

WARNINGS & CAUTIONS

Use NuLids only under the care of Optician/Optomtrist

Discontinue treatment & consult your eye care professional if discomfort on eyelids or eyeball is noted.

Always use the lubricant gel or lid hygiene product recommended by your Optician/Optomtrist

DO NOT re-use Soft Tips. Dispose after a single treatment to avoid infection or injury.

DO NOT share Soft Tips with another person.

KEEP the handpiece dry and free from excess liquids.

DO NOT put the Soft Tip on your eye or anything other than the eyelids.

DO NOT conduct treatment more frequently or for a longer period than recommended.

AVAILABLE RESOURCES

Visit www.the-body-doctor.com to Download eBrochure

- Watch video on how to use NuLids
- Find contact information and our other eye care ranges

THE BODY DOCTOR

Email: customerservices@the-body-doctor.com

Telephone: 01484 868816

Ask your optician today about breaking the dry eye cycle with NuLids!

NuLids... It's so easy you can do it with your eyes closed!



[@BodyDoctorLtd.](https://twitter.com/BodyDoctorLtd) [TheBodyDoctorLtd.](https://www.facebook.com/TheBodyDoctorLtd) [@thebodydoctorltd](https://www.instagram.com/thebodydoctorltd)

NuLids is available in the UK exclusively from

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T: +44 (0)1484 868 816
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Clayton West, Huddersfield
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REF 22C

NuLids®

QUICK START GUIDE*



STEP 1:

Go to <https://the-body-doctor.com/warranty-registration/> and register your device. This ensures you are listed as the owner of the device, receive product notices and updates, order replenishment kits.

STEP 2: CHARGE THE HANDPIECE

First time use: Charge handpiece fully until green light is solid.

Future uses: Recharge handpiece when amber light flashes. Charging is complete when green light is solid.

STEP 3: PREPARE FOR USE

- Remove eye makeup and wash hands.
- Remove USB cable prior to treatment.
- Press On/Off button on handpiece once, the tip will turn white
- Align opening on top of handpiece with peg on Soft Tip until it magnetically snaps into position. Confirm Soft Tip is firmly in place.



- Apply recommended lubricant gel to the Soft Tip.

**STEP 4: BEGIN TREATMENT**

Go to 4A for indirect method or 4B for Direct method, based on your doctor's recommendation.

STEP 4A: INDIRECT METHOD

- Close one eye gently
- Place edge of Soft Tip at intersection of upper and lower lids at the lash line and eyelid margin
- Press the "On" button.
- Move oscillating Soft Tip slowly with even pressure from one side of the lid to the other for 30 seconds.
- Move to opposite eye and treat in same manner for 30 seconds.
- Press On/Off button to stop handpiece.
- Dispose of used Soft Tip.

Note: Handpiece pauses after 15 seconds. Pauses are designed to give estimate on treatment length.

SUGGESTIONS

- Use a mirror until you are comfortable with tip placement.
- Practise holding the handpiece to find what is comfortable for you.
- Keep the Soft Tip in contact with the lash line and eye margin for best results.

STEP 4B: DIRECT METHOD**Treating Lower Lids**

- Select a lower lid. Pull lower lid down gently with opposite hand while looking up.
- Apply Soft Tip to lower lid edge and lash line.
- Press the "On" button.
- Move oscillating Soft Tip slowly with even pressure from one side of lid to other for 15 seconds.
- Repeat on opposite lower lid for an additional 15 seconds.

Note: Handpiece pauses after 15 seconds. Pauses are designed to give estimate on treatment length.

Treating Upper Lids

- Select an upper lid. Gently close lid. Pull up slightly on the lid for access to whole upper lid margin.
- Apply edge of Soft Tip to upper lid edge and lash line.
- Move oscillating Soft Tip slowly with even pressure from one side of lid to other for 15 seconds.
- Repeat on opposite lower lid for an additional 15 seconds of use.
- Dispose of used Soft Tip. You can purchase replenishment tips and gels on www.the-body-doctor.com