

Contact Details and further information

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Blepharitis Treatment Demonstration Video:

Google 'Ophthalmology Video UHNM'

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Patient Information Leaflet

Chalazion



Please speak to a member of staff if you need this leaflet in large print, braille, audio or another language

What is a Chalazion?

A chalazion is a common condition in which a small lump or cyst develops in your eyelid. This is due to a blocked oil gland (meibomian gland).

Meibomian glands produce an oily substance lubricating the margins of the eyelids and front of the eye.

When a gland becomes blocked, the oils harden and the gland becomes swollen causing redness and swelling.

If the chalazion becomes infected, the entire lid may become swollen and painful.

The chalazion may vary in size over a few weeks, but can resolve after warm compresses and lid cleaning.

A small number of the chalazia will remain for weeks or months but they can be left to get better by themselves.

Treatment for a Chalazion

Twice a day, apply a warm compress to your child's eyelids and massage them for a period of 5-10 minutes to encourage the oil in the glands to soften and unblock the gland.

This can be done using tap water at a temperature that is very warm but will not burn the skin and a clean washcloth or cotton pad.

Alternatively, there are masks available that are heated in a microwave and then used to apply the warm compresses.

Encourage your child not to squeeze or rub the chalazion. Antibiotic ointment is sometimes prescribed if the chalazion is infected.

Surgery may be needed to remove the chalazion if conservative treatment has not worked after several weeks or if the case is severe. This can be done under a local or general anaesthetic depending on your child's age and preference. The procedure involves an incision into the chalazion and then removing the contents of the gland.

After Surgery

The eye will have a dressing applied immediately after surgery for at least 2 hours.

The eyelid may be slightly swollen and bruised for several days.

Antibiotic ointment will be prescribed for the treated eye.

Once the course of antibiotic ointment is completed, it is important to continue applying warm compresses twice a day to help prevent further chalazia from developing.

What to look out for?

If the eye becomes increasingly red or painful after treatment, or your sight becomes more blurred, you should see an eye doctor again or contact the hospital.