

# CHALAZION

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## BASIC INFORMATION

### DESCRIPTION

A mass on the eyelid resulting from chronic inflammation of a meibomian gland (gland that lubricates the lid margins).

### FREQUENT SIGNS AND SYMPTOMS

A painless swelling on the eyelid, which at first may resemble a sty. The eyelid may swell, and the eye may feel irritated. After a few days, these early symptoms disappear, leaving a painless, slow-growing, firm lump in the eyelid. Skin over the lump can be moved loosely.

### CAUSES

Blockage of a duct leading to the surface of the eyelid from the meibomian gland. The blockage may be due to infection (usually staphylococcal) around the duct opening.

### RISK INCREASES WITH

Skin conditions such as acne rosacea or seborrheic dermatitis.

### PREVENTIVE MEASURES

- If you have a tendency to get chalazions, wash eyelid area daily with water and baby shampoo applied with a cotton swab.
- At the first sign of eyelid irritation, apply warm compresses several times a day.

### EXPECTED OUTCOMES

A chalazion may heal spontaneously. If not, it is usually curable with surgical removal.

### POSSIBLE COMPLICATIONS

None expected.



## TREATMENT

### GENERAL MEASURES

- Use warm-water soaks to reduce inflammation and hasten healing. Apply soaks for 20 minutes, then rest at least 1 hour. Repeat as often as needed.
- If the chalazion does not heal spontaneously in 6 weeks, surgical removal under local anesthesia in the doctor's office may be a recommended treatment.

### MEDICATIONS

- Topical antibiotic ointments or creams, such as erythromycin or bacitracin may be prescribed. Apply a thin layer of medication to the lid edges 3 or 4 times daily. A heavy layer wastes medicine and is no more beneficial than a thin layer.
- Antibiotic eye drops to prevent the spread of infection to other parts of the eye. Oral antibiotics or antibiotic injections usually are not needed.

### ACTIVITY

No restrictions.

### DIET

No special diet.



## NOTIFY OUR OFFICE IF

- You or a family member has symptoms of a chalazion that last longer than 2 weeks.
- Eye pain occurs.
- Vision changes.
- New, unexplained symptoms develop. Drugs used in treatment may produce side effects.