

## Step 1: Assessment

1. Check Px on the slit lamp.
2. Examine both eyes:
  - Inspect eyelids and lashes in particular
  - Document and grade the severity of blepharitis, MGD, tear prism height and bulbar hyperaemia as well as the palpebral conjunctiva.
  - Take digital images using the digital slit lamp, QuikVue Plus or IDRA if available.
  - Show the images to the patient to explain your findings and procedure plan of ZEST.
  - Note the most affected areas.
  - Check any known allergies with the patient
  - Conduct a small patch test if needed

## Step 2: Preparation

1. Open the ZEST kit.
2. Lay out the contents on the drape provided.
3. Open the ZEST gel pod by cutting or twisting the tip and dispense the gel evenly into each of the dispensing wells.
4. Prepare the ZocuSwab tips.

## Step 3: Procedure

1. Ensure the patient is comfortable:
  - Ask the patient to lean their head back slightly.
  - Let them know you'll begin with the first eye.
2. Use the Eyelid Wipes to remove any creams from around the Px's eye area
3. Apply the ZEST gel:
  - Use the ZocuSwab to apply the gel to the lid margin and eyelashes.
  - Use a back-and-forth motion, gently working the gel into a foam.
  - Focus particularly on problematic areas (previously noted during assessment).
  - Ensure the lower and upper lid margins are cleaned.
4. Lash Roll Technique:
  - Perform the "lid lash roll" with the ZocuSwab to remove loosened debris.
  - Be thorough but gentle.
  - With the gauze, gently wipe the gel away from the lid and lashes.
5. Check under the slit lamp:
  - Before rinsing, examine the eye again using the slit lamp.
  - Look for any remaining debris.
  - If necessary, re-clean stubborn areas with additional gel that has been reserved in the pod for this occasion
6. Irrigate the eye thoroughly with saline and wipe the area with the gauze sponge.
7. A final check under the slit ensure lashes and lid margin is clean and clear of any debris and gel.
8. Repeat the procedure on the other eye.

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