

# SHIP8 Clinical Commissioning Groups Priorities Committee

No. 54

**Policy Recommendation: Chalazia**

**Date of issue: June 2019**

A chalazion (also known as a meibomian cyst) is caused by obstruction of the gland duct of the eyelid which causes the gland to enlarge and rupture, releasing accumulated lipid contents into the surrounding eyelid soft tissue. This triggers an inflammatory reaction which subsides with time and the chalazion often becomes painless and non-tender.

This policy does not cover cases where malignancy is suspected or there is peri-orbital cellulitis which needs to be treated in the usual manner.

The committee heard evidence from a variety of sources including consultant clinicians. Most chalazia are self-limiting and do not cause problems. Conservative treatment is by daily application of warm (not excessively hot) compresses and massage to help drain the cyst. This should be done in the direction of the eyelashes using clean fingers or a cotton bud.

Surgical intervention with incision and curettage causes discomfort, swelling and bruising in the majority of individuals. It also carries the very small risk of infection, bleeding and scarring and a proportion of chalazia return.

The size of the lesion has little impact on the symptomatology. Equally a “feeling of pressure” is not an indication for intervention.

The committee recommends;

Incision and curettage of chalazia should only be undertaken if:

- It has been present for 6 months or more; **and**
- Conservative therapy has been undertaken for at least 4 weeks; **and**
- There is significant interference with vision

**OR**

- It is a source of infection that has
  - required medical attention with systemic antibiotics twice or more within the previous 6 months; or
  - is causing an abscess which requires drainage.

**Review date: June 2023**

*Whilst the panel recognised the considered expert advice of NICE and NHS England EBI in their recommendation the panel also had a duty to prioritise spending of a finite resource locally and made a decision which it felt gave the most equitable and effective use of investment*