

Nodule on my Eye!



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Everyone hates a nodule (chalazion) over their eyelid! They often appear at the wrong time, may cause some discomfort or heaviness, and not to mention visibly spoil your good looks! Have you ever wondered why do we get these nodules over our eyelids?

What is a Chalazion, and what causes it?



A chalazion is simply a nodule arising within eyelid tissue, following a bacterial eyelid infection. The oil glands in your eyelid may get blocked, and the pent-up secretions get infected. The infection may subside, but excess tissue reaction leaves behind this nodule. Very often, it is entirely painless. People who have

Blepharitis, rosacea, or even dry eyes are more prone to get these nodules.

Treatment of a Chalazion



Treatment options



Simplest and safest	Non-surgical	Minor surgery
50-70% cure rate	70-80% cure rate	95-100% cure rate
Takes weeks-months	Takes 2-4 weeks	Takes 1-2 weeks
	1 or more needed	

Preventing a Chalazion

Any treatment for chalazion only cures the existing ones. In order to prevent new ones from appearing, follow these preventive measures:

1) ***Eyelid hygiene:***

Cleaning your eyelids with a cotton bud, using diluted baby shampoo is a good start. Pre-moistened eyelid cleansing pads are another option. Stop wearing eye makeup temporarily, and discard old makeup or applicators that could be contaminated. Proper eyelid hygiene can significantly reduce the risk of styes. Clean your eyelids thoroughly before bedtime, especially if you wear eye makeup.

2) ***Warm compresses:***

You can encourage eyelid oil glands to empty their secretions by applying regular warm compresses for 10 to 15 minutes, 2-3 times a day. Dip a clean washcloth in warm water, wring it, and then place it over your closed eyes. Alternatively, if you are a Tea/Coffee drinker, hold your fingers around the cup until warm, and place them on your closed eyelids. The warmth from the compress often will allow the glands to open, drain and heal faster.