
Hot Compresses

1. Use a clean, preferably white, washcloth.
2. Run warm watertap in your sink or wash basin until it is hot, but not hot enough to burn or scald your skin. (Never use boiling water for hot compresses).
3. Soak the washcloth with the hot water. Then wring it out strongly so that the cloth is still hot and moist but not dripping.
4. Apply the cloth over both of your closed eyes until it begins to cool. As soon as the cloth begins to cool, repeat step 3. Often it only takes 30 seconds to cool. It is best to sit by the sink while you are doing this, so you can keep the cloth continuously warm. Do not use water in the open eye except for emergencies such as a foreign body or chemicals in the eyes.
5. Apply hot compresses to your eye(s) for 2 to 3 minutes 3 times a day for 7 days.
6. For chronic problems, hot compresses as needed. Typically, people use them 1 to 2 times per day after the initial 7 day period. Use your best judgment or call the clinic.
7. Alternatively, sometimes cold compresses are required. Especially if the hot compress cause itchy eyes or if the patient has allergies. For cold compresses, perform the same process but run the cold water tap and apply it to the closed eyes. Refrigerated or ice water can also be used, if one needs a very cold compress.
8. A Bruder Mask is a commercially available product that may also help. This is available usually at large pharmacies.

If your eye problem does not seem to be improving after a few days, please phone and make a return appointment.

Dr. Thompson & Associates
Developmental, Rehabilitative & General Optometry

Unit 3 - 470 Chrysler Drive
Tel: 905-793-2020
Fax: 905-793-8528
Brampton, Ontario
L6S 0C1
www.drrickthompson.ca