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WARM COMPRESS DIRECTIONS:

1. Bring water to boil in a pan. Once boiling, turn stove fire off.
2. Immerse eye compress in boiling water for one minute.
3. Wrap gel pack in a warm, moist cloth.
4. Apply gel pack for 10-15 minutes, twice daily.

If you do not have access to a stove, you may run hot tap water until it reaches its hottest temperature and then place eye compress under running water for three minutes before continuing with steps 3 and 4.

If you have any questions please feel free to give us a call at the Beloit office at (785) 738-3816 or the Smith Center office at (785) 282-6086.

Thank You!

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