

Patient information

Chalazion (Meibomian Cyst)

Royal London Hospital

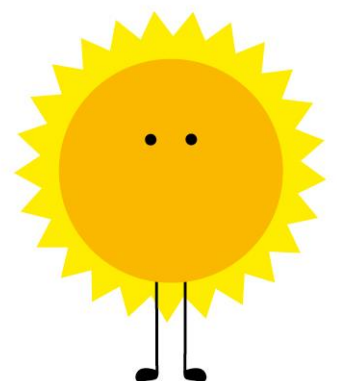
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Introduction

A chalazion (meibomian cyst) is a cyst or small lump caused by a blockage of the meibomian gland in the eyelid. The meibomian glands produce oil which helps to keep the eyes moist.

If one of these glands becomes blocked, the oil cannot escape and the gland swells to form a cyst on the eyelid. Sight can sometimes be affected by a chalazion. Chalazia are quite common.

They usually form on the upper eyelid and both eyes can be affected at the same time. They are more common in children who have an eye condition called blepharitis, a long-term irritation of the edge of the eyelids which is usually harmless.

What are the symptoms?

A chalazion usually appears as a small, painless lump on the eyelid. It can be slightly sore or irritating; an infected chalazion will be more swollen and painful.

What is the treatment?

Normally, a twice-daily warm compress followed by massage speeds up the disappearance of the cyst and eases symptoms.

If this is not effective, your child may need antibiotics to reduce irritation or a small operation to drain the cyst.

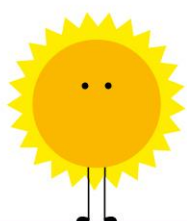
Surgery for a chalazion

A small operation may be needed to drain the cyst if it does not disappear of its own accord. Surgery will only be undertaken if the chalazion is very large, if there is a risk of infection, or if vision is being affected.

If an operation seems the best option for your child, you will be given a separate leaflet on surgery for a chalazion.

Continuing care

Even if your child's chalazion disappears after warm compresses and eye massage, antibiotics, or surgery, you should continue with eyelid hygiene as this will help prevent more cysts forming.



Eyelid care

Always wash your hands before touching your child's eyes. Apply a compress and massage your child's eyelid(s) following this routine twice a day.

Warm compress

Boil some water and let it cool. Soak a ball of cotton wool or a clean flannel in the warm water and apply it to your child's closed eyelid over the cyst for 2–3 minutes and repeat. You can also buy microwaveable masks for giving a warm compress from a pharmacy or an optician.

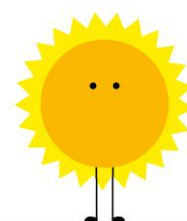
Eye massage

After applying the warm compress, massage the cyst to encourage it to drain. Do this gently with a cotton bud, moistened in the warm water, in the direction of the eyelashes.

Antibiotics

Occasionally it may be necessary for your child to take a short course of antibiotic eye ointment or drops to help reduce irritation in the area.

If the cyst becomes infected, and the infection is obviously spreading, a course of oral antibiotics will be prescribed. Antibiotics will reduce the swelling and pain in the chalazion but they are not a cure as the contents of the cyst are infection-free.



Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں!

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All our patient information leaflets are reviewed every three years.

