



## Sty/Chalazion

Sudden redness of the lid and painful swelling is commonly caused by a sty or chalazion. There is a specific spot on the lid that will have a bump that can be felt and will be painful to touch. Sometimes the entire lid is swollen but there is usually a focal point.

### Sty



This is a sty and looks like a pimple at the base of an eyelash before it drains. Hot packing the lid will speed resolution. Rarely antibiotic ointment will be needed. A sty is an infection from a bacteria located at the base of an eyelash as seen in this photo.

### Chalazion



This is a chalazion during the initial stages. The eye is red and sore and sometimes a yellow spot can be seen on the inside of the lid. Unlike a sty, this is not located at the base of an eyelash and is not related to an infection from bacteria.

A chalazion is caused by inflammation of one of the glands located in the eyelid called the meibomian glands. Topical antibiotic drops or oral antibiotics are rarely indicated or helpful as it is not bacterial in origin.



A chalazion can occur in anyone at any age and the exact cause is unknown, but occasionally may be related to a skin disorder called Acne Rosacea seen below.



### **Treatment**

Fortunately distinguishing between a sty or chalazion in the early stages is not important because both will often respond to hot moist packing of the lid with a wash cloth warmed by hot water from the sink. This can be done 2-3 times a day constantly refreshing the washcloth with warm water over a 5 -10 minute period. If the chalazion does not respond to hot packing it may become chronic and painless leaving a nodule in the lid that can be cosmetically unacceptable. This will need to be drained in the office by an ophthalmologist with a simple procedure. If Acne Rosacea is an underlying cause then tetracycline or doxycycline in pill form can be helpful in preventing recurrence. Persistent inflammation of the lid after treatment will need to be carefully evaluated to ensure that a more serious problem is not present.