

Patient information

Chalazion Surgery

Meibomian cysts are common and are caused by a block in one of the small glands of the eyelid. This swelling is often referred to as a chalazion. Frequently these cysts become inflamed and cause a painful red lump within the eyelid.

The procedure

Your treatment involves a local anaesthetic injection around the cyst. A small incision is made on the inner surface of your eyelid so that the contents of the cyst can be removed. No stitches are necessary.

Benefits

The meibomian cyst has gone, however it can recur.

Alternatives

- Warm compresses to the Chalazion and eyelid massage.
- To continue with antibiotic treatment—beneficial if there is an infection present.

Following your treatment

You should keep the eye padded for at least two hours after the procedure as this reduces swelling and bruising. The antibiotic ointment should be used as instructed.

When the anaesthetic wears off there may be some discomfort. You may find mild painkillers such as paracetamol helpful.

When you remove the pad, there will be some blood or discharge around the eye. Clean the eye with cooled boiled water if necessary.

Contact lenses are best avoided in the first week.

Risks

The eyelid may be swollen and bruised for several days. The eyelid should have settled completely by two weeks.

If you wish to contact the Eye Department

Telephone 01284 713933

Monday - Thursday 8.00am - 8.00pm

Friday 8.00am - 5.00pm

At the weekend and out-of-hours

Telephone 01284 713000 and ask to speak to the 'on-call' Ophthalmic doctor

Clinical research

West Suffolk NHS Foundation Trust is actively involved in clinical research. Your doctor, clinical team or the research and development department may contact you regarding specific clinical research studies that you might be interested in participating in. If you do not wish to be contacted for these purposes, please email info.gov@wsh.nsh.uk. This will in no way affect the care or treatment you receive.

Accessibility

If you require this leaflet in a different format, please contact the patient advice and liaison service on 01284 712555 or email PALS@wsh.nhs.uk

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