



Blepharitis and Stye Treatment

A stye (chalazion) is a swollen bump on the eyelid caused by a build-up of oil in the glands. This might start as a small bump and then grow, and is usually present when you have blepharitis (inflammation of the eyelid glands).

A stye is a small growth that usually starts in the small eyelid glands located behind the base of the eyelashes. They can also grow inside the eyelid and be harder to see.

Symptoms

- Bump on the eyelid
- Eyelid swelling/redness
- Eye irritation
- Crustiness along eyelid margin
- Tearing/watering eyes
- Light sensitivity
- Tender eye area
- Blurry vision (if the chalazion is large enough to press on the eyeball)

Risk Factors

You are more likely to get a chalazion or stye if you have:

- Blepharitis
- Diabetes or other medical problems
- A skin condition, like acne rosacea or seborrheic dermatitis
- Had a chalazion or stye before
-

Treatment Options

There are some at-home remedies you can try:

Warm compresses: Soak a clean washcloth in hot water and hold it to your eye for ten minutes twice a day. Keep the cloth warm by soaking it in hot water often. You can also use a heated rice bag. To make your own, put uncooked rice in a clean sock and tie it off

(this is reusable). Microwave for 10-15 seconds until warm and place over the eyelid. Immediately after the compress is removed, massage the eyelid toward the eyelashes for 30 seconds to milk the plugged up gland. You won't see any material come out but it will help.

Lid Scrubs: Start by placing one small drop of baby shampoo onto a wet washcloth and lather it up with your finger. Then, gently scrub the eyelashes with the lather to clean off any bacteria resting on the eyelashes. Rinse as needed. You can use baby shampoo, or over-the-counter Ocusoft scrubs. Dr. Eftekhari prefers tea tree oil and coconut oil Blephadex wipes (available online – ask Dr. Eftekhari's office how to order) because the tea tree oil has been shown to help the underlying gland dysfunction.

If your stye (chalazion) does not go away, Dr. Eftekhari may need to perform a small procedure to drain the material. This is an in-office procedure done under local anesthetic to drain the material from your eyelid glands. After the procedure, Dr. Eftekhari recommends warm compresses continue as above, as well as applying antibiotic ointment to the affected eye twice a day for one week. The chalazion should resolve after a month – if it does not, upon your return visit, Dr Eftekhari will re-evaluate the area to make sure there is not a more serious problem.

Complications

As with any procedure, minor bruising or swelling is expected, and will most likely disappear after one week. The resolution may take up to a month, and during this period it may seem like the problem is still present. Continue using the recommended treatment and if it does not resolve within a month, come back to see Dr Eftekhari.