



Chalazion

A chalazion presents as a "bump" on the eyelid, sometimes associated with swelling, redness, pain, or tenderness. If the lesion is large, vision in the involved eye may be blurred or distorted. The lesion is secondary to a blocked **meibomian** oil gland and sometimes evolves from a **hordeolum** ("stye"). Inflammation and pointing may sometimes occur, and the tiny associated

abscess may spontaneously drain. In many cases, however, the chalazion becomes **chronic**, and the patient presents desiring removal.

Treatment initially involves application of warm compresses in attempt to cause spontaneous drainage. **Antibiotics**, both topically and orally, are of little use. If the patient desires, the chalazion can usually be surgically opened and drained as a minor in-office procedure. Some patients, especially those with **rosacea**, are prone to recurrences.

Prevention

If you are prone to chalazion, keeping the eyelid margins very clean and free of debris may prevent recurrences. Washing with a warm washcloth and very mild shampoo can do this. Scrub the outer eye and lashes gently and rinse with warm water at least once per day. It is also advised to keep your hands clean, to avoid rubbing your eyes and to not share eye makeup.

Treatment

Warm compresses are usually the first line of treatment, helping to unclog the duct and allowing pus to drain away. Simply place a folded washcloth moistened in warm water on the affected area for 10-15 minutes, four times a day. You can also gently massage the lid from the nose outward to help release blocked fluid from the gland.

Your eyecare practitioner may also prescribe eye drops, ointment or oral antibiotics, depending on the degree of inflammation and tenderness. Some research indicates that homeopathic medicines may dissolve the chalazion, but you should discuss this option with your eye doctor before starting the medicine. If the chalazion persists for more than 6 weeks, quick and easy surgery (chalazion excision) can be performed in a doctor's office to remove it.

