



Conjunctiva - Cysts & Concretions

The Following Information has been Prepared for You:

The conjunctiva is the clear membrane that covers the white part of your eye. It wraps around to the underside of your eyelids. Cysts may develop within this membrane are classified as follows:

LYMPHATIC CYSTS - these are filled with clear lymphatic fluid. They have a "bubble" appearance on the eye. These occur due to eye rubbing, from chronic allergies or other irritants such as wind or dust. These cysts are benign, but they may cause a foreign body sensation or a cosmetic concern. Your doctor may suggest a painless procedure of lancing and draining them under topical anesthetic eye drops. To prevent additional occurrence, avoid eye rubbing. Instead, use topical antihistamine eye drops, moisture drops, saline washes or cold compresses. Wear wrap-around sunglasses when outdoors. If you have chronic allergies, avoid exposure to known irritants and / or consult an allergy specialist for testing & treatment.

INCLUSION / RETENTION CYSTS - these are found on the back surface of the eyelid and are filled with white, yellow or brown deposits. They are believed to be caused by eye rubbing or debris that gets trapped and encapsulated within the conjunctiva. These cysts are benign, but they may cause a foreign body sensation. Oil-based or petroleum-based artificial tears, gels or ointments can minimize symptoms. Common brands are Refresh Mega, Retaine, Nanotears MO or Refresh PM. Your doctor may suggest a painless procedure of lancing and draining them under topical anesthetic eye drops. To prevent additional occurrence, wear wrap-around safety or sunglasses to protect your eyes from wind and dust. Use artificial tears or saline eye wash to remove debris after exposure. Avoid excess eye rubbing.

CONCRETIONS - these are not cysts. Rather, they are deposits that are found on the back surface of the eyelid and are believed to be caused by debris that gets trapped and encapsulated within the conjunctiva. Calcium deposits form around the debris, perhaps as a defense mechanism. They are benign, but may cause foreign body sensation. Oil-based or petroleum-based artificial tears, gels or ointments can minimize symptoms. Common brands are Refresh Mega, Retaine, Nanotears MO or Refresh PM. Your doctor may suggest a painless procedure of removing them under topical anesthetic eye drops. To prevent additional occurrence, wear wrap-around safety or sunglasses to protect your eyes from wind and dust. Use artificial tears or saline eye wash to remove debris after exposure.

Please Rate the Information You Received

	☐ Very helpful - all questions are answered ☐ Somewhat helpful - I still have questions ☐ Not helpful – none of my questions were answered
Comments / Questions / Typos:	

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