

Hampshire and Isle of Wight Integrated Care Board Priorities Committee

Policy title	Policy 54: Chalazia
Policy position	Criteria Based Access
Date of issue	April 2023
Update	This policy will be updated in light of a substantial body of new evidence or new national guidance.

A chalazion (also known as a meibomian cyst) is a sterile, chronic, painless, inflammatory granuloma (lump) of the eyelid caused by a foreign body reaction to sebum within a meibomian gland. Most chalazia are self-limiting and do not cause problems.

This policy does not cover cases where malignancy is suspected or there is peri-orbital cellulitis. These need to be treated in the usual manner.

Conservative treatment is the daily application of warm (not excessively hot) compresses, and massage to help drain the cyst. Gentle massage should be done in the direction of the eyelashes using clean fingers or a cotton bud.

Surgical intervention with incision and curettage causes discomfort, swelling and bruising in the majority of people. It also carries a small risk of infection, bleeding and scarring, and a proportion of chalazia return. A possible outpatient treatment option to inject a steroid (triamcinolone) into the chalazion also carries a small risk of serious complications such as raised eye pressure, eye perforation or bleeding.

Patients may be referred to ophthalmology for potential incision and curettage (or triamcinolone injection for suitable candidates) if:

- Chalazion has been present for 6 months or more **and**
- Conservative therapy has been undertaken for at least 4 weeks **and**
- There is significant interference with vision or eyelid closure

OR

- Chalazion is a source of infection that has
 - required medical attention with systemic antibiotics twice or more within the previous 6 months **or**
 - is causing an abscess which requires drainage.

References

Academy of Medical Royal Colleges (November 2020) Evidence Based Interventions (EBI) for Clinicians, Chalazia removal. <https://www.aomrc.org.uk/ebi/clinicians/chalazia-removal/>

Coding

ICD-10 Diagnosis Code:

H001 Chalazion

OPCS Procedure Codes:

C121 Excision of lesion of eyelid NEC

C122 Cauterisation of lesion of eyelid

C124 Curettage of lesion of eyelid

C191 Drainage of lesion of eyelid

C198 Other specified

Version	Date	Reason for change
Version 1	June 2019	
Version 2	Agreed September 2022 (Ratified by the Board – January 2023)	Policy review as part of the three yearly update programme. Update to bring the policy in line with national Evidence Based Interventions (EBI) recommendations.

Exceptional circumstances may be considered where there is evidence of significant health impairment and there is also evidence of the intervention improving health status.