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Eye Hospital**

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Chalazion

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What is a chalazion?

A chalazion is an eye condition that commonly occurs due to inflammation around the opening of the oil glands at the base of your eyelashes. This is called [blepharitis](#). As a result, a small chalazion cyst or lump develops in the eyelid, however, they tend to only last a few weeks and are typically not painful.

Chalazion causes

The inflammation is caused by a sensitivity to a common bacteria found on your skin. When the openings of the small oil glands around your lashes become blocked by inflammation, a small tender swelling will occur in the lid. This is known as a chalazion.

Other risk factors include rosacea - a common skin condition which can affect the eyelids and eye area. Although it is rare, chalazions can also be a result of an eye condition known as viral conjunctivitis.

Chalazion symptoms

Chalazions can occur in various sizes, with a small proportion potentially remaining as a painless lump on the eyelid for up to a few months. A chalazion may also spontaneously discharge when the lid is cleaned or when hot compresses are applied to the area.

- A small lump which develops on an eyelid.
- It may cause mild pain or irritation, particularly if it has just started - this usually settles.
- There is a chance of infection
- Sight is not affected

Identifying a chalazion vs a sty

It can be difficult to differentiate between a sty and chalazion, as they are both lumps which develop around the eye and are similar in appearance. However, there are differences between styes and chalazions.

The main distinction is that styes tend to be painful and sore, whereas chalazions are typically painless. A sty can occur inside the eyelid or at the eyelash base and indicates an infection in the hair follicle or oil gland. In contrast, a chalazion is a sign of a blocked oil gland, although it can develop into a sty in some circumstances.

Chalazion treatments

Chalazions tend to clear up on their own over a period of a few weeks and there are chalazion treatments at home which can promote healing.

Applying a warm compress to the area for 10-15 minutes and gently massaging the eyelids daily for a few minutes can help to soften oil blockages and effectively drain to the ducts. To prevent further discomfort, avoid touching the affected area once it starts to drain and ensure you keep it clean. Avoid wearing eye makeup and contact lenses throughout the chalazion healing stages.

Chalazion treatment with over the counter products may also be recommended by your pharmacist. This may include chalazion eye drops, ointments and solutions to prevent infection occurring, alleviate any irritation and promote faster chalazion healing. Sometimes the chalazion may cause a spreading

infection along the surface of your lid, which might need a course of oral antibiotics, but this is rare.

Reasons to choose Moorfields Private for your chalazion treatment

When you choose Moorfields Private for chalazion treatment, you can rest assured that you will receive the highest quality treatment and care. Moorfields Private has a worldwide reputation, with all of our surgeons holding accredited consultant positions at Moorfields Eye Hospital NHS Foundation Trust, working at the very top of their profession.

Above all, we pride ourselves on offering a service with complete continuity. At each visit, you will see the surgeon of your choice who will supervise every aspect of your care from start to finish. To make an appointment with one of our consultants please call our New Patients Team on Freephone: **0800 3283 421** or Email:

moorfieldspprivate.enquiries@nhs.net

How much does chalazion treatment cost?

Fees for your initial consultation for chalazion treatment are charged at £200-£300. Once you have agreed a personalised plan with your consultant, the cost of treatment if needed, will be £600. Call us today and we can arrange an appointment with an appropriate consultant.

There may be circumstances where additional scans/tests are required that are outside the package price. This is rare and your consultant will

discuss this with you if any additional test are required.

Frequently asked questions regarding a package price

What are package prices?

A package price bundles the common fees associated with a procedure into one price. This often represents a discount compared to paying for all the items individually.

What is included?

For each procedure with a package price, the team will be able to provide a list of the consultations, scans, tests, procedures, follow up consultations and consumables (such as lenses) which are included within the package.

What is not included?

We charge for the initial consultation separately and also at a fixed rate. This is to allow patients the opportunity to discuss the treatment or procedure with their consultant before committing to the full package price.

Any additional scans, tests or upgrades that are not part of the routine package are not included in the package price. Our package prices are designed to cover what every patient needs who is going through that procedure. However, in some and more complex cases, a consultant may need to request additional diagnostic tests or scans to ensure the

best outcome for you.

For example, most patients don't require a B-SCAN before undergoing a cataract operation. However, in rare cases the consultant cannot adequately see the back of the eye in the initial consultation and the consultant will recommend an additional B-SCAN to ensure that the procedure can be carried out safely. This would be charged in addition to the package price.

The consultant will advise you if there are any additional costs before they are incurred.

What are the benefits of choosing a package?

There are three main benefits to choosing a package price:

1. Peace of mind: know how much you are likely to pay up front in a fixed fee
2. More cost-effective: package prices are better value than booking each appointment or test individually
3. Less paperwork: pay once rather than having to pay multiple invoices

What are the benefits of choosing to pay separately (not a package)?

There are two main benefits of choosing to pay separately:

1. Choose your consultant: you can request to be treated by any consultant at Moorfields Private.

For patients who opt for the package price, we will allocate a relevant consultant to treat you

2. Choose your appointment time: we will give you a full choice of appointment time and dates so you can fit your appointments more easily around your work or lifestyle. Patients who choose a package price will have fewer options for appointment times and dates

Which conditions do you offer package prices for?

Moorfields currently offers package prices for unilateral and bilateral:

- [Lasik/Lasek laser eye surgery](#)
- [Implantable contact lens \(ICL\)](#)
- [Refractive lens exchange and cataract with multifocal lens](#)
- [Cataract with monofocal lens plus laser eye surgery](#)

When is chalazion surgery required?

A small proportion of the chalazia will form hard lumps on the eyelid, which, if present for a few weeks can be incised and drained under local anaesthetic. This chalazion removal procedure will leave no visible scarring. As an alternative to chalazion cyst surgery, a doctor may administer a corticosteroid steroid injection into the hardened chalazion, which can potentially result in lightening of the skin surrounding the area.

If chalazions continue to occur, your surgeon may

also conduct a biopsy by removing a small tissue sample from the chalazion lump. This will be examined for any indications of other serious medical conditions, such as cancer.

Our experienced consultant ophthalmic surgeons can assess your chalazion to advise on your treatment options. Please call our New Patient Team on 0800 3283 421 or enquire online to book an initial consultation.

How to prevent a chalazion

To prevent a chalazion from developing, daily lid cleaning is recommended. A warm wet flannel with a few drops of baby shampoo should be used to clean your eyelids before going to sleep at night. An antibiotic ointment is often prescribed in cases where blepharitis is causing repeated chalazion. This should be rubbed into the base of your lashes at night once your lids are clean.

Additional tips for chalazion prevention include avoiding rubbing your eyes and only touching them with clean hands, replacing makeup regularly (around every 6 months), and protecting your eyes from pollution and dust by wearing glasses.

Further information

For more details, please check out our blog posts covering common queries:

- [Why Moorfields Private is the right choice for you](#)
- [Anterior Uveitis and how to treat it](#)
- [Eye strain and fatigue – causes and how](#)