



Mr Vaughan Tanner BSc MBBS FRCOphth
Consultant Ophthalmic Surgeon
www.tanner-eyes.co.uk

Spire Dunedin Hospital
22 Bath Road
Reading
RG1 6NS

Circle Hospital
100 Drake Way
Reading
RG2 0NE

The London Clinic
119 Harley Street
London
W1G 6AU

Princess Margaret Hospital
Osborne Road
Windsor
SL4 3SJ

Tel: 0800 644 0700 / 0800 644 0900

Fax: 0118 986 9262 / 0118 955 3535

Windsor@tanner-eyes.co.uk

Reading@tanner-eyes.co.uk

Chalazion

Patient Information:

This is a common condition and is caused by a blockage in one of the small glands in the eyelid. A small lump develops as the normal contents cannot escape. Although it is unsightly, it is easy to treat and should not cause you any major problems with your vision. As a first step in treatment, you may be prescribed antibiotics to reduce the inflammation in the eyelid. Heat treatment with hot compresses can also help and may actually release the contents of the cyst which means that further intervention is not needed. If it has not resolved on this treatment, it can be removed with a minor procedure.

Photographs of typical cases of eyelid chalazion, affecting lower and upper lids



Disclaimer

The information provided in this document is intended as a useful aid to general practitioners, optometrists and patients. It is impossible to diagnose and treat patients adequately without a thorough eye examination by a qualified ophthalmologist, optometrist or your general practitioner. Hopefully the information will be of use prior to and following a consultation which it supplements and does not replace.

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Treatment

Your eyelid will be numbed by an anaesthetic injection to the area. This may sting a little initially, but the lid will soon become frozen.

The cyst is removed from the inside of the eyelid - no stitches are necessary, and no scar will be visible. Antibiotic ointment will then be applied, followed by an eye pad. The pad is usually left in place overnight. You may be given ointment to use in the eye for 3-4 subsequent days.

Often the lid is bruised following the procedure - do not worry, this is normal and will resolve within 2 weeks.

Some people are prone to getting these lumps again. You can help prevent them from re-occurring by using hot compresses on the lids and massaging them in the morning (see information on blepharitis).