

## **Chalazion Relief Instructions**

A stye is an inflammation that forms in either the upper or lower eyelid. It is an inflammation caused by blockage of an oil duct and bacteria, which normally lives on the surface of the eyelid without any problems. A Chalazion is usually superficial and plainly visible. Occasionally, it can reside deeper within the eyelid.

### **Dr. Fucigna recommends applying hot compress to help relieve stye:**

- Heat a potato in the microwave for 2 minutes
- Wrap the heated potato with a moist wash cloth
- Keep the compress on the eyelid for duration of 20 continuous minutes
- Repeat four times a day for 10 days

If the clogged gland of a Chalazion does not get better, scar tissue develops around the swollen gland and the pain subsides but a “bump” remains. Please schedule an appointment with Dr. Fucigna, you may need a procedure.

After inspecting the chalazion Dr. Fucigna will perform a minor procedure at the office. Your affected eye will be numbed; Dr. Fucigna will flip your eyelid and make a small incision to clean out the Chalazion.

### **Dr. Fucigna instructs patients to follow these instructions after procedure:**

- Take Tylenol for pain every 6 hours for pain relief
- Dr. Fucigna will place an eye patch over your affected eye.
- Keep the pressure patch on your affected eye for 3 hours  
(It is normal to see some spotting on the pad once you remove it)
- An antibiotic will be prescribed, please use the ointment four times a day for 1 week.