



CHALAZIA AND STYES

A chalazion is a swollen bump on the eyelid. It happens when the eyelid's oil gland clogs up resulting in an inflammatory reaction to trapped oil secretions. It may start as a sty, which is an infection of a lash follicle that forms a red, sore lump near the edge of the eyelid. If the chalazion gets large, it can press on your eye and cause blurry vision. Rarely, the whole eyelid might swell.

What leads to Chalazion

You are more likely to get one if you have:

1. Blepharitis, is a problem that affects the edge of your eyelid
2. Had a sty or chalazion before
3. A skin condition, such as acne or dermatitis.

A chalazion is formed when the oil produced in your eyelid glands becomes too thick to be secreted or the opening becomes too narrow for the oil to drain easily. This can lead to the formation of a lump in the eyelid, as oil continues to be produced.

Hot compresses for treatment at home

Rice and clean socks! Fill the foot part of the sock with uncooked rice. Tie off the top of the sock. Place the sock full of uncooked rice in the microwave for about 30 seconds or more (depending on the power of the appliance.) The sock should be hot but not burn you! Apply the sock to the tender area for up to 20 minutes at a time. Reheat as needed. Minimum of 3 times daily. * THIS MAY CAUSE REDNESS/ MILD SWELLING AND RUPTURE. TYPICALLY NEEDS SEVERAL WEEKS TO RESOLVE. DO NOT BE DISCOURAGED! PERSISTENCE IS THE KEY!

Lid massage

Place the index finger against the edge of the upper eyelid margin. With firm pressure, massage in a circular motion from one end of the lid to the other. Repeat for the lower lid. Repeat for the other eye. Do this morning and night after warm compresses. Do NOT try to squeeze or pop the lump, as this will cause infection, promote inflammation, or damage the delicate tissues of the eyelid

Proper Lid hygiene

Clean the base of the lids and lashes with a washcloth and baby shampoo or Ocusoft lid scrub. Gently scrub the upper eyelids and lashes with your eyes closed. When scrubbing lower lids and lashes, look up slightly before scrubbing. Go back and forth side to side 10 times with each set of lids and lashes. If you use baby shampoo, please wash off soap with warm water. Do this morning and night after the lid massage.

Omega 3 Supplement

Take about 1 gram per day of Omega 3 supplement daily for children, and up to 2 grams daily for adults. Omega 3 and DHA have been shown to speed up the resolution of chalazia and also decrease the prevalence of future reoccurrence. These essential fatty acids can be found in fish and green vegetables.

General tips

Wash hands frequently.
Avoid rubbing eyes.
Keep hair out of the face, and wash hair nightly.
Clean pillowcases frequently.
avoid trans fats and hydrogenated oil in the diet.
Do not wear eye makeup when your eyes are inflamed.
Replace new eye makeup often.

Surgical options:

Surgically drainage options can be discussed if a chalazion cannot be managed by the conservative methods listed above.

