



# Lid Cyst

**Your Questions Answered**

**Patient Information Leaflet**

## **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.

## **What is the 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 or specialist nurse will prescribe an antibiotic ointment to use twice daily; this prevents the cyst getting infected.

If after 3-4 weeks, the cyst has not resolved with the above treatment or is very large and uncomfortable; the doctor or specialist nurse 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.

## **What is involved in removal of a cyst?**

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

## **What happens when I removed 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/specialist nurse will instruct you on continuation of the antibiotic ointment or give you a new prescription.

We hope that this information is helpful to you. If anything is unclear or you have any other questions you would like to ask, then please do ask the nurse/doctor before the procedure.

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**Revision History**

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