

STYE

(Hordeolum)



BASIC INFORMATION

DESCRIPTION

A stye is an infection or inflammation (red, sore, swollen) of the upper or lower eyelid. It is typically harmless. The medical term for stye is hordeolum.

FREQUENT SIGNS AND SYMPTOMS

- A bump on the edge of the eyelid.
- The eyelid area is red, swollen, painful, or tender. The head of the stye is usually on the outside, but it may be on the underside of the lid.
- Eye may be sensitive to bright light.
- A gritty feeling in the eye.
- Eye may water.

CAUSES

Bacterial infection (most often, staphylococcal) in a hair follicle or a gland in the corner of the eye. The infection may be limited to the eyelid or may have spread from somewhere else in the body.

RISK INCREASES WITH

- Having diabetes or other health problem.
- Blepharitis (infection of eyelid margin).
- High cholesterol.
- History of styes.
- Certain chronic skin problems.

PREVENTIVE MEASURES

- Use a mild shampoo on eyelashes when bathing or washing face.
- Don't share eye makeup with anyone.

EXPECTED OUTCOMES

The infection usually heals on its own. It will drain in about two days. Styes often recur, even with treatment.

POSSIBLE COMPLICATIONS

- Spread of infection to other glands in the eyelid.
- Ongoing infection that may not respond to treatment.



DIAGNOSIS & TREATMENT

GENERAL MEASURES

- Use warm-water soaks to relieve pain and inflammation and hasten healing. Apply soaks for 10 minutes, then rest at least 1 hour. Repeat as often as needed.
- Don't squeeze the stye. It will soon open and release the pus, bringing relief from the pain.
- Do not wear contact lenses until the infection is resolved.
- Consult your health care provider if the stye does not drain or is spreading. Your eye will be examined to make sure there is not another eye problem. Sometimes minor surgery to drain the stye or drugs may be needed to help heal the infection.

MEDICATIONS

Antibiotic ointments or creams may be prescribed. Apply according to package instructions.

ACTIVITY

No limits.

DIET

No special diet.



NOTIFY OUR OFFICE IF

- You or a family member has a stye does not drain on its own.
- Pain occurs in the eye.
- Vision changes.

Special notes:

More notes on the back of this page