

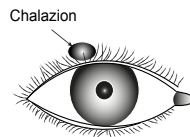
# Meibomian cyst (chalazion)

## What is it?

A chalazion is a cyst in the eyelid. It often occurs because of inflammation blocking the opening of the small oil glands at the base of the lashes, resulting in a small tender swelling in the eyelid.

## What procedure have you had done?

Incision and Curettage (I&C) of a chalazion.



## What to expect afterwards:

- You will need to wear a protective eye pad for 4 hours after your procedure. When you remove the pad, there may be some dried blood or discharge. This is normal, and can be removed by bathing the lids gently with cooled boiled water and clean cotton wool.
- Whilst the eye pad is on, your depth perception (3D vision) will be reduced– hence we ask that you don't drive home! Just be careful of your surroundings.
- Your eyelids may be bruised/swollen, but this will gradually disappear over a few weeks.
- When the anaesthetic wears off, you may experience some discomfort for a day or two. You can take simple pain killers for this, such as paracetamol.
- You will be given an antibiotic ointment, please apply this to the affected eye as instructed.
- Occasionally cysts can return. If you have any concerns after your procedure we can see you within 6 weeks back at the eye pavilion. Beyond 6 weeks however, you will need to be re-referred by your GP.

## If you have any concerns, please contact:

- During working hours: Triage desk **0131 536 3751**
- Out of hours: Ward E2 **0131 536 1772**
- St John's Hospital triage: **01506 524286**