

Chalazion

A chalazion (also known as a meibomian cyst) is a cyst in the eyelid. A common condition, it often occurs due to inflammation around the opening of the oil glands at the base of the eyelashes. The inflammation (called Blepharitis) is caused by sensitivity to a common bacteria found on the skin. When the opening of the small oil glands around the lashes becomes blocked by inflammation, a small tender swelling occurs in the eyelid. This is known as a Chalazion.

Treatment

The first stage of treatment involves using a warm compress and massaging your eyelid:

- **warm compress:** Boil some water and let it cool a little or use water from the hot tap. Soak cotton wool or a clean flannel in the warm (but not boiling) water, squeeze it out and gently press onto your closed eyelids for two to three minutes at a time.
- **massage:** Starting at the skin crease, gently massage the upper lid downwards to the lashes. The lower lid should be massaged upwards towards the lashes. This

may release the contents of the cyst, which means further treatment will not be necessary.

- **antibiotics** may also be prescribed to reduce the inflammation.

If the Chalazion does not respond to the first stage of the treatment, it can be drained. Your name will be placed on the minor operation list and you will be given a date to come in for this procedure. Your appointment letter will tell you where to check in on the day of surgery.

You will be admitted by the day surgery nurse. The operating nurse or doctor will examine you and discuss the risks and benefits of the surgery and the type of anaesthetic that can be given. They will also ask you to sign a consent form to confirm that you are aware of the risks and benefits and agree to go ahead with the operation.

Benefits of surgery:

The inflamed Chalazion will be drained.



Risks involved:

- your eyelid might be swollen and bruised for several days after your operation but this should settle after two weeks.
- there is a risk of infection, but after the operation you will be given antibiotic ointment to apply, which should help prevent this.
- a Chalazion can come back after being removed. If this happens, please apply a warm compress to your closed eyelid (see page 1). Please contact us through your GP if your Chalazion persists despite this, as further treatment and investigation may be required.

The procedure

Your surgery will be performed by a nurse practitioner or doctor, who will explain the procedure again before they start operating.

Once you are lying comfortably on the operating table, the skin around the Chalazion will be injected with local anaesthetic. This will sting at first but the lid will soon become numb. Although you will still be able to feel touch and pressure you should not feel any pain.

The nurse or doctor will then make a small incision on the inner surface of your eyelid so that the contents of the cyst can be drained. Ointment will be applied and a pad placed over your eye.

You will be able to go home on the same day. Sometimes we will need to take a biopsy of the cyst. If this is done, a nurse will telephone you with the results or you will be sent a clinic appointment if needed.

Aftercare and advice

When the anaesthetic wears off, there may be some discomfort. To relieve this, you can take mild pain relief such as paracetamol. You should keep the pad over the eye for at least four hours as this reduces swelling and bruising. When you remove the pad, you will find some blood or discharge around your eye. Clean the eyelid with cooled boiled water and remember to use the antibiotic ointment as prescribed.

As this is a minor procedure which only involves surgery on the eyelid and not the eye, it should not affect your ability to work. If it does, please see your GP to discuss taking time off work.

When to seek advice

If your sight becomes blurred or you experience bleeding, you should call Moorfields Direct for advice (see details later in the leaflet) or go to your local A&E department. You can also go to Moorfields A&E department in City Road (open 24/7 for emergency eye problems only) for a further examination.

Opening hours: Monday to Friday,
except bank holidays

Useful contacts

Moorfields A&E at City Road, 162 City
Road, London EC1V 2PD
Telephone switchboard:
020 7253 3411

This is a 24 hour service for eye
emergencies only. Following triage, you
may be seen on the day or informed
that no treatment is needed at the
service and advised to see your GP or
optician. Alternatively, you may be
booked into an urgent care clinic at City
Road for a different day.

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**Moorfields Eye Hospital NHS
Foundation Trust**
City Road, London EC1V 2PD
Phone: 020 7253 3411
www.moorfields.nhs.uk

Moorfields Direct telephone helpline

Phone: 020 7566 2345
Monday-Friday, 8.30am-9pm
Saturday, 9am-5pm
Information and advice on eye
conditions and treatments from
experienced ophthalmic-trained nurses.

Patient advice and liaison service (PALS)

Phone: 020 7566 2324 or 020 7566
2325
Email: moorfields.pals@nhs.net

Moorfields' PALS team provides
confidential advice and support to help
you with any concerns you may have
about the care we provide, guiding you
through the different services available
at Moorfields. The PALS team can also
advise you on how to make a complaint.

Your right to treatment within 18 weeks

Under the NHS constitution, all patients
have the right to begin consultant-led
treatment within 18 weeks of being
referred by their GP. Moorfields is
committed to fulfilling this right. For
more information about your rights and
responsibilities, please visit the
Moorfields website and search
'Referrals to treatment (RTT)'. To learn
more about your rights under the NHS
constitution, visit
www.nhs.uk/choiceinthenhs

