

# Stye on my Eye!



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Everyone hates a stye over their eyelid! They often appear at the wrong time, cause considerable pain and disruption in your daily routine, and not to mention, visibly spoil your good looks!

## ***What is a Stye, and what causes it?***



A stye is simply a sudden painful nodule over your eyelid, that is caused by bacterial infection. The oil glands in your eyelid may get blocked, and the pent-up secretions get infected to form a stye. The eyelid may simply be red and swollen, or you may sometimes see a yellow spot indicating pus-pointing.

## ***Treatment of a Stye***

Most styes are harmless and will heal on their own in about a week.

- 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.
- 2) ***Antibiotics:*** Though not always necessary, your eye doctor may also advise oral antibiotics, an eye ointment for faster recovery. Even a short clinic based procedure may be advised to open a large stye to relieve discomfort and prevent a serious infection.



- 3) **Warm compresses:** You can encourage a stye to heal faster by applying warm compresses for 10 to 15 minutes, three or four 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 stye to open, drain and heal faster.
- 4) **Pain relief:** Over-the-counter painkillers can reduce your pain if a stye is particularly bothersome.

### ***Preventing a Stye***

Proper eyelid hygiene can significantly reduce the risk of styes. Clean your eyelids thoroughly before bedtime, especially if you wear eye makeup. Also, if you have Blepharitis, taking the steps required to treat this eyelid problem also will help prevent the occurrence of styes. If you are getting repetitive styes, check your blood sugar, and see if your refractive error has changed.