

CHALAZION TREATMENT

You have been diagnosed as having a chalazion of your eyelid. This is an infection of an oil gland located within your eyelids. A chalazion usually begins as a sty. A sty is an infection at the opening or pore site of the gland. When the infection goes from that site to the actual gland it becomes a chalazion.

80% of chalazia can be treated with medical therapy alone. It is important to follow all instructions.

1. Apply a **warm moist compress to the affected lid for at least one hour a day**. This is best accomplished by applying “the spud treatment”. Take a small new potato, about the size of your eye socket, clean it and cook it. Take a clean cotton sock and moisten the toe of the sock. Put the hot, non-pricked potato into the sock. You now have a hot; moist pack which will hold heat for 45-60 minutes. The length of time on the eyelids should always exceed 20 minutes at a time.
2. Take the prescribed antibiotic by mouth as prescribed.
3. If prescribed, use the ophthalmic ointment in the eye after using the hot moist compress.

Many chalazia will drain completely within the first two to three weeks if the treatments are done properly. However, some will not drain completely by this method may need to be surgically incised and drained in office.

The doctor will see you in approximately two weeks for reevaluation. Call our office with any questions.