

# Your child's incision and curettage procedure to treat a lump on the eyelid (chalazion)

This leaflet is about your child's procedure to treat a lump on the eyelid called a chalazion. We remove the inside of the lump with a fine scraper called a curette. The leaflet explains what you should do before your child's procedure, on the day of the procedure and when you return home.

## Your child's condition and procedure

### What is a chalazion?

A chalazion is a lump on the eyelid that is caused by inflammation of one of the tiny oil glands in the eyelid. These glands make oil to keep the surface of the eye wet (moist) and healthy. If an oil gland is blocked, it can get bigger and become inflamed. A small, hard lump or cyst then grows slowly on the upper or lower eyelid.

### Why does my child need an incision and curettage procedure to remove the chalazion?

A chalazion is usually painless, but may cause tenderness, redness and swelling around the affected area. The appearance of the chalazion may affect your child's self-confidence. In some cases, a chalazion can cause blurred vision if it becomes large enough to press on the eyeball. Your child is having a procedure to remove a chalazion that is troublesome and long-lasting.

### Are there any other treatment options to this procedure?

All chalazions eventually get better and disappear without treatment, but some last for years. Treatments that can help a chalazion to heal more quickly include:

- putting a warm, wet cloth (compress) on your child's eyelid
- applying moist heat to the eyelid. This is when you put a spoon with absorbent material on the end in a bowl of steaming water. You then hold it about 1 inch away from the closed eyelid
- gently massaging the affected eyelid
- having steroid (anti-inflammatory) or antibiotic treatment

Be careful that the water is not too hot if you use a warm compress or apply moist heat to the eyelid (hot spoon bathing).

Your child's doctor can give you more information about the different treatment options. If these treatments do not work, we may recommend a small (minor) procedure to remove the chalazion. This is called an incision and curettage procedure.

## Before your child's procedure

### What needs to happen before my child's procedure?

We need to see your child at a pre-admission clinic. This clinic may take place face to face or online. We make sure that your child is ready for an anaesthetic, which is a medicine to make them sleep during the procedure, and surgery.

After the pre-admission clinic, our admissions team contacts you by letter, text message or phone. We offer you a date for your child's procedure. We also explain when your child should stop eating and drinking (fast) before their procedure.

### Do I need to get pain medicine ready for my child?

Please make sure that you have a week's supply of paracetamol (a painkiller) and ibuprofen (an anti-inflammatory medicine) at home before the procedure. We do not routinely give these medicines to take home for your child after day surgery.

You can buy paracetamol and ibuprofen from a pharmacy, supermarket or shop. Paracetamol for children may also be called Calpol<sup>®</sup>. Ibuprofen for children may also be called Calprofen<sup>®</sup> or Nurofen<sup>®</sup>. You need the type of medicine that you would give your child if they were unwell with a cold or ear ache.

If your child cannot take paracetamol or ibuprofen for any reason, please speak to their healthcare team about other options.

## On the day of the procedure

### When you arrive at the children's day surgery unit

We give you a time to arrive at the Evelina London children's day surgery unit. It is important that you arrive at the correct time and have followed the fasting instructions for your child. If you arrive late or have not followed the fasting instructions, we may not be able to do the procedure.

You and your child meet the surgical and anaesthetic teams on the admissions ward before the procedure. We confirm that you have given your permission (consent) for the procedure. You can ask us any questions that you may have.

### During the procedure

We give your child a general anaesthetic. This is a medicine that makes your child sleep and stops them feeling any pain during the procedure. You can stay with your child until they are asleep. Please see our separate leaflet called "Your child's general anaesthetic" for details.

When your child is asleep, we put a special metal clamp on their eyelid to protect the eye. The surgeon makes a small cut (incision), which is usually on the inside of the eyelid to avoid a visible scar. They then use a fine scraper called a curette to remove the contents of the chalazion (lump or cyst).

After draining the inside of the chalazion, the surgeon cleans the area. They put antibiotic drops or ointment in the eye and remove the clamp. In most cases, your child does not need stitches. We put a patch over their eye to help stop the bleeding.

The procedure takes about 10 minutes.

## **Are there any risks to my child's procedure?**

Every procedure has some risks of complications. To reduce these risks, we make sure that your child is well at the time of the procedure. We talk to you about the risks in the clinic and before the procedure when we confirm that we have your consent.

The specific risks of a procedure to remove a chalazion can include:

- temporary bleeding, bruising or swelling
- an infection. To prevent this, you put antibiotic drops or ointment in your child's eye 3 to 4 times a day for a week
- damage to surrounding structures, such as the eyelid (this is rare)

The chalazion can return if it is not completely removed, but this is unusual and happens in less than 1 in 10 cases. Your child could get more chalazions in future if other oil glands get blocked. Following our recommended aftercare can help to prevent this.

## **After your child's procedure**

### **How will my child look and feel after their procedure?**

Your child may feel drowsy after their surgery and sleep for a while. They may be restless (agitated) and upset for up to an hour after waking up from the procedure. Some children may have mild discomfort and feel or be sick (vomit), but this is not common.

After the procedure, your child has a patch over their eye. This reduces swelling and keeps the eye closed. Your child needs to wear the patch until the morning after the procedure. Sometimes, there is a small amount of bleeding from under the patch. If this happens, the patch is replaced. Putting mild pressure on the patch can stop the bleeding.

It is common to have some blood-stained tears from the eye in the first 1 to 2 days after the procedure.

### **Will my child be in pain after their procedure?**

There is usually no eye pain after a procedure to remove a chalazion. Your child's eyelid will feel a little sore and be red with some swelling. The redness may be slightly harder to notice on brown or black skin.

