

**St. Teresa's Hospital
Eye Centre**

**Patient Information
Hot Compress**

Method 1

Using an egg

1. Boil an egg without peeling its shell.
 2. Use a thin clean towel to cover the egg.
 3. Test the temperature of egg with hand to ensure not too hot for the eye.
 4. Close the eye and place the egg on the affected area for 10 - 15 minutes.
 5. Follow doctor's prescription for the eye drops or ointment.
- * Do not peel the egg shell, the egg can be recycled for hot compress.

Method 2

Using hot towel

1. Test the temperature of towel with hand to ensure not too hot for the eye.
2. Close the eye.
3. Place the hot towel on the affected area for 10 - 15 minutes. If the towel cools down, re-heat the towel.
4. Follow doctor's prescription for the eye drops or ointment.

Remarks:

- Hot compress should be performed 24 hours after chalazion incision and curettage procedure done.
- Hot compress should be performed 3 - 4 times a day.
- Keep hot compress for 1 - 2 weeks.

References

1. 醫院管理局- 智友站 Retrieve from <http://www21.ha.org.hk/files/PDF/QM/EYE-2.pdf>