

## STYE

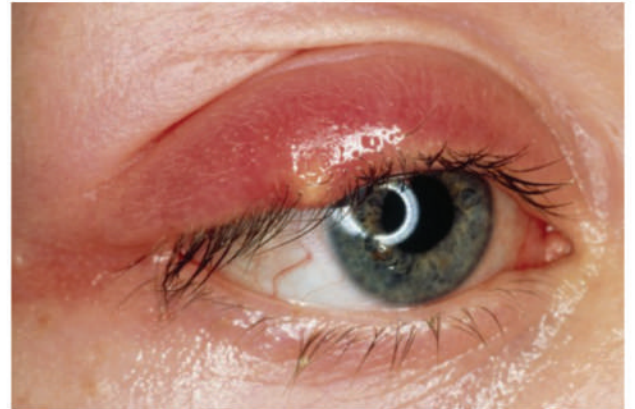
### SWOLLEN LUMPS ON THE EYELIDS

#### WHAT IS A STYE?

A sty appears as a furuncle (pimple) on the margin of the eyelid around the root of an eyelash. Also called a hordeolum, it is an infection originating in the sebaceous (oil) gland of an eyelash.

#### WHAT CAUSES A STYE?

Styes are most commonly caused by the blocking of an oil gland at the base of the eyelash. Styes can be triggered by poor nutrition, sleep deprivation, lack of hygiene, and rubbing of the eyes. Styes often result from a Staphylococcal infection in the eye, and can be secondary to blepharitis (dry flaky skin around the eyelid area), chronic lid inflammation and acne.



#### WHEN DOES A STYE GO AWAY?



Styes usually resolve with treatment within 4 weeks, but often blepharitis (the underlying condition which may cause a stye) is a long-standing chronic inflammation. If a person with a history of styes discontinues the regular use of warm compresses, eyelid scrubs, and artificial tears, the disease and its symptoms almost always return.

Styes can be a continuing problem which are difficult to eliminate completely. However, with vigorous treatment and patient cooperation, styes can almost always be controlled.

Our Coachella Valley Optometry doctors recommend that even after a stye has healed, it is best to regularly clean the eyelid margins with steps 1, 2, and 5 twice daily to prevent recurrence.

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### HOW IS A STYE TREATED?

1 Application of a hot pack to closed eyelids for 5 minutes. The heat causes the blood vessels to dilate, which improves blood circulation and healing. The heat also opens and cleans out infected gland pores in the eyelid margin.



3 Gently massage the affected area with a sterile Q-Tip. This helps to promote expression of the infected material from the gland.



5 Wait 10 minutes. Apply a good quality lubricant eye drop. This helps to moisturize and protect the eye, and rinse out any additional infected debris from the eye.



2 Use the Ocusoft Eyelid Scrub to gently clean the top and bottom eyelash margins. Rinse with water. These pads contain a special soap to help kill the bacteria which colonize the eyelid margin and eliminate the flaky debris along the eyelid margins.



4 Apply the medication eyedrop prescribed by your Coachella Valley Optometry doctor. These drops contain an antibiotic to kill the infection and a steroid to reduce the inflammation of the eyelid gland.



6 Repeat this process two to four times daily, as directed by your Coachella Valley Optometry doctor.



### PREVENTION IS THE BEST MEDICINE

The best form of treatment for a stye is prevention. Regular eye examinations are the best prevention against eye disease. Eye problems can occur at any age, and the symptoms of some problems are not noticeable until the eye has suffered damage. However, with early detection and treatment of eye problems, sight loss can often be prevented.

If you are experiencing the symptoms of a stye or another eye health problem, you should obtain a complete eye examination with one of our doctors at Coachella Valley Optometry immediately.