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Chalazion

A chalazion is a swelling in the eyelid caused by inflammation of one of the small oil-producing glands located in the upper and lower eyelids. A chalazion is sometimes called a **stye**, which also appears as a lump in the eyelid. Sometimes a chalazion can cause the entire eyelid to swell suddenly, but usually there is a particular tender point.

When a chalazion is small and without symptoms, it may disappear on its own. If the chalazion is large, it may cause blurred vision.

Chalazions usually respond well to treatment, although some people are prone to recurrences. If a chalazion recurs in the same place, your ophthalmologist may suggest a biopsy to rule out problems that are more serious.

My initial treatment of chalazion usually includes one or all of the following:

- 1) Azasite drops to be used one drop two times a day for 2 days then once a day for 6 weeks in the affected eye. This is a thick drop that occasionally burns. Some people find it easier to put one drop on a clean index finger and place it inside the lower eyelid.
- 2) Frequent warm compresses- the more, the better. A hint here is to put uncooked rice in a sock. Heat this up in the microwave (be sure to not make it too hot) and then apply it to the involved eyelid for at least 15 minutes.
- 6) Follow-up is at six weeks and if the chalazion is not markedly improved we will then make a decision about surgery.