



Wasatch View Eye Care

[www.wasatchview.com](http://www.wasatchview.com)

Jeff Mellor, OD, MEd, FAAO-Optometrist

10412 S. 2200 W.

2135 W. Main Street, B101

South Jordan, UT 84095

Lehi, UT 84043

(801) 858-2020

(801) 702-8550

## Chalazion

### Overview

A chalazion is a pale or red, painless lump that occurs due a blockage of an oil gland at the edge of the eyelid. Sometimes they are called a meibomian cyst. A distinguishing characteristic between a sty and chalazion is that a sty is painful to the touch. Chalazions are associated with chronic blepharitis, rosacea, styes and seborrheic dermatitis. Large ones might cause watering and decreased vision from putting pressure on the eye. They also mostly happen in adults. To evaluate a chalazion your eye doctor will take a careful history and examine your eyelid with a biomicroscope. It usually takes 4-6 weeks for a chalazion to resolve on its own. To speed up resolution, warm compresses can be used 4-6 times a day to open up the gland. In persistent cases the chalazion can be injected with steroids or surgically removed.



### Signs & Symptoms

Most patients find chalazions to be annoying. The chalazion lump on the eyelid is pale to red in color. There is no pain when they are touched, unlike a sty which is very sensitive to the touch. Large chalazions can put pressure on the eye causing watering and blurred vision.

### Causes

A chalazion is caused by an inflammation and obstruction of a small meibomian gland along the upper or lower eyelids. They are associated with chronic blepharitis, rosacea, styes and seborrheic dermatitis. When not managed these conditions lead to excessive bacteria, dermatitis, skin flakes, mucus and pus that can clog the meibomian glands.

### Evaluation

After taking a history and testing your vision, your eye doctor will carefully evaluate your eye and eyelids with a biomicroscope. They'll look for factors that might have contributed to the chalazion like blepharitis, rosacea and seborrheic dermatitis. A question should be asked about whether the lesion is sensitive to the touch.

## **Treatment**

Chalazions typically resolve themselves in 4 to 6 weeks.

Warm compresses can be used to break down the blockage and resolve the chalazion lesion. They are used 4-6 times per day.

If the lesion persists it can be injected with steroids to reduce its size and finally can be surgically removed.



## **Websites**

All About Vision: <https://www.allaboutvision.com/conditions/chalazion.htm>

American Optometric Association:

<https://www.aoa.org/healthy-eyes/eye-and-vision-conditions/chalazion?sso=y>