

LID CYST

Information Leaflet



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WHAT IS A CYST?

A cyst is a chronic inflammatory lesion (lump) that develops due to a blocked meibomian gland duct.

A meibomian gland produces an oily substance in the production of tears.

A cyst can present as a tender, sore, red swelling on the upper or lower eyelid. If the cyst is large it can distort your vision.

TREATMENT

The first line of treatment should include hot bathing. This can be done by placing a clean flannel in hot water and placing it over the affected eye, until the flannel cools down, and ensuring eye is closed. This can be repeated about 4-5 times twice daily. This encourages the cyst to discharge its contents and the cyst may resolve itself.

The doctor will prescribe an antibiotic ointment to use twice daily. This helps to prevent the cyst from becoming infected.

If after 3-4 weeks, the cyst has not resolved with the above treatment or is very large and uncomfortable, the doctor will remove the cyst under local anaesthetic.

If you are given an appointment date for removal of the cyst, please do not drive to the hospital, as you will have a pad over the eye following the procedure.

WHAT IS INVOLVED IN REMOVAL OF A CYST

A cyst can be removed by the eye doctor with local anaesthetic. This involves an injection into the skin around the cyst area that numbs the skin and surrounding tissues. After the doctor removes the cyst, antibiotic ointment and a double pad will be placed over the eye. You will be advised by your doctor when to remove the pad.

On removing the pad you might see some blood on it and around the eye. This should be cleaned with clean cotton wool and cooled boiled water. The doctor will instruct you on continuation of the antibiotic ointment or give you a new prescription.