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We hope you find the information below useful.

What is a Chalazion?

A chalazion is a common condition affecting the eyelid and is usually caused by a blockage and inflammation of a gland in the eyelid. The swelling (cyst) is usually felt as a small painless lump. It can sometimes become infected and/or painful.

Treatment?

Chalazion can be treated conservatively, or with incision and curettage or intralesional steroid.

Conservative Therapy:

- **Warm compresses** can help to reduce discomfort and also may disperse the chalazion. A clean flannel that has been in hot water should be held gently but firmly against the closed eye for 5-10 minutes, 3-4 times a day. This warmth and slight pressure may be enough to soften the contents of the fluid-filled swelling (cyst), helping it drain more easily. (The water should be hot but comfortable and not scalding.)
- **Antibiotic with steroid ointment:** Treatment with antibiotic / steroid ointment can sometimes help to reduce the inflammation associated with chalazion

- **Massage** of the cyst after using a hot compress can encourage the cyst to drain. To do this, gently massage with a clean finger or cotton bud, in the direction of the eyelashes.
- **Cleaning the eyelid** twice per day removes grease and dead skin cells that may contribute to cysts forming. A weak solution of baby shampoo in warm water is ideal and a cotton bud can be used to clean the eyelids with this. Lid wipes of blephasol can be bought off counter in any pharmacy as an alternative.

Incision and Curettage

- This is a small surgical drainage which is usually 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 and it is scraped out. After surgery antibiotic drops or ointment are commonly prescribed.

Benefits of Incision and Curettage

- The inflamed Chalazion will be drained

Risks involved

- your eyelid might be swollen and bruised for several days after your operation but this should settle after two weeks.
- there is a risk of infection, but after the operation you will be given antibiotic ointment to apply, which should help prevent this.
- a Chalazion can come back after being removed. If this happens, please apply a warm compress to your closed eyelid .

Please contact us if your Chalazion persists despite this, as further treatment and investigation may be required.

Aftercare and advice

When the anaesthetic wears off, there may be some discomfort. To relieve this, you can take mild pain relief such as paracetamol. You should keep the pad over the eye for at least two hours as this reduces swelling and bruising. When you remove the pad, you may find some blood or discharge around your eye- please do not worry.

Clean the eyelid with cooled boiled water and remember to use the antibiotic ointment as prescribed.

As this is a minor procedure which only involves surgery on the eyelid and not the eye, it should not affect your ability to work

When to seek advice

If your sight becomes blurred or you experience bleeding, please contact our practice on **07886 677351**

steroid injection

- An injection of a steroid directly into the chalazion is another type of treatment which is less invasive and can be successful. The risks of steroid injection include intraocular pressure increases or cataracts, although this is rare or sometimes, there may be periorbital discoloration or white granules from the steroid injection which is temporary.

Even after incision and curettage or steroid injection, we ask that you continue on warm compresses and cleaning the eyelid to maintain the health and cleanliness of the eyelids.

For any queries, please contact us @

Email: Moorfields.sheng@nhs.net

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Or Whats app

