



Relax away the symptoms of:

MGD (Blepharitis)

Chalazion (Eyelid Cysts)

Inflamed / Painful / Sore Eyes

Puffy Eyes

Dry Eye Disease

Grittiness & Irritation

Blurred Vision

Sensitivity to light

Red Eyes (Bloodshot)

INSTRUCTION LEAFLET

INSTRUCTIONS FOR USE

The information contained with this product is intended as general guidance and information only. It should not be relied upon as a basis for planning individual medical care.

Your eye specialist can tell you how severe your condition is and should be able to give you a guide as to how often to use your Eye Mask. Most patients should benefit from applying the Eye Mask and massaging twice a day. This can be reduced to once a day and then a couple of times a week once symptoms have been alleviated. It is important to massage correctly, as shown overleaf, in order to remove secretions which have been softened by the heat of the Eye Mask.

If you feel unsure about using this product, or if symptoms persist or increase, please consult your optician and/or doctor. If you are a contact lens wearer please consult your practitioner before using the Eye Mask.

Please read instructions carefully, do not discard these instructions and refer to them before each use.

1. Lay the Eye Mask flat in a clean microwavable dish and heat in the microwave on full power (based on 850/1000 watt) for 30 seconds. Never exceed heating times.

To distribute the heat effectively and prevent hot spots, shake the Eye Mask before use.

Always check the temperature of your Eye Mask before putting onto your eyes by placing on the inside of your wrist. If you feel it is too hot, wait 1 to 2 minutes before applying.

2. Apply the Eye Mask to closed eyes for 7 - 10 minutes.

3. Massage the eyelids, please refer to eyelid massage procedure overleaf.

4. Wipe away secretions using a clean tissue or eyelid wipe.

Do not use on broken or bleeding skin. Do not use if you are allergic to any natural grains. Never share your Eye Mask, for individual use only. Always allow the Eye Mask to completely cool to room temperature before reheating to prevent progressive overheating. This is to prevent the Eye

Mask becoming damaged and/or too hot to use.

The Eye Mask is a registered Class I Medical Device with the MHRA and is filled with all natural flax (linseed).

The Eye Mask can be used repeatedly. Over time, the heat retention properties will diminish. When the heat is no longer retained effectively please replace your Eye Mask. Inspect your Eye Mask at regular intervals and discard if found worn or damaged.

This microwavable eyelid heat mask may contain latex rubber.

We recommend you retain the packaging for safe, clean, dry storage of the Eye Mask.

This product is biodegradable and should be disposed of through normal household waste.

WASH CARE

Never wet or wash your Eye Mask. If it accidentally gets wet, leave to air dry & then use as normal, following these instructions.

EYELID HYGIENE

Good quality tears naturally require a thin layer of oil for them to be sealed, preventing excessive evaporation. This oil comes from glands in the eyelids. A major cause of Dry Eye Disease is when these oils change from a watery to a buttery consistency.

3 STEPS ARE REQUIRED

1. Heating of the eyelids - do this by using your Eye Mask allowing the buttery oil to melt and become liquid again.
2. Milking of the oil from the glands in the eyelids - the liquid oil is milked out of the glands allowing healthy oil to refill.
3. Cleaning the base of the eyelashes - this reduces the number of bacteria back to normal and limits the production of exotoxins such as lipase.

EYELID MASSAGE PROCEDURE

The aim of this is to milk the melted oil from the glands in the eyelid.

With your eyes closed, massage the eyelids using a clean finger and applying firm pressure over the eyelids.

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.

- Always massage with your eyes closed.
- Pressure should be gentle but firm, massaging should not feel uncomfortable.
- Always use the pad of your index or middle finger.
- Wipe away secretions using a clean tissue or specially formulated eyelid wipe.
- To avoid irritation do not over massage. 3-4 times should be sufficient at each session.
- After treatment you may experience some blurring in your vision. The blurriness will clear within a few minutes.

RESEARCH

Mori. A et al. (2003) describes how researchers had their patients apply a hot compress to their eyelids for 5 minutes once a day for 2 weeks, they had less symptoms associated with Dry Eye Disease and their tears did not break down so rapidly.

This is covered in a comprehensive report (Nichols. K.K, 2011) where in their final comments it is

mentioned that there is almost unanimous support among international experts and clinicians. Patients should be instructed in using hot compresses, milking the glands and cleaning the lashes and be urged to remain compliant, to maintain long-term control of symptoms. Lid hygiene is widely considered an effective mainstream therapy for Meibomian Gland Dysfunction and Anterior Blepharitis.

References:

1) Mori A, Shimazaki J, Shimmura S, Fujishima H, Oguchi Y, Tsubota K. Disposable eyelid-warming device for the treatment of meibomian gland dysfunction. Jpn J Ophthalmol. 2003;47:578-586.

2) Nichols. K.K, 2011 doi: 10.1167/iov.10-6997 Invest. Ophthalmol. Vis. Sci. March 30, 2011 vol. 52 no. 42050-2064.

ABOUT THE DESIGNER

The developer of The Body Doctor® products is the multi-award winning Sue Grant. She introduced wheat filled microwavable heating devices into the UK in 1994. She is a previous winner of the Queens Award for Innovation and has extensive knowledge of developing microwavable heating solutions to treat a range of ailments. She also enjoyed a visit by the HRH Duke of York, Prince Andrew in recognition of the award.

OTHER PRODUCTS IN OUR RANGE

The Eye Doctor®

The Ice Doctor®

The Muscle Doctor®

The Hand Doctor®

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