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Can you get a stye inside your eyelid

A stye or hordeolum is a red, pimple-like lump on the eyelid. It is the result of an acute infection in the glands that produce oil in the eyelid. This red lump is caused by anything thing that blocks the oil-secreting glands of the eyelids. This includes things like makeup and dirt. When the gland becomes blocked, it becomes prone to bacterial infections. The type of bacteria that is responsible for most of the cases of styes is called Staphylococcus, but other types can cause styes as well. These unfortunate lumps will usually resolve on their own, but these home remedies for styes will speed up the healing process. Whatever you do, avoid popping the stye as this will only spread the infection. 1. Place a warm compress on the stye One of the most efficient ways of dealing with a stye is to place a warm compress over it. A stye causes a block in the duct of the glands that produce oil, so the warm cloth can help the stye drain by dissolving any blockage. Sometimes, a stye becomes filled with pus and comes to a head. The heat of the cloth will help dissolve this pus and increase the circulation to the area to help fight this infection. This will speed up the healing process and reduce some of the symptoms like itchiness and swelling. Styes are red bumps that usually form on the outside edge of the eyelid but may also develop on the inside. They are rarely a serious medical issue but are irritating and painful. Styes form when a pore becomes clogged by dead skin cells, dirt, or build-up from oil glands around the eyelids. Blocked glands allow bacteria to grow and cause inflammation. Often, simple home treatments, keeping the area clean, and avoiding rubbing the eyes can cure styes in seven to ten days. However, styes that worsen or do not improve within three days may need antibiotics. 1. Warm Tea Bags Green tea contains natural anti-inflammatory properties that can help reduce swelling around the eye. It also has antimicrobial properties that can help fight infection. Brew a tea bag in water as if you were making tea. Remove the tea bag and allow it to cool. Once it is warm but no longer hot, place it over your eye for five to ten minutes. Use a new bag each time, and for each eye if styes are affecting both. HomeHow long does a stye last? A stye usually lasts about a week, from its formation to when it is completely healed. A bigger stye may last up to two weeks.A new stye tends to develop and grow over the course of a few days. Once it gets big enough, it should drain on its own and slowly heal.As tempting as it may be, do not pop your stye. When you pop a stye, bacteria is released too early and can lead to a more serious eye infection. Your best bet is to wait for the stye to run its course.Home remedies for styes can reduce the amount of time they take to heal. The most common at-home treatment is a warm compress – a damp towel soaked in warm water and applied to the stye for about 10 minutes. Use this simple treatment three or four times per day until the stye heals.If a stye lasts for more than a week or two, schedule an appointment with an eye doctor. They may suggest using stye medicine or a stye removal procedure to fix your problem.SEE RELATED: What causes a stye?Recurring styesSometimes a stye will heal on its own, only to be replaced by another one in a matter of weeks or months. This new stye may be in the same location or a different one altogether.If you experience chronic styes, you probably have a condition called blepharitis, a common inflammation of the eyelids.Conditions like meibomian gland dysfunction, eyelid infections, parasites and certain skin conditions can cause blepharitis. Common symptoms include:Swollen, irritated eyelidsCrusty, flaky debris along eyelash rootsEye rednessItchy eyelids and eyesA gritty feeling in the eyesIn some cases, blepharitis can lead to recurring styes and chalazia. This happens when the inflammation causes oil ducts in the eyelid to become blocked and infected.The best way to prevent chronic styes caused by blepharitis is to carefully manage the condition, along with the underlying issue itself. An eye doctor may suggest using eyelid wipes, artificial tears and warm compresses, along with limiting your use of eye makeup and contact lenses.More Stye Articles Page published in November 2020 Page updated in April 2021 HomeHow do you get a stye? By Autumn Sprabary, reviewed by Gary Heiting, OD A stye is a red, sometimes painful bump that develops on your eyelid, near the base of an eyelash. So, how do you get a stye, exactly?Styes are caused by bacteria that get trapped in an eyelash follicle or eyelid glands (called meibomian glands). While this may seem easy enough to avoid, there are certain risk factors to developing a stye that may surprise you. Eye stye causesBacteria called staphylococcus are commonly found on your skin and in your nose and typically don't cause any problems. However, when this bacteria, along with dead skin cells, get trapped in an oil gland or hair follicle on the eyelid, it can get infected. This infected gland or follicle results in a red, swollen, painful bump usually located on the outer lash line. The bump, similar to a pimple, is filled with pus and