

# Brampton Medical

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## Excision of Cyst or Chalazion (Procedure Code C1240)

### **What is a Chalazion?**

Small glands line the margin of the top and bottom eyelids. The glands produce an oily fluid that form part of the tear film. The opening to these glands can sometimes become blocked and the oily secretion cannot escape. Instead the retained oil results in an inflammatory cyst. The medical term for this is meibomian cyst or chalazion (pronounced *ka lazy on*)

### **What causes a Chalazion?**

There is usually no obvious reason why people develop a chalazion. People who have blepharitis (inflammatory condition of the eyelids) have a greater chance of developing a cyst.

### **How is a chalazion treated?**

When left alone, 30% of these cysts will be gone within 3 months and most will have settle with time. If the cyst is unsightly or irritating a small outpatient operation can remove the trapped inflammatory fluid.

### **The operation**

The operation is performed under a local anaesthetic, which means that you will be awake during the procedure. Anaesthetic eye drops will be instilled to numb the eye before an anaesthetic injection is given to the affected eye lid. This numbs the feeling of pain, but you may feel slight pressure or discomfort during the procedure.

A small clamp is put around the cyst to hold it in place. The eyelid is turned outwards and a small cut is made on the underside of it. This allows the surgeon to remove the inflammatory debris.

After the procedure antibiotic ointment is put in the eye and an eye pad is put on. You will then be asked to wait in the waiting area for a short

while, after which a nurse will remove the eye pad and bathe your eye, if necessary.

### **Following the operation**

You should not experience pain following this procedure, but if you do you can take normal painkillers (eg. paracetamol) using the recommended dosages. You should not drive home after the procedure but by the following day most people will have adequate vision and be comfortable enough to drive or return to work.

You will be given some antibiotic ointment to be twice a day for 5 days. You put the ointment in by pulling the lower eyelid down gently and running a line of ointment just inside the eyelid, after washing your hands.

There are no stitches in the wound. It will gradually heal over the next few weeks. If you rub or knock your eye and cause it to bleed apply firm pressure using a clean tissue and the palm of your clean hand. Keep this pressure constantly for about 10-15 minutes. It is normal to have some bruising and slight swelling around the eye. This should settle on its own during the next 7-10 days.

Sometimes the cyst may recur and you should book back to the clinic.

