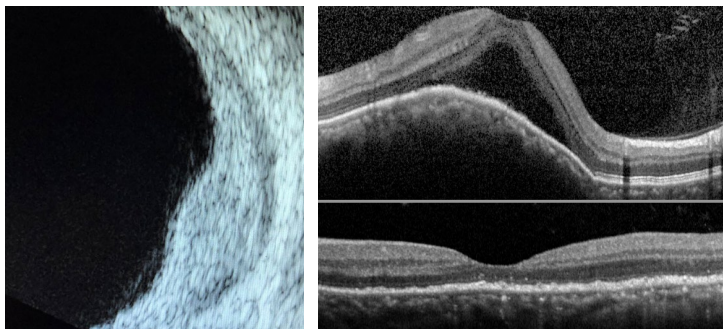


MYSTERY IMAGE
BLINK



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WHAT IS THIS MONTH'S MYSTERY CONDITION? Visit aao.org/eyenet to make your diagnosis in the comments.

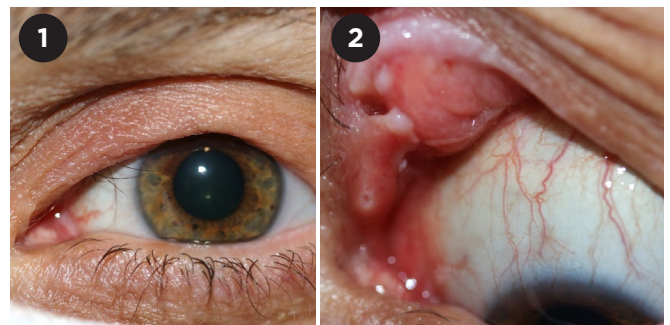
LAST MONTH'S BLINK

Self-Harm During the Pandemic

A 40-year-old engineer on duloxetine for depression presented for evaluation of persistent left upper eyelid chalazion (Fig. 1). During the COVID-19 pandemic, she self-managed her chalazion by using sharp forceps to etch out her meibomian glands and denude any granulation tissue, which she believed were painful meibomian stones. She reported that although the act of picking at the eyelid was painful, it resulted in temporary but significant relief of the constant foreign body sensation.

Examination revealed eyelid retraction, madarosis, and effacement of the margin and meibomian gland structures with a full-thickness tarsal cleft (Fig. 2). Use of a scleral bandage contact lens broke her obsessive-compulsive cycle, allowing her eyelid to heal.

Ophthalmologists should have a heightened



awareness for self-inflicted injury triggered by quarantine and isolation, especially in patients with preexisting psychiatric diagnoses. Detailed history taking continues to be of utmost importance, and comanagement with psychiatry should be considered in difficult cases.

WRITTEN BY VICTOR D. LIOU, MD, AND NAHYOUNG G. LEE, MD. PHOTOS BY DR. LEE. BOTH ARE AT MASSACHUSETTS EYE AND EAR, BOSTON.