

Chemosis of Conjunctiva

What is chemosis of the conjunctiva?

Chemosis occurs when the transparent lining of the eyelid accumulates fluid and swells. The degree of the swelling varies among patients. It is common with lower eyelid surgery of any kind.

Symptoms of chemosis include:

- Redness of the conjunctiva
- Blurry vision
- Itchiness
- Watery eyes or excessive tearing

Treatment of chemosis:

Managing your swelling can reduce any discomfort you may feel.

Tips for treating your chemosis:

- We recommend you discontinue wearing your contacts immediately.
- Cold compresses placed over the eyes will help ease discomfort and reduce inflammation. Cold compresses should be applied 6 times per day for 15-20 minutes. The more often you apply the compresses the greater benefit you will receive.
- In some cases it may be necessary to drain the chemosis by making a small incision into the conjunctiva to help reduce the swelling. This is a routine and minor procedure that can be done in the office.
- Chemosis massage is key to resolving chemosis. Massage must be done in front of a mirror so that you are able to apply the massage to the area of the eye that requires it. General massage of the eye is not effective. For effective massage use the lower eyelid as a shield to raise up and cover the eyeball and using two fingers apply the massage and massage area with firm pressure in small circles. Massage the area until the swelling is gone. This may have to be repeated several times until swelling and excess fluid is resolved. Massage may be necessary 4-10 times a day as needed.