

GP Referral to Clinical Nurse Specialist Chalazion Clinic

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Chalazion

- A chalazion is a condition in which an obstructed meibomian gland causes a granuloma within the tarsal plate.

Symptoms

- Acute or chronic eyelid lump.
- Swelling, pain, tenderness, erythema of eyelid.
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Signs

- Visible or palpable well-defined subcutaneous nodule in the eyelid.

Treatment

- If associated with blepharitis instruct patient re lid hygiene.
- Warm compress to eyelid with massage three times a day.
- Fucidic Acid 1% drops B.D. for one week or alternatively Chloramphenicol 1% ointment BD for one week.
- If the chalazion has not resolved two weeks after completing treatment patient may be referred for incision and curettage.

Referral

- Suitable patients to be referred to CNS chalazion clinic in A&E dept.

Contact GP liaison nurse and fax in referral letter. Patient will be contacted with appointment.

- If not suitable for CNS clinic – refer to OPD as usual.

Exclusion Criteria

The following referrals will not be accepted in the CNS chalazion clinic:

- Patients on Warfarin, Asprin or Plavix.
- Patients under 16 years of age.
- Recurrent chalazia at the same site.
- Chalazion in close proximity of the tear duct.
- Chalaxion on the lid margin.
- Ulcerated lid lesions.
- Lesions outside the lid area.