

## General Conditions

### Chalazion

The eyelids contain numerous glands some of which provide a fatty layer on the surface of the tear film. The opening of these glands may become blocked leading to a build up of secretions until a cyst is formed. This cyst is called a chalazion and can lead to a round usually painless swelling of the lid. Most often these will only shrink over many months and it is best to go forward to a small surgical procedure to drain the cyst.

This can be done under local anaesthetic and takes a few minutes to perform. The cyst is opened and the mucous contents removed by curettage. In a few days the swelling subsides

### Blepharitis

The eyelids contain numerous glands some of which provide a fatty layer on the surface of the tear film. These glands can become inflamed or infected. This causes irritation of the eye because the tear film then does not have a good fatty layer and evaporates too quickly. Sometimes the condition is there because the patient has a mild skin condition called acne rosacea. In addition to lid hygiene sometimes antibiotic tablets are helpful to improve the lids and the skin condition.



### Stye

This is a painful swelling of the eyelids caused by infection of the glands of the lid. It is usually treated by antibiotic ointment and hot spoon bathing.

### Hot Spoon Bathing

Heat a wooden spoon in warm water. Remove the spoon and wrap it in cotton wool. Make sure the spoon is warm but not too hot to cause injury and place it on the stye for a few minutes at a time. This helps to allow the stye to discharge and then go away.

To prevent recurrence lid hygiene can be used.

### Lid Hygiene

In order to help the glands of the eyelids secrete and therefore avoid blepharitis or the formation of styes or chalazia, massage of the eyelids is useful.

Use a cotton bud on the outside of the eyelids and massage upwards for the lower lids and downwards for the upper lids.

**Tel: 0207 099 0975 Fax: 0207 099 0974**

**[www.retinasurgery.co.uk](http://www.retinasurgery.co.uk)**

**Email: [info.retinasurgery@gmail.com](mailto:info.retinasurgery@gmail.com)**

**Postal Address: 78 York Street London W1H 1DD**

In addition flaky deposits on the edge of the eyelids can be removed by the use of dilute baby shampoo on the cotton bud.

Use antidandruff shampoo when washing your hair as this may also help.

## Other Treatments

Flaxseed oil supplements

Lipiflow therapy

Meiboflow therapy

Systemic antibiotic therapy

## Conjunctivitis

This is inflammation of the eye leading to a red eye with watering, stickiness or discharge. This may be

- Allergic
- Bacterial
- Viral
- Other Infections

These can usually be treated with drops once an ophthalmologist has determined the type of conjunctivitis. If you have an infection of the conjunctiva please avoid sharing towels with other individuals and wash your hand to try to prevent the spread of infection.

## Dry Eye

As we age the tears may become less effective and artificial tears may need to be used to keep the eye moist. Dry eyes cause irritation and rare severe forms can damage the surface of the eye.

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