



GP REFERRAL TO CLINICAL NURSE SPECIALIST CHALAZION CLINIC

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.

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.

Chloromycetin ointment Q.D.S for one week.

If the chalazion has not resolved in three to four weeks after completing treatment and warm compressions patient may be referred for incision and curettage.

Referral

Suitable patients to be referred to CNS chalazion clinic in Emergency Department.
Referrals should specify Nurse-led Cyst clinic and be sent via Health link or e-mailed to ed.reception@rveeh.ie
Patient will be contacted with appointment. If not suitable for CNS clinic – refer to OPD as usual.

Eligibility

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

- Patients taking blood thinning medication except Aspirin
- Patients under 16 years of age.
- Chalazion in close proximity of the tear duct.
- Chalazion on the lid margin.
- Ulcerated lid lesions. ☒
- Lesions outside the lid area.