

Warm Compresses for a Stye (Hordeolum/Chalazion)

1. Choose a small potato
2. Wrap the potato in Saran Wrap
3. Microwave for 2 minutes
4. Remove from microwave and wrap potato in a THIN and DRY washcloth
5. Apply for 30-50 minutes on the outside of the eyelid over the stye. Repeat this treatment 4–5 times a day for 3–5 days.
6. Once the chalazion drains or shrinks in size, keep the heating up for 2–3 more days to make sure it totally collapses and scars down.
7. Eating the potato afterwards is optional

Watch online: https://youtu.be/iiLD_Tn56Ww