

## Types of warm compresses

- **Wet compress**

completely soak a small towel with water. Wring out the excess water. Place in the microwave for about 15 seconds or less, depending on the wattage. After removal from the microwave, test the heat by applying to your hand. If the heat is tolerable, apply heat to lid with care for a few minutes or as long as compress stays warm. This method may not retain heat for a long period of time due to exposure to the environment.

- **Dry compress**

place rice inside a clean sock. Place in the microwave for 15 seconds or less depending on the wattage. After removal from the microwave, test the heat by applying to your hand. If the heat is tolerable, apply heat to lid with care for a few minutes or as long as compress stays warm. This method may not retain heat for a long period of time due to exposure to the environment.

- **Eye specific compresses**

Tranquileyes XL for chronic dry eye is an eye specific compress. It is a package of eye goggles with padding to protect the lid from high heat discomfort.



Tranquileyes XL uses Thermoeyes Beads or Thermoeyes instant heat gel packs which are placed inside the goggles and can be useful in retaining heat for up to 20-25 minutes at a time.

Thermoeyes Beads must be heated in the microwave.



Thermoeyes instant heat gel is a gel pack that allows you to snap it in half to begin the heating process. Both options are re-useable and replaceable