white blood cells that go to work when an infection is detected.How long a stye lasts, from the time it first develops to the time the eyelid heals, is around seven to 10 days. Typically, the stye is most swollen and irritated for approximately three days, then naturally opens and drains on its own. It's important that you do not try to pop the stye yourself. Not only is this painful, but the pressure can injure the eyelid and create a wound that welcomes more infection.SEE RELATED: Pink eye vs. StyeRisk factors for developing a styeAnyone can get a stye, but some individuals are more susceptible to them. Some habits that raise your risk of developing a stye include:Rubbing or touching your eyes – As mentioned earlier, bacteria naturally live on your skin and in your nose. However, your fingers and hands are a hotspot for germs, so touching your face and eyes, especially with unwashed hands, raises your risk of developing a stye, conjunctivitis and other infections. Using expired or contaminated eye makeup – Mascara and other eye makeup, especially when used daily, are breeding grounds for bacteria. If using expired makeup isn't risky enough, sharing eye makeup with another person significantly increases your chances of developing an eye infection.Wearing contaminated contact lenses – Putting on contact lenses that haven't been cleaned, or applying them with unwashed fingers, makes the eyes susceptible to bacteria. Be sure to wash your hands and clean and store your contact lenses as directed to avoid contact lens related eye infections. Poor hygiene – For some, regular face washing is not a priority. If you start experiencing styes frequently, be sure to wash your face and eyelids at least daily.Wearing makeup to bed – This is a "no-no" for multiple reasons. Not only does it invite bacteria to settle in around your eyes, but it wrecks havoc on your skin by drying it out and clogging your pores.Blepharitis – Characterized by eyelid inflammation and swelling, blepharitis can lead to bacterial eyelid infections, including styes.Certain skin conditions – Conditions like ocular rosacea affect skin on the face and eyes, leading to styes on the eyelids.SEE RELATED: Are styes contagious?Preventing eye styesWhile the list of risk factors for developing a stye may seem long, don't worry. There are several easy practices that can prevent a stye from making an unwanted appearance. These include: Washing your hands – Frankly, this should be a no-brainer. Washing your hands frequently reduces your chances of developing infections and other illnesses (including COVID-19). Wash with soap and warm water for 20 seconds, then dry with a clean paper or cloth towel.Being mindful with your eye makeup – Mascara, eye liner, false eyelashes or any other cosmetic used on or around your eyes should be thrown out according to the expiration date listed on the product. This appears as a symbol with "6M", "12M", or other specifications for product longevity. The FDA recommends throwing out mascara after two to four months of use and advises to never share your mascara with another person.Regularly cleaning your contact lenses – How frequently you should clean your contact lenses depends on what kind you wear. If you're unsure of your contact lens care schedule, ask your eye doctor about the recommended cleaning frequency and care products you should use.Keeping your eyelids and surrounding areas clean – Just as washing your hands reduces the bacteria present, so does washing your face and eye area. Use a gentle fragrance-free soap (baby soap is popularly used) to wash your eyelids and surrounding area. While you're at it, go ahead and wash the rest of your face – your skin will thank you.Removing your makeup before bed – No matter how exhausted you are, it's important that you take the time to remove your makeup before bed. These days, there are plenty of choices for makeup removal, from disposable wet wipes to eco-friendly reusable towels that only need water to take everything off. Cleaning your face and eyelids before bedtime will not only reduce your chances of developing a stye, but will help you sleep better.Managing your underlying condition – Getting proper treatment for a stye-inducing underlying condition, like blepharitis and ocular rosacea, can help reduce the frequency of styes, and may even eliminate them completely.More Stye Articles Page published in November 2020 Page updated in May 2021 Schedule an exam Find Eye Doctor HomeWhat Is a Stye, and What Causes Styes? By Liz Segre, reviewed by Vance Thompson, MD A stye is an infection in the eyelid that causes a tender, red bump near the edge of the lid. A stye (also called a sty or hordeolum) is caused by bacteria and can occur at the base of an eyelash (external stye / hordeolum) or within one of the small oil glands within the eyelid (internal stye).When oil glands or hair follicles get clogged by makeup, dead skin or dirt, bacteria can get trapped inside and cause an infection. This infected gland is called a stye. Types of Styes External stye: A stye at the base of an eyelash.Internal stye: A stye within one of the small oil glands within the eyelid.While styes are the result of a blocked oil gland, you may have bumps on your eyelid for other reasons, such as milia, chalazia, a scratch