



COMMUNITY  
**EYE CARE**  
SPECIALISTS

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**SURGERY AND LASER**  
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## **Chalazion**

A chalazion (sha-lay-zee-hun) is a small inflamed lump or cyst within the eyelid that is caused by clogged, inflamed, or infected Meibomian gland. (Each lid contains about 70 Meibomian glands that secrete a waxy material to help keep your cornea from drying out). If a chalazion becomes infected, it is then called a Meibomian abscess.

### **Symptoms**

The first sign of a chalazion is usually a small painless lump in either the lower or upper lid. It may continue to grow larger, reaching pea-size or, occasionally, the size of a small grape.

If the chalazion becomes infected it may grow larger and become tender to the touch, and the entire eyelid may become red and swollen. Sometimes the entire side of your head will hurt. Eventually, the chalazion will probably come to a "head" or "point" on either the underside or outside of the lid.

### **Treatment**

One of the most important parts of treatment is the application of heat by warm soaks (compresses). Heat increases circulation to the inflamed area, which helps remove foreign substances and germs, and aids in healing. A small chalazion may disappear soon after heat treatment; a larger one may take many days before it begins to shrink, or you may need to use eye drops and / or ointment or even have the lump injected with medication to help reduce inflammation or swelling.

If there is no improvement, or if the chalazion continues to enlarge, it may need to be opened. A local anesthetic is injected into the eyelid to numb it. Then a small incision is made so that the chalazion can be drained or cleaned out with a curette. There is usually very little bleeding and little or no postoperative pain. Afterwards, you may be instructed to use (or continue using) drops and / or ointment in the eye, along with warm soaks for a few days, until the swelling and inflammation are reduced or gone.

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