



CHALAZION INSTRUCTIONS

n. A chalazion is the name given to a styne which has not yet become infected.

Each eyelid contains on average 25 modified sweat glands that run vertically and drain just behind the eyelashes. These glands constantly produce a tiny amount of thin fatty liquid. This fat normally acts to seal the tear film onto the front of the eye, keeping the tears from evaporating prematurely.

When one of these glands gets blocked, this “liquid” fat solidifies. The gland swells and gets red. After a couple of days it’s walled off into a bump on the eyelid. It is important to get this gland to drain through its natural opening before it gets infected. Otherwise the “fat” in the swollen gland turns rapidly into puss. It breaks through the skin, scars the outflow track and surgery is needed to excise this half of the time. This protocol is nearly 95% successful at preventing this! Please do not use hot tea bags or boiling water washcloths. They rarely work for a stubborn chalazion. They can also cause a second or third degree burn! You may have been told not to massage the lid – without massage after heating, your chances for success are quite low. The sooner you start this protocol, the higher your chances for success!

THE PROTOCOL

1. Use a dry heat compress made of rice. These compresses are widely available in a variety of sizes. Or you can make your own! Some of the large ones even have little wooden handles on each end to help wrap them around your neck. These work great if both sides are affected. Put it in the microwave for 1-2 minutes – IF IT IS COOL ENOUGH TO HOLD IN THE PALM OF YOUR HAND, you can apply it to your eyelids. These devices stay warm to hot for 10-12 minutes. This is an adequate time to convert the thick fat into a liquid, just like melted butter.
2. The material at the tip of the gland, just behind the lashes, rarely melts – it acts like a cork and you need to uncork it! Gently pressing from the base of the chalazion towards the eyelashes for 30-60 seconds will help loosen the cork. After one minute, the fat turns back to a solid so more massage won’t make a difference.

Repeat this procedure four times a day, four days in a row. If the chalazion does not drain, STOP. You have done the best you can do. It is highly unlikely that medical treatment will work for this problem. The lesion needs to be surgically excised (not just drained), injected with a steroid, or both.