



NHS
Salisbury
NHS Foundation Trust

information

Chalazion

Eye Clinic
01722 336262 ext 5366
(8am - 5pm)

Salisbury NHS Foundation Trust

A chalazion (also known as a Meibomian cyst) is a swelling in the eyelid caused by inflammation and blockage of the glands found in the eyelids. This can happen in the upper or lower eyelid.

Does the chalazion have to be treated?

Most of them settle on their own but some can lead to prolonged inflammation and sometimes infection. Should this happen your doctor will give you some antibiotics. If it does not settle, you may be referred to the Eye Department for further treatment.

What are the treatments available?

- Hot compresses applied to the lids twice per day is first line treatment and the majority resolve with this but it can take several weeks of continual treatment.
- If it does not settle and remains as a lump in the lid, then incision and drainage surgery is the best option. Surgery can be carried out under the NHS, but only according to strict criteria and funding approval from the Clinical Commissioning Group (CCG) will usually need to be obtained via your family doctor prior to surgery.
- Those on the edge of the lids are best left to settle on their own as they do not respond well to surgery. They may take several months to settle.
- Occasionally you might be given steroid injections into the chalazion.

What happens when I have the surgery?

The surgery is usually carried out as an outpatient procedure under local anaesthetic. Children and those adults who would prefer could have a general anaesthetic.

You will have local anaesthetic drops put in your eye and a local anaesthetic injection into the lids (**not into the eye**). to numb your lids. This causes a stinging sensation initially but you will feel little or no discomfort during the surgery. A cut is made on the inside of the lid and the cyst is emptied. The eye will be padded overnight for the first night. You can remove the pad in the morning. You will be given an antibiotic ointment to use in the eye after the operation.

You will be able to go home the same day. You will not be able to drive yourself home after this operation so please arrange for someone to take you home.

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Are there any complications?

You will have bruising and swelling around the operation site which will usually settle within a week. Sometimes the chalazion may not settle completely and may need to be operated on again.

Can chalazion come back?

Yes they can, but it is usually a new one just next to a previously treated one. Should this happen it will have to be treated in the same way.

Can I contact someone if I have a problem?

Yes, you can contact the Eye Department between 8am and 5pm, Monday to Friday.

 01722 336262 ext 5366

If you have a problem with your eye in the first 2 days after your operation, please speak to the doctor on call for the eye department. Call the hospital and ask the switchboard operator to contact the on-call eye doctor.

 01722 336262.

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If you need this information in another language or medium (audio, large print, etc) please contact the Customer Care Team on 0800 374208 email: customer.care@salisbury.nhs.uk.

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

The evidence used in the preparation of this leaflet is available on request. Please email patient.information@salisbury.nhs.uk if you would like a reference list.

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