

Chalazion_Practical information for patients

Together with your ophthalmologist (eye doctor), you have decided to treat a **chalazion**. This leaflet explains what a chalazion is, what causes it, and how the treatment works. You will also find practical advice for **before and after** the treatment.

What is a chalazion? A **chalazion** (also called a *meibomian cyst* or *stye*) is a **painless swelling of the eyelid**. It happens when a small oil gland in the eyelid (Meibomian gland) becomes blocked. The oil builds up and causes inflammation.

A chalazion is **not dangerous**, but it can be annoying, affect vision, or be cosmetically disturbing.

Causes A chalazion can be caused by:

- A blocked oil gland (for example due to thick oil or skin flakes)
- Eyelid inflammation (*blepharitis*)
- Skin conditions such as rosacea
- After an acute infection (*internal hordeolum*)

In many cases, the cause is **unknown**. **Treatment 1. Conservative (non-surgical) treatment** A chalazion can sometimes disappear by itself.

You can help recovery by:

- Using **warm compresses** (2 times a day, 15 minutes)
- **Gently massaging** the eyelid towards the eyelashes
- Keeping good eyelid hygiene

Tip: A warm gel eye mask (available at pharmacies or drugstores) works well.

2. Surgical treatment If the chalazion does not go away or causes problems, it can be removed during an outpatient procedure:

- Local anesthesia (numbing) of the eyelid
- A small incision on the **inside** of the eyelid
- The contents are removed with a small instrument
- **No visible scar** on the outside

Duration: about 10–15 minutes **After the treatment**

- Your eye will be covered temporarily with an ointment bandage
- Use **antibiotic eye ointment** for 1 week, **3 times a day**

- Do **not** wear contact lenses until fully healed
- Swelling or a blue eye is normal and usually disappears quickly

When should you contact us? Please contact the clinic if you experience:

- Persistent or increasing pain
- Sudden decrease in vision
- Swelling or pus after several days

Follow-up and recurrence

- Usually, no follow-up appointment is needed
- If the chalazion comes back, the procedure can be repeated

Reimbursement Treatment of a chalazion is covered by **basic health insurance**.

Please note that your **deductible (own risk)** may apply.

Your privacy

Skin & Vision Clinic treats your personal data confidentially and in accordance with the General Data Protection Regulation (GDPR). Your medical information is carefully recorded in your patient file.

You have the right to access your medical file and to request correction of your data if necessary.

Questions or complaints?

Do you have any questions, concerns, or complaints about your treatment? Please feel free to contact us.

If you are dissatisfied with any aspect of your care, you can use our complaints procedure.

Information about this is available on our website: <https://www.skinandvision.nl/klachtenprocedure>

Contact Skin & Vision Clinic

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This telephone number can also be used for urgent questions outside office hours.