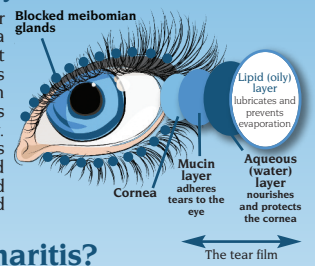


HOT & COLD DRY EYE COMPRESS

DRY EYE + MGD + BLEPHARITIS

What is Dry Eye Disease?

Dry Eye Syndrome, or Dry Eye Disease, is a common condition that occurs when the eyes do not make enough tears or the tears evaporate too quickly. This leads to the eyes drying out and becoming inflamed (red and swollen) and irritated.



What is Blepharitis?

Blepharitis is an inflammation of the eyelids which affects the edges (margins) of the eyelids. It is not usually serious, but may become an uncomfortable, irritating problem. Blepharitis is typically chronic (persistent) and both eyes are usually affected.

What is MGD?

MGD is the most common form of lid margin disease. In the early stages, patients are often asymptomatic, but if left unmanaged, MGD can cause or exacerbate dry eye symptoms and eyelid inflammation. The oil glands become blocked with thickened secretions. Chronically clogged glands eventually become unable to secrete oil which results in permanent changes in the tear film and also dry eyes.

How to treat my condition?



Good quality tears operate best when a thin layer of oil seals the eyelid to the eye, preventing excessive evaporation of the tears. This oil comes from the glands in the eyelids. A major symptom of Dry Eye Disease occurs when these oils thicken from the natural smooth oil to a buttery consistency.

WHAT IS REQUIRED FOR EYELID HYGIENE? 3 STEPS ARE REQUIRED:

- STEP 1** Heating of the eyelids externally - do this by using your Eye Doctor® in accordance with the instructions. This will allow the buttery oil to melt and become liquid again.
- STEP 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.
- STEP 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®. If you feel unsure about using The Eye Doctor®, 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®.

HOW OFTEN SHOULD I USE THE EYE DOCTOR®?
Most patients should benefit from applying The Eye Doctor® and performing eyelid massage (refer to Step 2 - Eyelid Massage Procedure) twice a day for two weeks. This can be reduced to once a day and then a couple of times a week as required, once symptoms have been alleviated.

USE HOT

STEP 1 HEATING THE EYELIDS

The Eye Doctor® MUST only be heated from room temperature. To distribute heat effectively and to prevent hot spots, shake The Eye Doctor® 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 flat in a clean microwavable dish. Do not place directly onto a grill stand.

Rating	0 - 850W	Max. time	25 secs
Rating	851W - 1000W	Max. time	15 secs

(Based on a microwave with a turntable and on full power)
These heating instructions are also shown on the head strap of The Eye Doctor®.

Always check the temperature of The Eye Doctor® before putting it on your eyes 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® to closed eyes. 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® on a heat resistant surface and allow to return to room temperature. This product can cause burns if overheated. Always allow The Eye Doctor® to return to room temperature before reheating to prevent progressive overheating. This is to prevent The Eye Doctor® becoming damaged and/or too hot to use. Never exceed heating times.

The Eye Doctor® can be reused as per instructions multiple times. Inspect The Eye Doctor® 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®. Do not ingest contents. The Eye Doctor® 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®.

- 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 our preservative & detergent free wipes.



USE COLD

HOW TO COOL THE EYE DOCTOR®

- ✓ Inflammation
- ✓ Puffy eyes
- ✓ Sinus headaches
- ✓ Migraines

1) Place The Eye Doctor® into a plastic bag and place in the freezer. Leave for at least 2 hours.

2) After freezing remove from the plastic bag. Your Eye Doctor® is now ready for use. Apply to closed eyes until symptoms are relieved.

3) After application return the Eye Doctor® in the plastic bag to the freezer for next time.

If you wish to use as a hot treatment please ensure you allow the Eye Doctor® to return to room temperature before following the heating instructions.

WASH CARE

Never wet or wash your Eye Doctor®. 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.



Innovation with
safety in mind...

The Eye Doctor® 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
- ✓ Fully safety tested



PRODUCED IN THE UK



THE QUEEN'S AWARDS
FOR ENTERPRISE:
INNOVATION
2016

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Class 1 Medical Device MHRA & FDA registered. Conforms to BS8433:2004

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