the lump is removed.

- If you have a tendency to get chalazions, wash your eyelid area every day. Wash with water and baby shampoo that is diluted with water. There is also a commercial product available to clean eyelids. Apply either solution with a cotton swab and rinse with warm water.

- When you first notice that your eyes are getting irritated, use warm compresses and massage the area several times a day. Repeat as often as needed.

### MEDICATIONS

- Ointments, drops, or creams that are put on the eye may be prescribed. These drugs help to kill bacteria. Follow instructions provided with the prescription.

- Injection of a drug into the chalazion may be recommended.

### ACTIVITY

No limits.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

- You or a family member has symptoms of a chalazion that is not better after 3 to 4 days of self-care.

- Fever, headache, vision changes, eye pain, eye discharge, or swollen eyes occur.

Special notes:

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More notes on the back of this page