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Cool Soaks

Cool soaks are useful to relieve ocular itching, lid swelling, and discomfort caused by allergic reactions.

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 cool (room temperature) tap water. You should not use refrigerated ice water.
3. Soak a clean washcloth in the water. Close both eyes and lay the washcloth over both closed eyes or as directed: _____
4. Leave the washcloth over your eyes until it warms up, then resoak in the cool water.
5. Attempt to maintain a consistently cool temperature when soaking.
6. Soak for a total of 5 minutes or as directed: _____
7. Soak three times a day or as directed: _____

