

Styes

A stye is a common but painful eyelid infection. It usually looks like a small yellow pus-filled spot on the edge of the eyelid. Most styes get better on their own and do not need medical treatment. Hot compresses can ease the pain and encourage the stye to burst. They're rarely a sign of anything serious but may be painful until they heal.

How you can treat a stye yourself

How you can treat a stye yourself to reduce swelling and help the stye heal:

- Soak a clean flannel in warm water. Hold it against your eye for 5 to 10 minutes. Repeat this 3 or 4 times a day.
- To relieve the pain, take painkillers such as paracetamol or ibuprofen. Don't give aspirin to children under 16.
- Avoid wearing contact lenses and eye make-up until the stye has burst and healed.

When should I seek medical help?

- is very painful or swollen
- doesn't get better within a few weeks
- affects your vision

Patient Info <https://patient.info/health/swollen-eyelid/stye>

NHS Choices <https://www.nhs.uk/conditions/stye/>