



CHALAZION / MEIBOMIAN CYSTS

WHAT ARE CHALAZION?

A chalazion is a type of inflamed lump on the inside of your eyelid. It is caused by a blocked gland and can grow to the size of a pea. A Chalazion is sometimes called a Meibomian Cyst.

WHAT IS THE CAUSE?

A Chalazion is usually caused by a blockage in a meibomian gland in your eyelid. These glands produce oils that form part of the tears. Your meibomian glands may become blocked because of an infection, such as a sty, or because you have blepharitis. Skin conditions such as seborrheic dermatitis or rosacea can also cause blocked meibomian glands.

WHAT ARE THE SIGNS AND SYMPTOMS?

A Chalazion usually starts with a swollen eyelid that develops over several weeks. Once the lump has developed it is unusual to have any pain, redness or discharge. Occasionally, if a chalazion is large, it can put pressure on your eyeball pushing it out of shape and causing astigmatism that causes mild blurring of vision which goes away when the chalazion settles.

HOW CAN CHALAZION BE TREATED?

Normally the cysts will take between 6 and 12 months to get better without treatment. About 1 in 4 will get better with conservative treatment within 6 months.

Conservative treatment

Regular hot compress and lid massage (4 times a day) may help to remove a blockage.

A towel soaked in hot water can be used as compress and should be comfortable but not scalding. Hold this for 5 minutes to the affected eyelid followed by gentle massage in the direction of the lashes for a minute.

Surgical treatment

The surgery consists of a procedure called incision and curettage.

Local anaesthetic is used to numb the eyelid and you will be awake during the operation.

To remove your chalazion your surgeon uses a clamp to stabilize the eyelid and makes a small incision to the inside of your eyelid to remove the contents of the gland. Your eyelid may be swollen and bruised after the operation.

Steroid injection

Chalazion that keep coming back are sometime treated with steroid injections.

Reoccurring Chalazion

If you have a chalazion that keeps coming back despite treatment it is important to see your GP as there may be an underlying skin problem or another cause of the lump.