

Chalazions

Definition

Chalazions / meibomian cysts are localised cysts of lipogranulomatous inflammation in the eyelid¹. They can be unsightly and, if large enough, obscure vision. In rare cases, they can lead to conjunctivitis or cellulitis². Conservative treatment is the application of hot compression to the cyst (eg hot, wet wash-cloth) to encourage it to spontaneously drain¹.

Policy

It is the responsibility of referring and treating clinicians to ensure compliance with this policy. Referral proforma should be attached to the patient notes to aid the clinical audit process and provide evidence of compliance with the policy. For patients not meeting the policy criteria, clinicians can apply for funding to the Exceptional Cases Panel by completing the exceptional funding section of the referral proforma: Click policies to access the CCG clinical policies web page: [policies](#) – select the Eye Conditions Policies drop down option and select the Chalazions Policy to access the referral proforma.

Incision/excision of chalazia will be funded when **all** the following criteria are met:

- Chalazia is causing significant irritation, pain or blurring of vision. **AND**
- Conservative treatment with heat and compression have been tried for at least three months.

Note:

Patients who smoke should be advised to attempt to stop smoking and referred to stop-smoking services – see stop smoking [policy](#).

Evidence and Rationale

When chalazions are treated with conservative treatment for one month, rates of resolution are around 50%^{1,3}. Further conservative treatment may increase rates of resolution but, where conservative treatment fails, patients may be treated with surgery or steroid injections, which give high rates of resolution (80-90%)^{1,3-7}.

References

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Glossary

Cellulitis:	Bacterial infection of the skin, often appearing as redness.
Conjunctivitis:	Inflammation of the outermost layer of the eye and the inner surface of the eyelid, commonly due to an infection or allergic reaction.
Lipogranulomatous inflammation:	Nodule of fatty tissue associated with a collection of immune cells causing inflammation.

Policy effective from:	Reviewed policy ratified by CCG Governing Body 1 May 2018 Reviewed policy approved by CEC on 17 April 2018 Reviewed policy approved by CPF on 8 March 2018
Policy to be reviewed:	Static Status (This policy applies indefinitely, unless or until new evidence likely to have a material effect on the policy becomes available.)
Reference:	onedrive\CPF Pols & Working Area\Surg Threshold Pols - Draft and Agreed\CCG Policies\Chalazion\Agreed\CHALAZION MAY 2018 V2