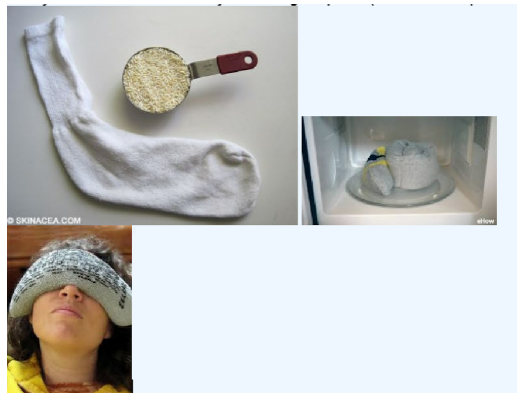


# Elite Plastic Surgery

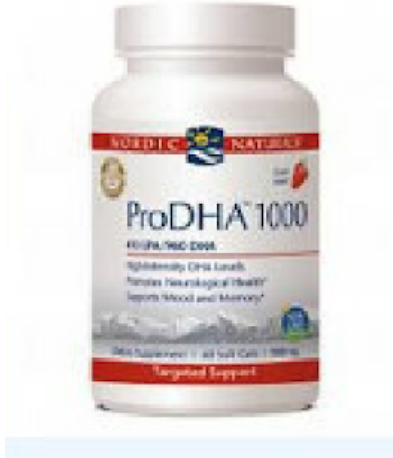
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## INSTRUCTIONS FOR TREATING STYES AND CHALAZIA AT HOME

- 1. Hot Compresses:** Start warm compresses over both eyes twice a day for 10-20 minutes each time. The compress should not be hot enough to burn the skin. This step helps to “melt the butter” (i.e., the thickened oil) in the oil glands. You can make your own heatable rice bag. Put uncooked rice in a clean sock and tie it off. Microwave 10-15 seconds until warm and place over the eyelid. This is reusable and can be microwaved over and over. **Try to do this 2-3 times a day until things improve (continue for up to 3-4 weeks)**



- 2. Follow your hot compresses with eyelid massage.** Holding the eyelids at the outer corner of the eyelid and pulling the eyelid tight toward the ear with the tip of one index finger, stretch the lids taut to prevent opening of the eyelid during massage. Using the opposite index finger, apply direct pressure to the taut eyelids starting at the inner aspect of the eyelid near the base of the nose. Sweep with firm but gentle pressure toward the ear. Repeat this maneuver four or five times. Remember, the goal is to massage the loosened oil secretions from the glands that are distributed across the eyelid
- 3. Prescription Ointment:** If you don't have allergy contraindications, you will be prescribed an ophthalmic ointment that contains both antibiotic and steroid. Use a small amount on the affected area of your eyelid 2-3 times a day following the hot compresses and eyelid massage.
- 4. You may be given a prescription to start oral doxycycline 100 mg twice a day or azithromycin 1000mg once a week x 3 weeks.** These help reduce bacteria and inflammation in the oil glands of your eyelids. Doxycycline can make you more sensitive to the sun and sunburn more easily so take precautions to avoid this.
- 5. For recurring styes:** Try a wild-caught source of fish oil omega-3 fatty acids: Take at least 2000mg of omega-3s (read the bottle label to decide how many capsules that is). Nordic Naturals are high quality and may be purchased on-line at Amazon.com. My favorite is Nordic Naturals ProDHA 1000



**6. FOR BLEPHARITIS AND MEIBOMITIS:** Hypochlorous acid ocular spray has antimicrobial properties that may help control bacterial loads on the eyelids. A prescription form is available as are multiple over-the-counter forms (one is by OccuSoft) and may be a useful adjuvant.



**If you follow this at-home regimen and your stye or chalazion either 1. Does not improve after 3-4 weeks or 2. Develops worsening redness, pain or enlarges, please contact the clinic to schedule an appointment for possible surgical drainage or other treatments.**