



Wasatch View Eye Care

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## Stye

### Overview

A stye is an infection of an oil gland on the eyelid margin. They are also called an internal hordeolum. They usually present as a painful, red bump on the eyelid. They are frequently associated with blepharitis and rosacea. Staphylococcal bacteria are the most common organism to cause the infection. In many cases they resolve on their own.



Treatment consists of a warm compress to loosen inflammatory material and to open up pores 4-5 times a day. Massaging the stye may also be beneficial to help express the material inside it. Lid scrubs with baby shampoo and water are important to clear the eyelid margin of bacteria. This will reduce the recurrence. Without resolution oral antibiotics should may be given and in some cases they may require drainage.

### Signs & Symptoms

Symptoms of a stye include tenderness, swelling and redness on the eyelid margin. Touching the stye is very uncomfortable and painful. In some cases there is a mucus or pus discharge. Signs include a pustular lump similar to a pimple with an opening on the eyelid margin.

### Causes

Styes are caused by bacteria from the skin infecting an oil gland on the eyelid margin called meibomian glands. It is most commonly caused by a Staphylococcal bacterium.

### Testing & Evaluation

A stye is easy to evaluate and can be seen without the use of a biomicroscope. Another type of lump on the eyelid that looks similar to a stye is a chalazion. Unlike a stye, however, it is not painful when touched.

### Treatment

Initial treatment consists of a warm compress for 10 minutes four times a day. Soon a head should form and the styne should drain on its own. Clean the drainage and eyelids with baby shampoo and water to prevent spreading of the infection. Without resolution an oral antibiotic may be given. Topical antibiotics are ineffective because they don't penetrate the skin. In some cases your eye doctor may need to lance and drain the styne.

### **Websites**

All About Vision: <http://www.allaboutvision.com/conditions/styes.htm>

American Optometric Association:

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

