

Oxford Eye Hospital

Heat treatment for cysts

Information for patients



The purpose of heat treatment

- It helps soothe your eye, making it feel more comfortable.
- It allows the natural oils in the skin and eyelid to flow more freely, helping to reduce the size of the cysts and prevent any further swelling.
- It can be used as a sort of 'first aid' treatment if you are unable to get to your GP surgery or to the Eye Hospital.
- It is effective and very easy to do.

How to carry out the treatment

1. You will need some hot water, a bowl and some cotton wool. It will help if you can find a quiet place where you won't be disturbed or where the bowl of water may get knocked over.
2. Put some hot water in the bowl. It should be fairly hot but not so hot that it will burn you.
3. Soak the cotton wool and then gently squeeze out the excess water. You now have a hot compress.
4. Close your eye and place the compress on your closed eye until the compress is cool.
5. Repeat this several times for approximately 25-30 minutes.
6. By gently moving the compress while it is on your eye, you will massage your eye at the same time.

Alternatively you can use a product called "Eye Bag" which is an eye mask filled with flax seeds. This is heated up in the microwave and seems to be more effective at transferring heat. The mask can be purchased from the website and costs approximately £20. It has an extra advantage in that it can be re-used up to 200 times for patients who experience recurrent problems and need to use regular heat treatment. Please see <http://www.eyebag.co.uk/>.

Carry out the heat treatment procedure two to three times a day.

Do not open your eye with the compress on.

How to contact us

If you have any concerns or questions, please contact Eye Casualty on:

Tel: **01865 224800**

If you need an interpreter or need a document in another language, large print, Braille or audio version, please call **01865 221473**.

When we receive your call we may transfer you to an interpreter. This can take some time, so please be patient.

Rebecca Turner, Matron, Specialist Surgery
Version 1, September 2009 (PILOT)
Review, September 2012
Oxford Radcliffe Hospitals NHS Trust
Oxford OX3 9DU
www.oxfordradcliffe.nhs.uk