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Widdrington Health Centre
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NE61 5LX

Please contact our Morpeth branch for all enquiries.

www.c4sightcare.com



HOT SPOON BATHING

C4 Sightcare
OPTOMETRISTS

First wash your hands. Wrap a piece of cotton wool round the end of a wooden spoon. Bend over a jug or bowl of boiling water, dip the wool, and bring it up close to the sore eye, which must be kept shut. When you can bear the heat, let it touch the lids. When the pad cools dip it again, keeping the water as hot as can be borne by adding fresh boiling water. Go on doing this for a quarter of an hour.

Repeat this three times a day, or as directed.

Contact Numbers:

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www.nhsdirect.nhs.uk