

TREATMENT FOR STYES

While most **styes** will drain on their own, the application of a hot or warm compress are the most effective



means of accelerating drainage. The warmth and dampness encourages the

stye to drain. Just like any infection try not to touch it with your fingers. A compress can be made by putting hot (not boiling) water on a wash cloth, or by using room temperature water and a plastic heat pack. Warm compresses should be applied for 10—20 minutes, four (4) times a day.

There is also a specialized topical ointment for styes, that *may* be prescribed.

Styes may also cause a bruised feeling around the eye which is treated by application of a warm cloth to the eye.

With treatment, styes typically resolve within one week. Lancing of a stye is not recommended.

TREATMENT FOR CHALAZION

The primary treatment for **chalazion** is application of warm compresses for 10 to 20 minutes at least 4 times a day. This may soften the hardened oils blocking the duct and promote drainage and healing.

Chalazion may be treated with any one or a combination of antibiotic or steroid drops prescribed by your healthcare provider.



There are occasions when surgical drainage is required.

“Do not use eye makeup or wear contact lenses until the stye or chalazion have healed.”

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STYES



and



CHALAZION

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WHAT ARE THEY?

A **stye** is an infection of the sebaceous glands at the base of the eyelashes. It resembles a 'pimple' on the eyelid and can grow on the inside or the outside of the lid.

Styes are caused by staphylococcal bacteria. This bacterium is often found in the nose, and it's easily transferred to the eye by rubbing first your nose, then your eye. While they produce no lasting damage, styes can be quite painful. They are not harmful to vision and they can occur at any age.

A **chalazion** ("kuh-LAY-zee-on") is a firm lump or a cyst under the skin of the eyelid. This is caused by inflammation of a blocked meibomian gland, usually on the upper eyelid.

Signs and Symptoms Of Styes

The first signs of a **stye** are:

- tenderness,
- pain
- redness in the affected area.



As the stye grows, the eyelid becomes swollen and painful.

Later symptoms include:

- Itching
- watering of the eye
- sensitivity to light
- discomfort when blinking.

A yellowish bump sometimes develops in the affected area. This can be found on the top, bottom, or any area pertaining to the eye.

Most styes swell for about 3 days before they break open and drain. Do not squeeze it. Let it open on its own.

Styes usually heal in about one week.

Signs & Symptoms of Chalazions

The symptoms of **chalazions** differ from styes as they are usually painless.

Signs of a Chalazion

- Eyelid tenderness
- Sensitivity to light
- Increased tearing
- Heaviness of the eyelid



The tenderness is caused when the eyelid swells up.

Chalazia (pleural) tend to be *larger* than styes. A chalazion may eventually disappear on its own after a few months, though more often than not, some treatment is necessary.

Do not squeeze or open a chalazion. Let it open on its own. Warm compress application may speed up the draining of the chalazion.