



Antibacterial Protection

Antibacterial Styel Relief Compress

Includes Eyelid Wipes

Microwaveable eye patch for treatment of Styes

Styes + Chalazions + Cysts

What is a Chalazion / Styel?

A Chalazion, or Styel is a common condition that occurs when bacteria infects an eyelash follicle or eyelid gland.

You are also more likely to get a Styel if you suffer from long-term Blepharitis.

A Styel is a small abscess of the oil gland, it typically contains Staphylococcus Aureus bacteria. A small area of the upper or lower eyelid becomes red, tender and swollen. Moist heat will encourage the gland to open and drain.

A Chalazion is a non-infectious blockage of a Meibomian Gland (oil gland). It can grow larger than a Styel and is sometimes the after effect of a Styel. It is less tender but lasts longer.

Blepharitis is often linked to Styes and Chalazions.

What is Blepharitis?

Typically chronic (persistent) and both eyes are usually affected. A long-standing inflammation of the edges of the eyelids, with redness, thickening, scales and crusts causing debris to block the normal drainage of the oil gland. Overactive oil glands can cause dandruff-like scales and particles to form along the lashes and eyelid margins, resulting in redness, irritation, stinging, burning and occasionally, a red eye

What causes Blepharitis?

Meibomian Glands normally produce oil, which is a component of the normal tear film. In Blepharitis, the secretions thicken and block the gland. Meibomian Gland Dysfunction (MGD), can be a contributing factor. The Meibomian Glands are sebaceous glands that produce the

oil layer of your tear film. The openings to the glands are just behind the eyelashes. These conditions can be controlled with a few simple, daily eyelid hygiene measures. For MGD/Blepharitis, The Eye Doctor Premium is recommended together with good, daily, eyelid hygiene.

How can I prevent Styes?

Good eyelid hygiene can help prevent Styes from reoccurring. Below are some simple steps to help maintain good eyelid hygiene:

DO:

- Wash your face and remove any eye make-up before bed
- Replace eye make up every 6 months
- Keep eyes and eyelashes clean with gentle cleansers or wipes, especially if you have Blepharitis.

DON'T:

- Share towels or flannels with someone who has a Styel
- Rub your eyes if you've not recently washed your hands
- Put contact lenses in before washing your hands

WHAT IS REQUIRED FOR EYELID HYGIENE?

3 STEPS ARE REQUIRED:

- 1 Heating of the eyelids externally - do this by using your Eye Doctor® Premium in accordance with the instructions. This will allow the buttery oil to melt and become liquid again.

- 2 Massage the eyelids - express some of the melted oil from the glands by following the Eyelid Massage Procedure allowing the glands to produce healthy oil again.

- 3 Cleaning the base of the eyelashes – this reduces the build-up of bacteria which can be responsible for some of the symptoms.

INSTRUCTIONS FOR USE

The information contained in this leaflet is intended as general guidance only. It should not be relied upon as a basis for any ophthalmological medical therapy plan. Please read through these instructions carefully. Do not discard these instructions so that you can refer to them as needed before each use.

Your eye specialist or doctor can give you expert medical advice and should be able to give you a guide as to how often to use your Eye Doctor® Styel Relief. If you feel unsure about using The Eye Doctor® Styel Relief, or if symptoms persist or increase, please consult your eye specialist /doctor.

If you are a contact lens wearer you MUST remove your lenses prior to using The Eye Doctor® Styel Relief.

HOW OFTEN SHOULD I USE THE EYE DOCTOR® STYEL RELIEF?

Most patients will benefit from using The Eye Doctor Styel Relief 2 to 4 times a day and performing eyelid massage (refer to Step 2 - Eyelid Massage Procedure) when the Styel is active. This can be reduced as required, once symptoms have been alleviated.

USE HOT

STEP 1

HEATING THE EYELIDS

The Eye Doctor® Styel Relief MUST only be heated from room temperature. To distribute heat effectively and to prevent hot spots, shake The Eye Doctor® Styel Relief immediately after heating and before use to ensure even distribution of the BodyBeads® inside the mask. For Microwave use only. Take care when removing from the microwave. Do not overheat.

MICROWAVE HEATING INSTRUCTIONS

Lay The Eye Doctor® Styel Relief flat in a clean microwavable dish. Do not place directly onto a grill stand.

