

# **Minor Operations**

(that's just what we call them – doesn't mean its minor to you!)

Skin tags and lumps and bumps can usually be removed in clinic. I don't do cosmetic procedures – for that you will need a plastic surgeon or an oculoplastic surgeon.

## **Chalazion**

A chalazion is a localised swelling or lump that develops within the eyelid. It typically forms when a meibomian gland, which produces the oily component of tears, becomes blocked or obstructed. This blockage can be due to various factors, including thickened meibum (the oily substance), inflammation, or other issues with the gland's function. Chalazia are common and while annoying, are not a sight threatening problem.

The meibomian gland blockage leads to the accumulation of oil within the gland, causing the gland to enlarge and creating a firm, painless bump on the eyelid. Chalazia are

not infected and are different to styes (hordeolums), which are a bacterial infection of an eyelash follicle – basically a boil on the eyelid. Because chalazia are not infected, antibiotic drops or tablets do not help.

Chalazia often get better on their own over time, but treatment, such as warm compresses and pressure to help soften the gland's contents and promote drainage, can help them get better faster. If it is too unsightly or causing problems with blurring we can make a small incision to drain the chalazion. This is done from the inside of the lid so should leave no visible mark in the long run.

If you have had one chalazion you are likely to get more, so continuing with warm compresses is a good idea.

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**Emergency contacts:** <https://www.vitygas.com/information/emergency-contacts/>

NHS patients call Limpsfield Ward or the East Surrey Hospital switchboard. Private patients use the mobile number provided.