



Dr. Alan T. Shih
Dir. of Podiatry Services

Dr. Zuraida Zainalabidin
Dir. of Optometry Services

7406 N. La Cholla Blvd. Tucson, Arizona 85741
p: (520) 545-0202 f: (520) 545-0201
www.headtotohealthcare.org

Warm Soaks

Warm soaks help resolve eye infections by speeding up blood supply to the affected area.

1. Use tap water. Run the tap for approximately 2 minutes to avoid still-standing water that may contain sediment from the pipes. You do not need to use distilled or purified drinking water.
2. Use warm, not hot, water. Hot water can damage the delicate skin of the eyelids.
3. Soak a clean washcloth in the warm tap water. Close both eyes and lay the cloth over both eyes or as directed: _____
4. Leave the cloth over your eyes until it has cooled down and lost its warmth. Then resoak it in the warm water. You will probably need to resoak the cloth every 30 seconds.
5. Attempt to maintain a consistently warm temperature when soaking.
6. Soak for a total of 5 minutes or as directed: _____
Soak three times a day or as directed: _____

