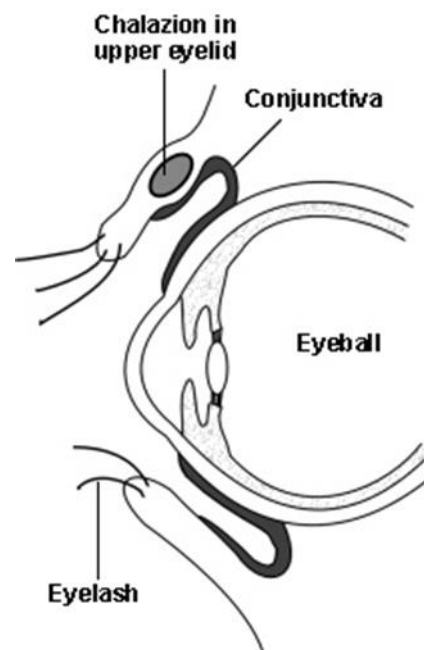


Removal of Chalazion

What is a chalazion?

A chalazion (also called Meibomian cyst) is a common condition. It develops when the tiny oil glands within our eyelids become blocked causing a cyst to form (see figure 1). This manifests as an eyelid lump. It is not normally painful but can become red and sore if the cyst becomes infected.



How is chalazion treated?

Most chalazion disappears on its own after several months. To speed up this process, hot compresses can help. To do this, hold a clean flannel that has been in hot water gently but firmly against the closed eye for 5-10 minutes, 3-4 times a day. Sometimes this warmth and slight pressure is enough to soften the contents of the fluid-filled swelling (cyst), helping it drain more easily. (The water should be hot but comfortable and not scalding.)

Persistent or large chalazion can be treated with a minor operation. This will involve numbing the affected eyelid with anaesthetic which will prevent you from feeling any further pain. Then, the eyelid is everted with a small clamp (see figure 2). A small incision is made over the lump at

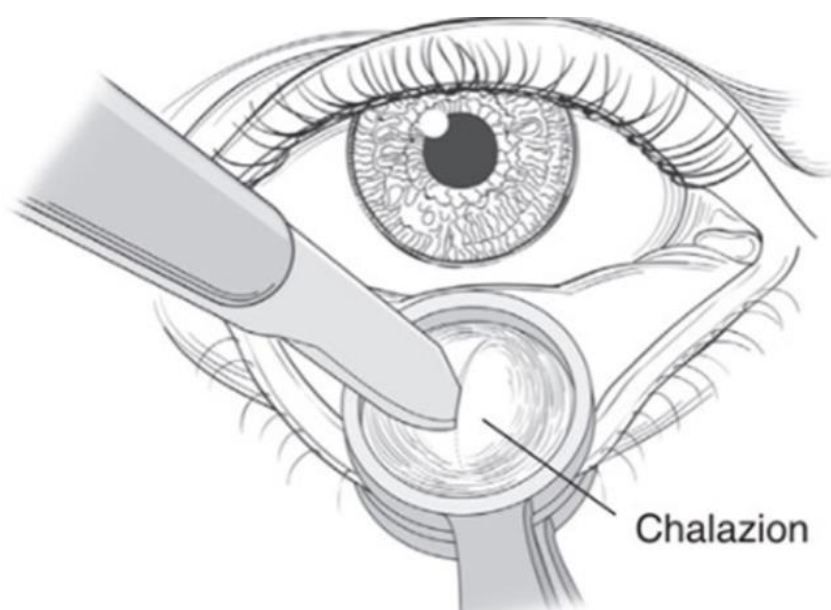


Figure 2. Incision & curettage of chalazion

Removal of Chalazion

the inner eyelid before the contents of the cyst are removed.

Are there any risks to this procedure and what can I expect after surgery?

There is commonly bruising, mild swelling and soreness of the eyelid after the procedure. It may take several weeks before this settles.

There is always a risk of infection after surgery although this is rare. We normally provide you with antibiotic ointment to use for a week.

However, if you develop significant pain or if the eyelid becomes very swollen or red, please contact us for medical attention as you may have developed an infection (see below for contact information).

Even after removal of the chalazion, the gland can become blocked again. This can cause a recurrence of the chalazion.

After the procedure, we would normally place an eyepad over your eye for a few hours. So please do not drive yourself home after the procedure and make prior arrangements for your return journey.

Most patients do not require an additional follow up after this procedure as the success rate is high.

Consent

You will be asked to give your consent to this treatment following discussion with medical or nursing staff. It is important that you understand what is involved and you will have an opportunity then to ask any questions that you might have.

Training

We are a training unit for future ophthalmic surgeons. Some or all of your surgery may be carried out by a surgeon in training under the direct supervision of a senior consultant or associate specialist.

Removal of Chalazion

How do I contact the hospital?

If you require URGENT advice following the procedure please telephone the Ophthalmic Outpatient Department on 01423 553195. If it is outside office hours, please telephone 01423 885959 and ask to speak to the 'eye doctor on call'.

Further Information

Other sources of useful information can be found at:

NHS Direct 0845 4647

Harrogate and District NHS Foundation Trust website www.hdft.nhs.uk

Patient Experience helpline 01423 555499 (Monday – Friday 9.30am – 4pm). E-mail: thepatientexperienceteam@hdft.nhs.uk

National Eye Institute <http://www.nei.nih.gov/health/>

Department of Ophthalmology
Harrogate District Hospital
Lancaster Park Road
Harrogate HG2 7SX
01423 885959
Direct line: 01423 553195
www.hdft.nhs.uk

If you require this information in an alternative language or format (such as Braille, audiotape or large print), please ask the staff who are looking after you.