

# The Quick Summary

You have nothing to worry about. This is a blocked oil gland in your eyelid, and it will go away with warm compresses.

## Chalazion

You have a blocked oil gland in your eyelid. Oil glands in the eyelid are needed, because the oil from the eyelids keeps the watery tears from evaporating away. But, if an oil gland gets blocked, the oil builds up where it is not supposed to, and the body has an inflammatory reaction to it. In your case, this inflammation has become organized in such a way that it has formed a hard nodule, which takes a long time to unblock and drain.

The oil gland opening is pretty small. However, if you apply heat to it, the oil gland opening might get a little bigger. Also, applying heat to the oil gland will cause the oil to “melt” a little more so that it can flow better (and thus flow out of the slightly increased opening). If you massage the blocked oil gland area while you apply heat, that’s even better to get the oil flowing to get things unblocked.

You should do warm compresses at least twice a day, in which you apply heat and gentle massage. Warm compresses involve holding a washcloth soaked with shower-temperature water over the eyes for **5-10 minutes**. While Dr. Shalwala recommends warm compresses at least twice a day, the more warm compresses you do, the faster your oil gland will become unblocked.



It will take at least a few weeks and can even take several months for the oil gland to unblock. However, if it does not unblock with continued warm compresses after a couple of months, we can think about doing a procedure to help the unblocking process move along faster.

The fact that you have developed this single blocked oil gland (the chalazion) means that you have a tendency to develop blocked oil glands. That is why continuing warm compresses after the chalazion goes away will help to prevent more from developing in the future.

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