

Rice Bags for Treatment of Eye Conditions

Items that will be needed for this project are knee-high or a pair of pantyhose, and old fashion white rice. Minute rice will not work.

Place a small handful of rice into the toe of the knee-high hoses. A knot is then tied. Another knot is placed $\frac{1}{2}$ inch away from the first knot. This will allow a small space that has no rice in it that will go over the bridge of the nose when using the rice bags. On top of the second knot another handful of rice can be placed. A final third knot is then tied.

The rice bags are now complete and ready for use. They can be placed in the microwave and heated for 20-30 seconds. Always remember to test the rice bags on the back of the hand or neck to ensure they are not too hot prior to placing them on the eyes. The duration the bags stay on the closed eyes depends on the condition being treated. Please follow the recommendations given during the eye examination.