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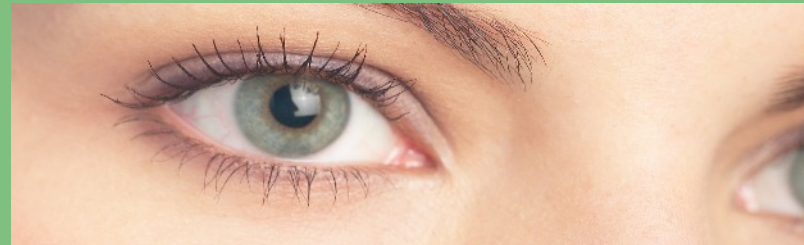
Claremont Wing Eye Dept.
Royal Victoria Infirmary
Queen Victoria Road
Newcastle upon Tyne
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Tel: 0191 282 0252 (office)
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Widdrington Health Centre
Grange Road
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NE61 5LX

Please contact our Morpeth branch for all enquiries.

www.c4sightcare.com



HOT SPOON BATHING

C4 Sightcare
OPTOMETRISTS

First wash your hands. Wrap a piece of cotton wool round the end of a wooden spoon. Bend over a jug or bowl of boiling water, dip the wool, and bring it up close to the sore eye, which must be kept shut. When you can bear the heat, let it touch the lids. When the pad cools dip it again, keeping the water as hot as can be borne by adding fresh boiling water. Go on doing this for a quarter of an hour.

Repeat this three times a day, or as directed.

Contact Numbers:

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Morpeth 01670 518612

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Eye Casualty Royal
Victoria Infirmary
Claremont Wing
Newcastle 0191 2336161

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NHS Direct (24 Hours) 0845 4647

www.nhsdirect.nhs.uk