

# Chalazion or Meibomian Cysts

## What is a Chalazion?

This is a small swelling that occurs in the upper or lower eyelid. The term comes from a Greek word mean a small lump. They occur due to inflammation and blockage of one of the Meibomian glands 40 of which are found in the upper and lower eyelids. As the secretions from these glands cannot escape they back up to form a cyst. It is not an infection (unlike a Stye - Red and inflamed lump in the eye lid) so antibiotics do not help.



## Treatment

Small Chalazion may disappear on their own over a period of up to 18 months.

1. Warm Compresses - May hasten natural resolution. A warm compress may be made by soaking a clean face cloth in hot water and applying it against the closed lid. Apply this for 5 - 10 minutes, re warming the face cloth if it cools. This should be done four times per day. The new Microwaveable EyeBag is a convenient alternative available Web site [www.eyebagcompany.com](http://www.eyebagcompany.com). 0844 800 0159, some chemists. Cost is around £20.00
2. Surgical Incision and Curettage – C1230  
For Chalazion that do not resolve, a simple operation undertaken from the inside of the lid can allow their contents to drain out and for the Meibomian gland to be curetted so it does not reform again. This is undertaken in the Minor operations room under Local Anaesthesia. Ideally you should avoid aspirin for the week prior to the minor operation.
3. Steroid injection – Injecting a small amount 0.1 to 0.2 of 40mg/ml of steroid into the Chalazion produces a 80% resolution over 2 weeks. Larger Chalazion need a second injection.

## Post Operation instructions.

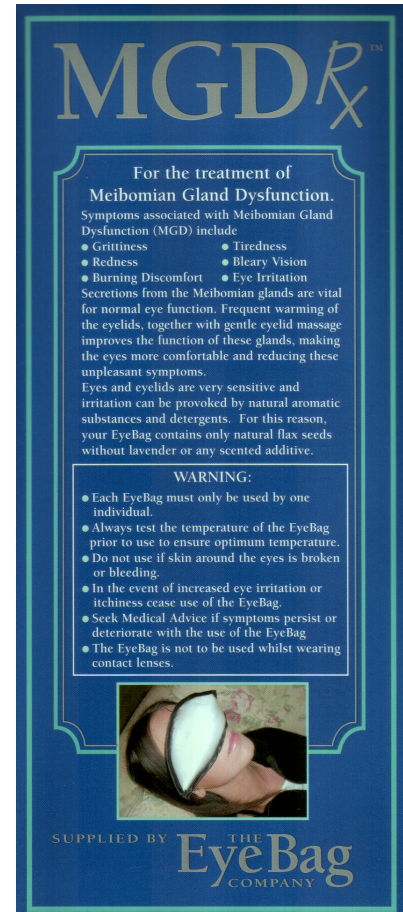
An eye pad is often applied after the operation. If this is so remove the Pad the Next morning. There may be some bloody discharge this is normal. You may clean your eye with some cooled boiled water and cotton buds or cotton wool.

Then apply Chloramphenicol ointment to the eye twice per day. This is done by pulling down the lower lid and squeezing a small amount of the ointment on to the inside of the lid. Close the eye and then gently massage over where the cyst was to express any remaining contents. Some discharge after this can occur and is normal. This should be done for the next 5 days.

If you wear Contact lenses you may resume after the antibiotic ointment has been stopped.

The Chalazion will slowly resolve over the ensuing few weeks.

If you experience any severe post operation problems or pain please either phone our office on 01895 835144 or call Bishops Wood Hospital on 01923 835814 and ask for the nurse bleep holder who will be able to contact Mr. Lee if necessary. In an absolute emergency The Western Eye Hospital where Mr. Lee works as well have a 24 hr casualty on 020 7886 3247. The Western Eye Hospital is situated opposite Marylebone train station and landmark hotel on Marylebone Road.



If there are any problems please do not hesitate to contact the Doctor again.

An excellent web site with more information is [www.oculoplastics.co.uk](http://www.oculoplastics.co.uk) or [www.eyelidsurgery.co.uk](http://www.eyelidsurgery.co.uk)