



Stye

Definition

A stye (aka hordeolum) is a red and painful lump or pimple on the edge of an eyelid. They appear quickly, within 12-24 hours. Stye's can occur on the inside or outside of an eyelid and are caused by a clogged or inflamed eyelid pore or hair follicle in the eyelashes. A stye usually comes to a head and forms a pimple in 3 to 5 days and drains and heals in a few more days.

Prevention:

- Not touching eyes with dirty hands (in young children, picking the nose is a common cause)
- Not using eye makeup that could be contaminated by bacteria
- Not rubbing eyes if a stye is already present as this could cause more styes to occur

Home Care

1. Moist Heat:

- Put a clean warm, wet washcloth on the eye. Do this for 10 minutes 3 or more times a day. Continue until the stye resolves.

2. Open the Pimple:

- This can only be done in an older, cooperative child, who will remain still with the procedure
- Once the center of the stye becomes yellow, with tweezers, pull out the eyelash that goes through the pimple. This will start drainage and healing. Do not squeeze the red lump.
- Of course, you can also wait for drainage to start on its own, typically in 1-2 days.

3. Antibiotic Eye Medicine:

- Most styes do not need oral or eye drop antibiotics and they will resolve with warm compresses.
- In certain circumstances antibiotic eyedrops may be needed if styes keep coming back.

4. Contact Lenses and makeup

- Switch to glasses until the stye has healed
- Disinfect contacts before wearing them again and discard them if they are disposable
- Discard eye makeup and clean makeup brushes and applicators

Return To School:

- Children with a stye usually do not need to miss any school.

Call Back If...

- Eyelid gets red or swollen and/or there is pain with movement of eye
- Fever occurs
- Stye comes to a head, but does not drain by 3 days
- Stye is not gone by 10 days
- More styes occur
- You think your child needs to be seen
- Your child becomes worse