

Care of the eyes after chalazion/meibomian cyst in children

All surgery is under general anaesthetic. The operation takes about 15 minutes. It is usual to go home the same day, about 3 hours after waking up.

When you return from the operating theatre there may be a pad over the operated eye. The pad reduces swelling and keeps the eye closed. The pad is removed the morning after surgery.

The eyelid will feel a little sore and will be red with some moderate lid swelling. It is fine to take Calpol (Paracetamol) for any mild pain or discomfort.

Eye drops: You will be given antibiotic drops/ointment to put in the eye for 3-4 times a day for a week.

Ice packs: These help to reduce lid swelling, pain, and speeds up healing. The ice pack can be made by wrapping ice or a packet of frozen food such as peas in a plastic bag, flannel or towel. Apply the ice pack to the closed eyelid for 5 minutes every hour during the daytime for the first day after surgery, immediately after the eye pad has been removed.

The eyelids can be cleaned of excess mucous or ointment with cool (boiled) water on a clean piece of cotton wool.

When can you swim?

No swimming until 2 weeks after surgery. If you must swim before then, then watertight goggles can be worn.

Can I have a bath or shower? What about hair washing?

Yes, but avoid saturating the eyes and face. A splash of water is fine. Try and avoid getting shampoo in the eyes, as you would normally do.

When can I go back to school?

You can expect your child to be off school for 1-2 days after surgery.

When do I have to come back to the eye clinic?

It is not usual to have a follow up appointment, but an appointment is sometimes made for a month after the operation.

What problems can occur after chalazion/cyst surgery?

The cyst can come back if it not completely removed, but this is unusual. Infection of the eyelid with the need to have oral/intravenous antibiotics with re-admission to hospital is rare.

Contact my secretary or personal assistant if there is severe pain and the eyelid cannot be opened because of excessive lid swelling. This can be a sign of infection or reaction to the antibiotic/steroid drops given.