

**Further information can be obtained from:**

NHS 111	Dial 111
Or contact your GP	
Bluebell Ward, Lister Hospital, Stevenage	01438 284008
Children's A&E, Lister	01438 284333
QEII Urgent Care Centre, Welwyn Garden City	01707 247549
Lister Community Children's Nurses	01438 284012
QEII Community Children's Nurses	01438 288370
Patient Advice and Liaison Service	01438 285811

# Removal of Cysts (Ophthalmology)

## Child Health Patient Information Leaflet



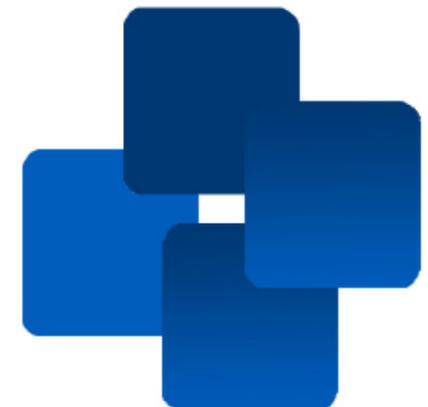
**References:**

Cambridge University Hospitals NHS Foundation Trust  
Moorfields Eye Hospital

[www.enherts-tr.nhs.uk](http://www.enherts-tr.nhs.uk)

Date of publication: Sept 2015  
Author: Paediatric Info Group  
Reference: Version: 1  
Review Date: Sept 2018  
© East and North Hertfordshire NHS Trust

You can request this information in a different format or another language.



Your child has a cyst along the top or bottom edge of their eyelashes. It appears as a small, pinkish/red lump. An operation is required to remove it which will take place in our day surgery unit under a general anaesthetic.

### **What is a Meibomian (or Chalazion) Cyst?**

A meibomian cyst is a swelling that occurs in the eyelid. It occurs when meibomian oil glands get inflamed as a result of a low grade infection of the eyelid margin caused by skin bacteria. It is normally painless but if it persists and becomes chronic a simple operation can remove it. The operation involves making a tiny cut into the cyst and removing the contents, usually on the inner surface of the eyelid.

### **What to Expect in Hospital**

You and your child will be greeted by your nurse and shown to your bed area. You will be seen by an anaesthetist and your surgeon prior to the operation. They will check that your child is well and that the operation is still necessary. You will be asked to sign a "Consent for Treatment" form where the risks and benefits of the

operation will be fully explained.

### **After the Operation**

Following the operation it is likely that your child will feel tired and possibly tearful. This is due to the anaesthetic. They may have a drink on returning to the ward and will then be encouraged to rest. The nurse looking after you will be assessing your child regularly and will let you know when it is safe for them to eat.

Your child may have a small pad covering their eye. This will usually be removed before your child is discharged.

Painkillers will be given in theatre so your child should be comfortable on return to the ward. However, if your child experiences any pain, please tell the nurse looking after you and further painkillers will be given.

The nurse looking after you will be regularly assessing your child's eyes for any sign of bleeding, bruising and swelling.

### **Risks and Complications**

The removal of a cyst is a very safe procedure. However, there may be some swelling and bruising around the eye following surgery. This is normal and should settle in a few days.

## **Care at Home**

### **Eye Care**

When cleaning the eye, please use the following guidelines:

- Please use a clean face cloth or tissues. Avoid cotton wool as it can leave behind fibres.
- Bathe the area around the eye with cooled boiled water using gentle sweeping movements starting from the inside of the eye (by the nose) and moving to the outside (towards the ear).
- If there is a hardened discharge (crust) on your child's eyelid or lashes, apply a face cloth warmed with warm water to the closed eyelid for a few minutes.
- Use a clean face cloth each time you clean the eye.

It is advised that your child does not go swimming, play with sand or wear make up for four weeks following their operation. If necessary your child will be given an antibacterial ointment to use following their operation .

### **Pain Relief**

Your child should be comfortable before discharge from the ward. Any pain at home should be controlled using Paracetamol (Calpol) or Ibuprofen (Nurofen). Please read the bottle for the

correct dose for your child according to their age.

Last Paracetamol given \_\_\_\_\_

Last Ibuprofen given \_\_\_\_\_

### **Eating and Drinking**

Your child may eat and drink normally.

### **Nausea and Vomiting**

Do not worry if your child feels sick or vomits once or twice after leaving hospital. The anaesthetic can cause this and it is not an uncommon side effect. If this occurs, stop giving food for about an hour and try small amounts of water or diluted juice every 20 minutes, then a light diet such as plain biscuits or toast. If your child continues to vomit please call for advice or attend your GP / A&E.

### **Activity**

Your child should be well enough to resume their normal routine 24-48 hours after the operation.

### **Follow Up**

A follow up appointment is not usually necessary but if your surgeon would like you to attend an outpatient clinic to discuss the results of the surgery, recovery and any additional treatment, this appointment will be sent to you by post.