



veonet
Ireland

Specialist Eye Clinics

Stye and Chalazion: Aftercare Instructions

Important:

Stye (Hordeolum)

A stye is a painful, red lump on the eyelid caused by an infection of an eyelid gland. It usually settles within a few days to weeks with warm compresses and good eyelid hygiene.

Chalazion

If the swelling does not fully resolve, it may develop into a chalazion. A chalazion is a painless lump caused by a blocked eyelid gland and is not an active infection. It may disappear on its own or occasionally require treatment if it persists.

What Happened?

A sty develops when one of the small oil glands at the edge of the eyelid becomes blocked and infected by bacteria. As the infection settles, the gland may remain blocked, causing the swelling to become a chalazion. A chalazion is a firm, painless lump caused by trapped oil within the gland rather than an active infection.

Treatment of a sty

Most styes improve on their own with simple measures. Apply a warm compress to the affected eyelid for 5–10 minutes, several times a day, and gently massage the eyelid afterwards to help the blocked gland drain. Keep the eyelid clean and avoid squeezing the sty, as this can spread the infection. Avoid wearing eye makeup or contact lenses until it has healed. Antibiotic treatment is only needed in some cases and will be advised by your healthcare professional if required.

Treatment of a chalazion

Most chalazia improve gradually with warm compresses and gentle eyelid massage. If the lump persists, becomes large, or affects vision, further treatment may be needed. This may include a steroid injection or a small procedure to drain the contents of the blocked gland (incision and curettage) under local anaesthetic.

Important:

- Do not stop using your medications unless instructed by your ophthalmologist
- If you run out of medication before your next appointment, contact us immediately
- Store medications as directed (some may need refrigeration)

Home Treatment: Warm Compresses and Massage

Warm compresses are the most important part of chalazion and styne treatment. They help to soften the blocked oil, encourage drainage, and speed up healing.

How to Apply Warm Compresses:

1. Wash your hands thoroughly
2. Soak a clean flannel or cloth in warm (not hot) water—test the temperature on your wrist first to avoid or a reusable eye mask designed for eyelid warming (dry heat)
3. Wring out excess water and fold the cloth
4. Close your eye and place the warm compress gently over the affected eyelid
5. Hold in place for 5–10 minutes, re-warming the cloth as it cools
6. Repeat 3–4 times per day for best results

Eyelid Massage (after warm compress):

After applying the warm compress, gently massage the eyelid to help express the blocked oil:

- 1. Wash your hands thoroughly**
- 2. Using a clean finger**, gently massage the eyelid in a circular motion over the lump
- 3. Massage towards the eyelash line** to encourage drainage
- 4. Be gentle**—do not press too hard or squeeze the lump
- 5. Repeat for 1–2 minutes**

Do this routine 3–4 times daily until the styne resolves.

Do's and Don'ts

DO:

- ✓ **Apply warm compresses 3–4 times daily** – this is the most effective treatment
 - ✓ **Gently massage the eyelid** after each warm compress to encourage drainage
 - ✓ **Keep your eyelids clean** – use a clean, damp cloth with boiled and cooled water or eyelid wipes
 - ✓ **Wash your hands frequently**, especially before touching your eyes
 - ✓ **Continue treatment even if the lump seems to be shrinking** – consistency is key
 - ✓ **Attend follow-up appointments** if recommended by your consultant
 - ✓ **Contact us if your symptoms worsen** (see “When to Seek Urgent Help” below)
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DON'T:

- ✗ **Do not squeeze, pop, or try to drain the chalazion yourself** – this can cause infection and scarring
 - ✗ **Do not rub or touch your eyes excessively**
 - ✗ **Do not wear contact lenses** until the chalazion has completely resolved and your ophthalmologist says it is safe
 - ✗ **Do not wear eye makeup** until the chalazion has fully healed – makeup can block glands further and delay healing
 - ✗ **Do not share towels, flannels, or cosmetics with** others
 - ✗ **Do not ignore signs of infection** – contact us if the lump becomes red, hot, painful, or starts to discharge pus
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Prevent Recurrence

Chalazia can recur, especially if you have underlying conditions such as blepharitis (eyelid inflammation) or rosacea. To reduce the risk:

- **Practice good eyelid hygiene**
 - clean your eyelids daily with warm water or eyelid wipes
 - **Apply warm compresses regularly**, even after the chalazion has healed, if you are prone to blocked glands
 - **Avoid heavy or oily eye makeup** that can block glands
 - **Remove all eye makeup thoroughly** before bed
 - **Treat underlying conditions** such as blepharitis or rosacea as advised by your ophthalmologist
 - **Avoid touching or rubbing your eyes**
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When to Seek Urgent Help

Contact us immediately or go to A&E if you experience:

- **Sudden worsening of pain** that is not relieved by painkillers
- **Sudden loss of vision or significant vision changes**
- **Severe swelling** that affects your ability to open your eye
- **The styne does not improve after 4–6 weeks** of consistent home treatment
- **The lump grows rapidly or changes in appearance**
- **You develop a fever** or feel generally unwell

Do not wait if you are concerned.

While styes are usually harmless, complications such as infection or chalazia may require further treatment.

Follow-Up Appointments

Please attend any follow-up appointment recommended by your consultant, even if the styte or chalazion feels better.

We need to check that the chalazion is resolving properly and discuss further treatment options if needed, such as:

- **Steroid injection** into the chalazion to reduce inflammation
- **Incision and drainage** (a minor surgical procedure) if the chalazion does not resolve with conservative treatment

If you cannot attend, please contact us as soon as possible to reschedule.

Contact Us

If you have any questions or concerns about your recovery, please contact your Veonet Ireland clinic:

T +353 (0)1 270 7888

E info@veonet-ireland.com

veonet-ireland.com

Opening hours:

Monday–Friday, 9.00 to 17.00

Out of hours number:

T +353 (0)1 270 7887

In an emergency, go to your local A&E.

Remember:

A sty can be frustrating because it takes time to heal, but with consistent warm compresses and good eyelid hygiene, most resolve completely. Follow your treatment plan carefully, be patient, and don't hesitate to contact us if you have any concerns.

We're here to support your recovery every step of the way.

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E Patientexperience@veonet-ireland.com

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