Rating	0 - 850W	Max. time	20 secs
Rating	851W - 1000W	Max. time	15 secs

(Based on a microwave with a turntable and on full power)

Always check the temperature of The Eye Doctor® Styel Relief before putting it on your eye by touching the heated mask to the inside of your wrist. If you feel it is too hot, wait 1 to 2 minutes to cool. Once again apply to the inside of your wrist to check the temperature before applying The Eye Doctor® Styel Relief to your closed eye. Fasten the strap around your head and adjust for personal comfort. Sit back and relax for 7 to 10 minutes.

In the event of overheating, place The Eye Doctor® Styel Relief on a heat resistant surface and allow to return to room temperature. This product can cause burns if

overheated. Always allow The Eye Doctor® Styre Relief to return to room temperature before reheating to prevent progressive overheating. This is to prevent The Eye Doctor® Styre Relief becoming damaged and/or too hot to use. Never exceed heating times.

The Eye Doctor® Styre Relief can be reused as per instructions multiple times. Inspect The Eye Doctor® Styre Relief at regular intervals and discard if found to be worn, damaged or if it has been repeatedly overheated.

Keep out of reach of children.

Do not use on broken or bleeding skin. For hygiene reasons the product is designed for individual use only. Never share your Eye Doctor® Styre Relief. Do not ingest contents. The Eye Doctor® Styre Relief may contain latex rubber. This product should be disposed of through normal household waste.

STEP 2 EYELID MASSAGE PROCEDURE

The objective of this procedure is to express the melted oil from the glands in the eyelid.

It is important to massage correctly in order to remove secretions which have been softened by the heat of The Eye Doctor® Styre Relief.

- Always massage with your eyes closed.
- Pressure should be gentle but firm and massaging should not feel uncomfortable.

- Always use the pad of your index or middle finger to massage the edges of the eyelid.
- To avoid irritation do not over massage. 3-4 times along each eyelid should be sufficient at each session.
- After treatment you may experience some blurring in your vision. The blurriness will clear within a few minutes. If it does not clear within an hour, consult your doctor.

For the upper eyelid:

Slide your finger in a downward fashion. This is to apply pressure from the eyebrow downwards to the eyelashes of the upper lid.

For the lower eyelid:

Slide your finger upwards towards the eyelashes of your lower lid.

STEP 3 CLEAN THE EYELIDS / LASHES

Wipe away any secretions using a specially formulated eyelid wipe or clean tissue. We recommend using The Eye Doctor Lid Wipes



WASH CARE

Never wet or wash your Eye Doctor® Styre Relief. Wipe clean only with a damp cloth, do not use detergent. If it accidentally gets wet, leave to air dry & then use as normal. Clean only in accordance with these instructions.

Sterileyes® Antibacterial Protection

Sterileyes® is bound permanently to the fibres of our fabric to provide effective antibacterial protection against potentially harmful bacteria.

Using skin friendly, patented, Polygiene technology, Sterileyes® does not interfere with your skin's natural bacterial flora.

Sterileyes® antibacterial protection reduces bacteria by 99.9%.



WHY DO I NEED STERILEYES®?

Contrary to popular belief, under normal operating instructions, not all bacteria on masks are killed in the microwave. In Ideal conditions and without Sterileyes®, bacterial numbers can double over a 20 minute period.



Dr Hilary Jones, Medical Broadcaster, GP

Fortunately, eye masks and compresses can provide both immediate and long-term relief but not all eye masks are the same. Most claim to be reusable, but as with any healthcare products applied to the skin, especially over the eyes and face, there is always the danger of bacterial cross-contamination.

I do have grave concerns about patients continuing to use contaminated hot compresses. Sterileyes® is a breakthrough product and introduces a new paradigm shift.'

Dr Colin Parsloe, Ophthalmologist



STERILEYES ANTIBACTERIAL PROTECTION REDUCES BACTERIA BY 99.99%



Innovation with safety in mind...

The Eye Doctor® Styre Relief is filled with BodyBeads® self-hydrating technology

- + Non-toxic + Non-flammable + Inorganic**

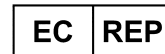
Features

- ✓ Clinically proven treatment
- ✓ Reusable
- ✓ Moist heat
- ✓ Doctor recommended
- ✓ Adjustable comfort strap
- ✓ BodyBeads® self-hydrating technology
- ✓ Antibacterial protection

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DESIGNED,
DEVELOPED &
ASSEMBLED IN THE UK



Class 1 Medical Device MHRA & FDA registered.

Conforms to BS8433:2004

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