or, in rare cases, cancer. What Causes a Stye?A stye is caused by staphylococcal bacteria. This bacterium is found in the nose and is transferred easily to the eye when you rub your nose, then your eye.Bacteria can cause inflammation or infection of the eyelash follicles – oil glands that drain through ducts into the eyelashes. When the duct is clogged, oil can't drain and backs up into the gland. The gland becomes swollen and inflamed, causing the stye. The most common causes of styes are:SEE RELATED: Eye stye causes, risk factors and preventionStye Symptoms and SignsSymptoms of a stye include:A lump on the eyelidEyelid painRednessSwollen eyelidsTendernessDroopy eyelidsEye discharge (crustiness around the eyelid)A burning sensationWatery eyesAfter symptoms appear, a small, often painful pimple-like bump will develop in the affected area. Usually this is accompanied by swollen eyes. Sometimes just the immediate area is swollen; at other times, the entire eyelid swells. If you experience pain in your eye rather than just your eyelid, see your doctor. Where Can You Get a Stye?Styes can occur in several places on your eyelid:Stye on upper eyelidStye on lower eyelidStye inside an eyelidStye under an eyelidFor internal styes, it's probably best to see your doctor. External styes can be treated at home, but if they persist for longer than a week, you may want to seek medical attention. 8 Things to Know About Styes1. Do Styes Cause Vision Problems?Your ability to see well at either near or distance shouldn't be affected by a stye. If a stye is affecting your vision, see your eye doctor. 2. Are Styes Contagious?In most cases, styes aren't contagious, though it's possible to transmit the bacteria from person to person. This would require the person with a stye to touch their eye and then directly transfer the bacteria to the eye of someone else.3. How Long Do Styes Last?Most styes last 3 to 7 days but can persist as long as a week or two. You can speed up the healing process by applying warm compresses for 10 to 15 minutes, three or four times a day, over the course of several days. This will relieve the pain and bring the stye to a head, much like a pimple. In most cases, the stye will then open, drain and heal without further intervention.Though most styes will go away with basic home remedies, like warm compresses, some need to be treated medically or drained surgically.4. Can You Pop a Stye?Just as you should not pop a pimple, the same is true for an eye stye. You should never pop a stye, but instead allow it to open on its own.A stye that forms inside the eyelid (called an internal hordeolum) might not rupture and heal on its own. Because this type of stye can be more serious, your eye doctor may need to open and drain it.If you have frequent styes, your eye doctor may want to prescribe an antibiotic ointment. He or she also might recommend using pre-moistened eyelid cleaning pads for daily lid hygiene to reduce the risk of styes and blepharitis.5. What Other Eye Issues Can Accompany Styes?With a stye, you may notice frequent watering in the affected eye, increased light sensitivity and a feeling like something is "in" your eye (this symptom is called a "foreign body sensation").6. Are Eye Styes Caused by Stress?There is no direct evidence that stress causes styes. However, because styes are an infection, anything that compromises your immune system, such as stress or lack of sleep, might make you more prone to them. In addition, lack of sleep often leads to rubbing your eyes more frequently, which can be a risk factor.7. Why Do I Keep Getting Styes?If you keep getting styes, it is likely that you have not addressed the risk factors that are causing them, such as poor eyelid cleaning habits, irritated or itchy eyes, rubbing your eyes or not cleaning your contact lenses on the recommended schedule. 8. How Is a Stye Diagnosed?Your doctor can usually diagnose a stye on sight, and no other tests are needed. How Do You Treat a Stye?There are several things you can do to treat a stye at home:Clean your eyelidsWash your hands oftenUse an eyelid cleansing padStop wearing eye makeup temporarilyWear your glasses instead of contactsApply warm compresses or a warm washclothUse antibiotic creamsGentle massageFor more detailed information, see our article on how to get rid of a stye.How to Prevent StyesDon't touch or rub your eyesWash your hands often or use hand sanitizerTreat issues that cause itchy eyes, such as allergiesDeal with underlying conditions like rosacea, dermatitis or blepharitisUse and clean contact lenses according to instructionsWash your hands with soap and warm water, or use a hand sanitizer that contains alcoholAvoid wearing eye makeup, and don't use old makeupWear glasses instead of contacts when you canShould I See an Eye Doctor for a Stye?Although most styes clear up fairly quickly, don't hesitate to contact your eye doctor for additional advice. Your doctor might prescribe an ointment or a prescription stye medicine to help it heal faster.Call your doctor if:The stye doesn't start getting better after a few daysThe stye keeps getting largerThe swelling keeps increasingYour vision is affectedMore Stye Articles: Page published in March 2019 Page updated in April 2021

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