

Hot Spoon Bathing

Simple home care for sore eyes



Step 1 – Wash your hands

First wash your hands.



Step 2 – Prepare the spoon



Wrap a piece of cotton wool round the end of a wooden spoon.



Step 3 – Dip and apply



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.



Step 4 – Repeat

Go on doing this for a quarter of an hour.



Step 5 – Frequency

Repeat this three times a day, or as directed.



Contact Numbers



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