

Chalazion Removal

A chalazion, from a Greek word meaning 'small lump,' is a swollen, inflamed lump on an eyelid.

Some people confuse a chalazion with a sty, but they are not the same condition. A sty is caused by an infection of a lash follicle.

A chalazion is caused by inflammation of one of the small oil-producing Meibomian glands located in the upper and lower eyelids. The inflammation is in reaction to trapped oil secretions. While it isn't caused by bacteria, the site can become infected if not treated.

A chalazion may occur on an upper or lower eyelid. It may be red, swollen and sore. It can sometimes cause the eyelid to swell suddenly and may obstruct vision or cause blurred vision if it grows large enough.

If small and without symptoms, the chalazion may disappear on its own. If there are bothersome symptoms, we will treat with a combination of...

- ◆ Compresses and Massage – Apply a warm compress for 15-20 minutes followed by several minutes of light lid massage to reduce the swelling and make the lid more comfortable.
- ◆ Antibiotic Ointment – Sometimes this is used in combination with compresses and massage.
- ◆ Steroid Injections – If compresses and massage have not helped, or if a small lump remains even after treatment, we may treat with steroids.
- ◆ Surgery - If the chalazion does not diminish or recurs, medical attention may be necessary. A chalazion that does not respond to other treatments may be opened and drained in the office.

The more serious treatments listed will probably not be necessary. Chalazions usually respond to simple heat and massage treatment.

Chalazions sometimes recur. If you have a chalazion that recurs in the same place, we may want to perform a biopsy to rule out more serious causes.