



What is the ZEST® Pack?

ZEST® Pack is an all-inclusive solution for performing the in-practice ZEST® procedure. Each kit contains proprietary micromatrix ZocuSwab foam applicators and specially formulated ZEST® gel for eyelid debridement. With the ZocuKit, there is no need for additional equipment or supplies, as everything required for the procedure is included in the kit.

What is ZEST®?

ZEST® (Zocular Eyelid System Technology) is a professional-grade eyelid cleansing procedure pack designed for professional use only. The system features Zokrex™ technology, utilising activated natural okra polysaccharide complexes specifically formulated for the delicate eyelid and external periocular area to remove ocular debris, crusting, and environmental residues from the eyelid margin to support the management of the ocular surface and maintain eyelid hygiene.

What condition is ZEST® appropriate for?

The ZEST® procedure utilises a natural approach using Okra complex derived from fresh Okra, effectively managing conditions such as Dry Eye Disease and eyelid inflammation. The proprietary micro-matrix Zocuswab foam applicators are used to effectively bind and lift debris from the eyelid margin to remove the biofilm that contributes to inflammation, redness, and dry, flaky skin. This procedure is a safe, gentle and highly effective solution for managing these conditions, providing patients with a natural and convenient way to improve their eye health.

How does the ZEST® procedure work?

The ZEST® procedure is a gentle exfoliation process that aims to restore the natural state of the eyelids. By cleaning the eyelid margins, it helps to remove debris and biofilm that may be obstructing the Meibomian Glands' orifices, allowing the release of oils onto the eye. This is crucial for maintaining a healthy tear film and reducing symptoms of dry eye.

What is Okra?

Okra is a plant that contains a variety of polysaccharides, or sugars, along with a blend of vitamins, Lutein, Zeaxanthin, and Flavonoids. This natural combination supports healthy tissues in the eyes, mucous membranes and delicate skin around the eyes.

How long is the procedure time?

The ZEST® procedure generally takes about 5-7 minutes to complete, however, if the patient has more severe symptoms, the procedure time may be extended to 10-12 minutes.

What other products should I recommend to my patient to use after a ZEST® procedure?

The ZEST® Aftercare Kit supports ongoing eyelid hygiene following a ZEST® appointment, helping to maintain eyelid cleanliness and comfort between visits. Developed to complement professional care, this kit enables a continued simple, effective eyelid hygiene routine at home.

How quickly should my patients see results?

The ZEST® procedure in clinical studies has been shown to yield immediate and substantial improvements in symptoms associated with dry eye within minutes, generally under 20 minutes. If not instantaneously, patients will certainly feel the effects the following day. The efficacy of the ZEST® procedure has been widely recognised by both medical professionals and patients worldwide, as it has been demonstrated to improve objective and subjective measures of dry eye effectively.



Are there any contraindications?

ZEST® should be avoided in patients with known hypersensitivity to components, severely compromised ocular surfaces, active intraocular inflammation, recent ocular surgery (unless cleared), fragile glaucoma blebs or inability to cooperate with lid manipulation.

What discomfort should be expected?

Most patients experience minimal discomfort during the ZEST® procedure. The sensation is commonly described as gentle pressure, light tingling, or mild awareness of the eyelids being cleaned. If make-up, SPF, or moisturiser is present around the eyes before the procedure, this may cause a brief stinging sensation. Patients with an unstable tear film may also experience slight stinging. Temporary redness, watering, or mild irritation may occur immediately after the procedure. These effects are usually short-lived and typically resolve within 10–15 minutes.

How often should ZEST® be performed?

For most patients, ZEST® is recommended twice annually as part of routine eyelid hygiene maintenance, similar to professional dental cleaning. Patients with recurrent symptoms may benefit from more frequent procedures, particularly during the stabilisation phase of care. In these cases, procedures may be scheduled at shorter intervals based on clinical findings and symptom severity. Long-term frequency should be individualised according to disease progression, response to care, and patient compliance with home hygiene.

What preparation is required?

Prior to the ZEST® procedure, patients should ensure that the periocular area is completely free from cosmetics, creams, moisturisers, sunscreens, and other topical products. Contact lenses must be removed before the procedure, and any lash extensions or residual adhesive should be taken off in advance. The eyelid wipes included in the kit may be used to remove remaining surface products if necessary. Following completion, makeup and contact lenses may be safely resumed once any transient redness has resolved.

Can ZEST® be combined with other treatments?

Yes. ZEST® integrates effectively with a wide range of in-practice procedures and is often used as a preparatory or foundational step. It may be performed prior to meibomian gland expression, IPL, LLLT, thermal therapies, and contact lens fitting to improve lid margin condition and treatment response. It is also useful in pre-surgical preparation and post-surgical management when lid disease is present and clearance has been provided.

Can components be substituted?

No. Only approved ZEST® components should be used when performing the ZEST® procedure. The ZEST® gel and ZocuSwabs have been specifically designed and clinically validated to work together. Substituting alternative gels, cotton buds, or look-alike applicators may compromise effectiveness, and increase the risk of irritation or contamination. Use of non-approved components may also invalidate clinical protocols, training standards, and product support. For safety, consistency, and predictable outcomes, clinicians should always use complete, original ZEST® kits for every procedure.



### How should ZEST® be positioned to patients?

As a professional eyelid deep clean that supports long-term eye health, comparable to routine dental hygiene visits. Patients should be informed that the procedure is both preventative and therapeutic, helping to control inflammation, maintain comfortable vision, and reduce the risk of recurrent symptoms. Emphasising its role in supporting other dry eye and ocular surface interventions improves understanding and acceptance. Clear explanation of expected benefits, maintenance requirements, and aftercare promotes compliance and long-term engagement.

### What training is required?

All clinicians and delegated staff involved in delivering the ZEST® procedure should complete formal training prior to independent use.

Training should include:

- Supervised practical session
- Demonstration of correct technique, hygiene, and patient communication
- Viewing of official training and demonstration videos
- Review of the Standard Operating Procedure (SOP) and Recommended Protocol

Staff should be able to demonstrate consistent competency in patient preparation, gel activation, lid cleansing technique, rinsing, and aftercare instruction. Ongoing refresher training is available to maintain high clinical standards and ensure protocol compliance.

### Is there access to additional training and resources?

Clinicians can access a range of supporting materials to enhance clinical confidence and consistency including:

- Educational and Training Videos
- Case Studies and Clinical Trials
- Guidance Notes and Literature

### Who should be contacted for further information?

For further information, clinical training, implementation support, or product guidance, clinicians should contact The Body Doctor. The Body Doctor provides ongoing professional support to ensure consistent, safe, and effective delivery of the ZEST® procedure.

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