



Application of Hot Compress

The application of heat can increase blood circulation, reduce swelling, encourage the discharge of infected glands and ease pain.

Application

- After care for incision of chalazion.
- To promote healing of chalazion and relieve discomfort & inflammation arising from chalazion.

Method I

Apply hot compress by using a boiled egg.

1. Wash hands
2. Wrap the boiled egg with a clean face cloth. No need to remove the shell of the boiled egg so that the egg can be reused.
3. Test the temperature of the boiled egg with the inner aspect of the forearm. (The temperature should not be too hot as it may scald the skin).
4. Close the affected eye and apply the hot compress for 10-15 minutes.
5. Apply eye medication, if prescribed after the procedure.

Method II

Apply hot compress by using hot face cloth.

*You might consider using this method if you found difficult to apply hot compress by boiled eggs.

1. Wash hands
2. Moisten a clean face cloth with hot water and wrung out excess water.
3. Test the temperature of the face cloth with the inner aspect of the forearm. (The temperature should not be too hot as it may scald the skin).
4. Close the affected eye and apply the hot face cloth for 10-15 minutes.
5. Repeat the above steps if the face cloth becomes cool.
6. Apply eye medication, if prescribed after the procedure.

Remarks

- Hot compress should be applied 24 hours after the incision of chalazion.
- Hot compress should be applied at least 3-4 times a day and for 1-2 weeks or until the symptoms subside.

The information is for general education purpose and reference only.

Should you have any queries, please consult medical professionals

Specialty Advisory Group (Ophthalmology)

First Published 2019