

For more information on Eye Lid Cyst please contact The Ophthalmology Department in Children’s Health Ireland at Crumlin, Dublin.

Contact details:

Phone 01 409 6898



**Remember: Ask your nurse if you are unsure about anything about your child’s care.**

**Additional instructions**


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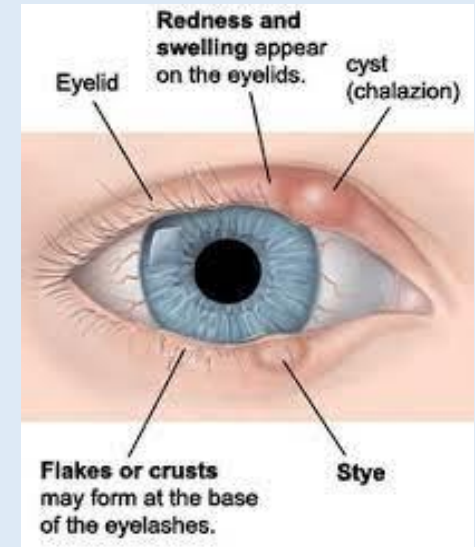
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**Information for Parents / Carers of a child**

**Eye Lid Cyst**



**Children’s Health Ireland at Crumlin**

**Phone: 01 409 6100**

### What are Lid Cysts?

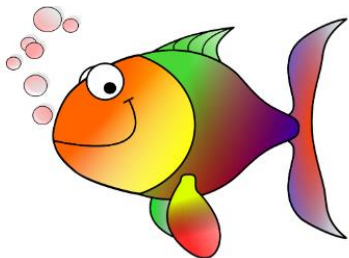
A cyst is a red, sometimes painful bump on the eyelid, caused by an infection or by backed-up oil glands at the root of an eyelash. Cysts can be on the upper or lower eyelids.

### What are the signs and symptoms of lid cyst in a child?

- A tender, red lump on the eyelid at the base of an eyelash
- Turns into a small pimple on the eyelid
- A cyst is tender to touch
- A cyst causes mild swelling of the eyelid
- A cyst can cause a watery eye

### What causes the cyst?

There are tiny glands called Meibomian glands that secrete meibum to help lubricate the eye. If these glands become blocked, then the meibum cannot escape into the tears. It may cause swelling (cyst). This becomes inflamed. Over time, inflammation causes a lump.



### How do we treat them?

Most cysts go away on their own in one to two weeks and do not need antibiotics.

**Hot compresses** help to ease discomfort. Hold a clean flannel that has been in hot water gently but firmly against the closed eye for 5-10 minutes, 3-4 times a day.

**Massage** of the cyst after using a hot compress can encourage the cyst to drain. Do this gently, with a clean finger or cotton bud.

**Antibiotic ointments, drops and medicines** are not recommended as they do not make any difference - the contents of the cyst are infection-free (sterile).

**Cleaning the eyelid** twice per day removes grease and dead skin cells that may contribute to cysts forming. A weak solution of baby shampoo in a small bowl with warm water is ideal.

**Surgical removal of the cyst** is an option if it is troublesome or persistent, which will be decided by the consultant on your clinic visit.

### Will it happen again?

Once your child has had a cyst, he or she is more likely to get another cyst.

