

What should I do if I have any further questions?

You can contact your clinician using these details.

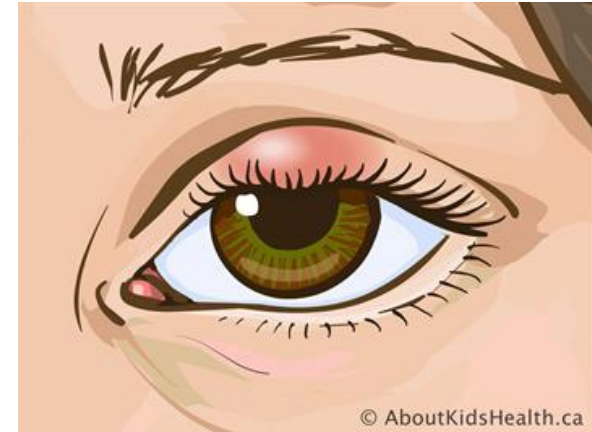
Name of your clinician:

Orthoptic Department
Princess Alexandra Eye
Pavilion
Chalmers Street
Edinburgh
EH3 9HA
Tel: **0131 536 3765**

If you have been seen at the
Royal Hospital for Children
and Young People please also
use the contact number
above.

Orthoptics Department
OPD 1, St. John's
Hospital
Howden Road West
Howden
Livingston
EH54 6PP
01506 524284

Chalazions in children



What is a chalazion?

A chalazion (or meibomian cyst) is a chronic inflammatory lesion caused by a blockage in one or more of the oil glands in the eye lids, resulting in a firm lump.

They are more commonly found in the upper eye lid as there are more oil glands here compared to the lower eye lid, but one or both eyes can be affected and there can be more than one chalazion present at the same time. These are usually harmless and do not affect the vision. They are not painful.

What can I do to help it resolve?

✓ Lid hygiene, warm compress & massage

- Wash your hands
- Boil some water and then let it cool a little so that it is still hot but won't burn the skin
- Take a single use cotton wool pad and dip it into the water and hold this over your child's closed eyelids for 2-3 minutes to encourage the blocked pores to open

- Immediately after, massage the lids with the warm cotton wool pad in a gentle sideways or vertical motion in the direction of the eyelashes
 - Clean away any crusts or secretions on the eye lids/lashes with another clean single use cotton wool pad
 - Pat the skin dry
 - No soap is required
 - This should be carried out at least twice a day.
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- ✓ The chalazion may take months to resolve and the lid hygiene measures should be continued to both eyes, even after the chalazion has resolved. This is to prevent new cysts from forming in future.