

Chalazion Treatment

This material will help you understand treatments for chalazion.

What is a chalazion?

A chalazion is a red, tender lump in the eyelid. It is also known as a sty. The swelling occurs because one of the oil glands that is next to each eyelash can get backed up and become inflamed. This is very similar to a pimple.

How is a chalazion treated?

In many cases, chalazia resolve on their own without treatment. Applying a warm compress over your eye for 5- 10 minutes two to four times a day can soften the oil that is backed up. This helps the chalazion heal. If the chalazion does not heal after one month of using warm compresses, your doctor may suggest surgical removal or injection with medications to help it heal faster.

How is a chalazion surgically removed?

Surgical removal of a chalazion is an outpatient procedure. Before the procedure, your doctor will give you a local anesthetic to numb the area around the chalazion. Next, your doctor will place a clamp to help hold your eyelid in place for the procedure. That way, you will not need to worry about keeping your eyelid open for the procedure. The doctor will then make a small incision in the eyelid and remove the chalazion with a special instrument. The location of the incision (front or back of the eyelid) depends on the size of the chalazion. Small chalazia can be removed by making an incision on the inside of the eyelid. If your chalazion is large, the doctor may make an incision on the front of the eyelid and close it with dissolvable stitches. After the doctor

removes the chalazion, he/she will remove the clamp and control any bleeding by applying pressure.

The recovery time is normally very short after chalazion removal. You can use over-the-counter pain medication to control discomfort. Your doctor will prescribe an antibiotic to prevent infection. He/she may also prescribe a steroid drop or ointment to help calm inflammation. Follow your doctor's instructions carefully on how often and how long you should use the medicine. You can also use cold compresses after surgery to help reduce swelling. Be sure to maintain good hygiene of your eyelids. Do not wear contact lenses for about one week. These measures will help prevent infection. Chalazion removal is a very safe surgery. Serious complications are very rare. The most common complication is that people who have one chalazion are at risk for developing more chalazia in the future. Very uncommon risks include bleeding with bruising and infection. .

How is a chalazion treated with an injection?

Another method of treating chalazion is injection. During this procedure, your doctor will inject anti-inflammatory medication (usually corticosteroids) directly into the affected area. This will help reduce inflammation and the size of the chalazion over time. If the chalazion has not resolved within a few weeks, your doctor may recommend that you have another injection. This is a safe procedure. One possible complication is the lightening of the skin around the injection. That is why doctors often do not recommend the injection for people with darker skin color.

Which treatment option is right for me?

Talk to your doctor about which treatment option he/she thinks is best for you. In some cases, surgical removal is more difficult because of the location of the

chalazion. Both surgical removal and injection have high success rates for treating chalazia.

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