

## Stye

Styes are focal bumps that occur on the outer or inner eyelid, they arise due to an **infection** of the lid that causes the region affected to swell, and can fill with pus like material.

Chalazia (or chalazion, if singular) are similar to styes in the sense that they are focal bumps that form on the outer (more commonly) or inner lid. A chalazion, however, occurs aside from an infection.

**SIGNS and SYMPTOMS:** Both conditions have similar signs and symptoms including focal swelling of the eye lid, foreign body sensation and irritation. Styes tend to be mild to moderately painful, red and may have pus/whitehead. Chalazia doesn't typically present with pain, but there is foreign body sensation and irritation or discomfort.

The cause of these unique bumps that form around the eye is inflammation in a nutshell. This inflammation around the lid is generally known as Blepharitis. Long term control of the bumps involves managing blepharitis. This includes cleaning the eyelids and lid margin, and maintaining a functional and protected ocular surface to help relieve the symptoms. A diet rich in Omega 3 fatty acids (which has anti-inflammatory properties) can be helpful in reducing pro-inflammatory conditions that contribute to eyelid inflammation for example Acne Rosacea. Omega 3 rich foods include: Fish oil, Flax seed, salmon, tuna, walnuts, among other sources.

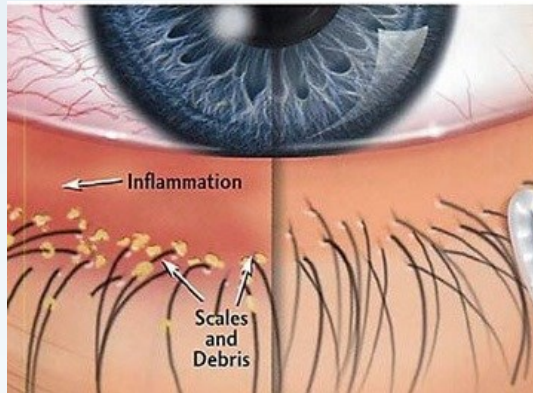


Fig. 1 - Chalazion

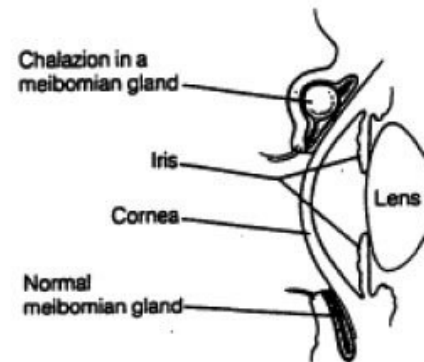


Fig. 2 Cross section of eye with Chalazion in Upper Eyelid

## Lid Hygiene

1. **Warm compresses:** Use a clean wash cloth soaked in warm water and hold over closed eyes, along the eyelids for about 15 minutes. Re-warm the cloth as needed.
2. **Prepare the lid wipe:** Open the foil pouch and remove pre-moistened towelette. Wrap the towelette around your index finger for easier control.
3. **Clean the lid:** in front of a well illuminated mirror, scrub the upper and lower lid by rubbing the wipes back and forth along the base of the lashes. Take care not to rub the eyeball. Close the eye and clean the outer lid as well.
4. **Rinse:** the cleansed area thoroughly with clean, warm water and pat the eye dry with a clean towel/cloth.
5. Repeat the process on the other eye

Your doctor may also prescribe other eye medications to treat the inflammation associated with blepharitis. These should be used as directed.

The above hygiene steps should be repeated twice a day for 3 months, and then once a day for on-going maintenance of the blepharitis.