

## Cysts on the Eyelid

### Contact Details

If you have any questions please telephone the RUH Emergency Department on

**01225 824000 (day)**  
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Please contact the Patient Advice and Liaison Service (PALS) if you require this leaflet in a different format, or would like to feedback your experience of the hospital.

Email [ruh-tr.PatientAdviceandLiaisonService@nhs.net](mailto:ruh-tr.PatientAdviceandLiaisonService@nhs.net)  
or telephone 01225 825656.

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## Cysts on the Eyelid (Meibomian Cysts)

Eyelid cysts form when the drainage tube of one of the glands in your eyelids becomes blocked. The gland cannot expel its secretions and becomes swollen. Frequently these cysts become inflamed, causing a painful lump in your eyelid.

### Treatment

#### 1. Hot steam bathing

This encourages the blocked tube to enlarge so that the cyst can drain. Boil a kettle of water and pour it into a small bowl or thermos flask. Close your eye and place it over the steam so that it gently warms the eye. Do not allow the eye to become uncomfortably hot. Continue this for 15-20 minutes and repeat as often as required.

#### 2. Clean your Eyelids

This is done to remove grease and dirt which may block up the pores of glands in the eyelid. Make up a solution of saline by adding  $\frac{1}{2}$  a teaspoon of cooking salt to a teacup of warm water which has been boiled and allowed to cool. Use this saline solution to bathe the edges of the eyelids and eyelashes with moistened cotton buds.

Apply any ointment as directed by the eye nurse or doctor.

#### 3. Surgery

Given time, many cysts get better on their own. If this has not happened after two months and the lump is bothering you please see your GP who will refer you to one of the Eye Unit Clinics.