We may give your child paracetamol, ibuprofen or both medicines while they are with us. You can continue to give your child these medicines as needed when they are at home. The nurses can guide you when the next amount (dose) of pain medicine is due.

### **When can my child eat and drink or feed after their procedure?**

Your child should be able to eat and drink or feed as usual within 1 to 2 hours of the procedure.

### **Do we see the surgeon after my child's procedure?**

Yes, the surgeon comes to check your child after their procedure. They update you about the surgery and answer any questions that you may have.

### **When can my child go home?**

Your child can go home on the same day as their procedure when they:

- feel comfortable
- can manage (tolerate) their usual food and drink
- are not feeling sick (nausea) or being sick (vomiting)
- are behaving as they usually do

Please supervise your child carefully on the journey home. According to the sudden infant death syndrome (SIDS) guidelines, it is best to avoid long car journeys for babies under 1 year of age. If you travel home by car, it is important that:

- you stop for frequent breaks to feed your baby and change their position
- an adult sits with the baby in the back of the car

## After you go home

### How do I care for my child's eyes after the procedure?

Here is some guidance on how to care for your child's eyes:

- **Eye patch**  
On the morning after the procedure, you need to remove your child's eye patch. If too much mucus (slippery liquid) or ointment is left on their eyelids, you can clean them gently. It is best to use cold water that you have boiled and then allowed to cool, and a clean piece of cotton wool.
- **Eye drops**  
We give you antibiotic drops or ointment to put in your child's eye 3 to 4 times each day for a week. It is important to use the eye drops or eye ointment as directed.
- **Ice packs**  
Ice packs help to reduce swelling of the eyelid, ease pain and make the area heal faster. To make an ice pack, wrap some ice or a packet of frozen food such as peas in a plastic bag, flannel or towel. Put the ice pack on the closed eyelid for 5 minutes every hour during the daytime for the first day after the procedure. You can start doing this immediately after removing the eye patch.
- **Bathing**  
Your child can have a bath or shower as usual and you can wash their hair. Try to avoid getting soap or shampoo in their eyes, as you would normally do.
- **School or nursery**  
You can expect your child to return to school or nursery 1 to 2 days after the procedure.
- **Swimming**  
It is best not to take your child swimming until 2 weeks after the procedure. If your child does swim before then, they need to wear watertight goggles.

### How can I manage my child's pain after their procedure?

Your child should not be in pain after the procedure. If there is bruising under the eye, you can give them paracetamol and ibuprofen in the first week after the procedure. Please remember to buy these medicines before the day of your child's operation. It is also important to make sure that your child drinks plenty of fluids.

It is safe to give the 2 medicines at the same time, ideally with food. This is easier to plan and the medicines work in different ways. You can give your child:

- 1 recommended amount (dose) of paracetamol every 4 to 6 hours and no more than 4 doses in 24 hours
- 1 dose of ibuprofen every 6 to 8 hours and no more than 3 doses in 24 hours

You may find the following chart helpful to keep track of your child's medicines.

### Home medicine chart for parents

Medicine	Time to give	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Paracetamol								
Ibuprofen								

### Do I need to look for any symptoms after my child's procedure?

You need to get urgent medical help for your child if you feel that they are unwell or they:

- are in severe pain and cannot open their eyelid because of swelling
- have a high temperature (fever)
- are not eating or drinking well

These can be signs of an infection or a reaction to the eye drops. Call our eye casualty on 020 7188 4336 (Monday to Friday, 8.30am to 4pm). Outside these hours, call 999 or go to your nearest emergency department (A&E) immediately.

## Do you see my child again after their procedure?

It is not usual to have a follow-up appointment after a procedure to remove a chalazion. Sometimes, however, we make a clinic appointment for your child after the procedure.

### Contact us

If you **cannot keep your appointment**, contact our admissions team, **phone** 020 7188 9098, **email** [gst-tr.paediatricadmissions@nhs.net](mailto:gst-tr.paediatricadmissions@nhs.net)

If your child has a **cough, cold or high temperature** in the 2 weeks before the procedure, contact our pre-assessment team, **phone** 020 7188 7188 extension 58209

If you have any **concerns about your child's procedure but it is not an emergency**, contact our eye department, **phone** 020 7188 4299 (please leave a message on the answerphone and we will call you back within 3 working days), **email** [gst-tr.paediatricophthalmologyenquiries@nhs.net](mailto:gst-tr.paediatricophthalmologyenquiries@nhs.net) (we reply to emails within 3 working days)

If you are concerned that your child is **seriously unwell during working hours**, contact our eye casualty, **phone** 020 7188 4336 (Monday to Friday, 8.30am to 4pm)

If you are concerned that your child is **seriously unwell outside working hours**, go to your nearest A&E or **phone** 999

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit **web** [www.evelinalondon.nhs.uk/leaflets](http://www.evelinalondon.nhs.uk/leaflets)

### Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline, **phone** 020 7188 3003, Monday to Friday, 10am to 5pm **email** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS), **phone** 020 7188 8801 **email** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk). To make a complaint, contact the patient resolution team **phone** 020 7188 3514 **email** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

### Language and accessible support services

If you need an interpreter or information about your child's care in a different language or format, please get in touch, **phone** 020 7188 8815 **email** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

### NHS 111

This service offers medical help and advice from fully trained advisers. They are supported by experienced nurses and paramedics, **phone** 111 (24 hours a day) **web** [www.111.nhs.uk](http://www.111.nhs.uk)



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