

Chalazion

This material will help you understand what a chalazion (stye) is, and how to treat it.

What is a chalazion (stye)?

A chalazion is usually a red, tender lump (as seen in the picture). It is also known as a stye. The swelling occurs because one of the oil glands next to each eyelash can get backed up and become inflamed, very similar to a pimple.



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What causes a chalazion?

The most common cause of a chalazion is blepharitis.

Blepharitis is a combination of tiny (microscopic) dandruff-like particles in the eyelashes and backed-up oil glands next to each eyelash. This combination can “clog the eyelash pore” and cause a stye to form.

How should I treat my chalazion?

In order to “melt” the backed up oil in the eyelash oil gland that is causing the inflammation, use a warm compress. A warm compress is a clean washcloth that you heat under the hottest water that feels comfortable on your skin. Wring the washcloth out after you get it wet. You should leave the compress on your eyes for 5-10 minutes. This may mean that you need to reheat the washcloth. Do this four times daily for the first two weeks.

If the stye is getting better, you can decrease the frequency to twice a day for an additional two weeks. If the stye is not getting better after 4 weeks of compresses, you should return to your eye doctor. Your doctor will see if you need the stye to be removed surgically or injected with medication. If you keep

getting styes, your doctor may recommend additional treatments if s/he feels underlying blepharitis, acne, or rosacea may be a factor.

For more information, scan these codes with your smartphone or visit the websites listed.



<http://www.geteyesmart.org/eyesmart/diseases/chalazion-stye.cfm>



<http://www.kellogg.umich.edu/patientcare/conditions/chalazion.html>

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