

For hygienic reasons, this box should have arrived wrapped in plastic. If it did not, please contact us for a replacement at Help@EyeMask.com

User Guide

Intended Use:

This mask supplies adjustable heat therapy.

It is intended to help the release of the natural oils from the glands in your eyelids. These glands are known as the Meibomian Glands.

Please be careful when using this mask.

Do not fall asleep wearing the mask.

Do not use a heat setting that feels too hot.

The mask should feel soothing and relaxing.

Do not bend the mask in half. This will damage the heating element inside.

Directions for Use:

For hygienic reasons, please make sure your hands are clean.

Plug in your mask by inserting the end of the wire into the included wall plug.

Insert the wall plug into any ordinary electric outlet.

WHEN WEARING THE MASK, THE WIRE SHOULD BE TO YOUR RIGHT SIDE.

Push the POWER button on the controller.

The display will show the heat level and the countdown timer.

Adjust the heat setting and the timer setting to suit your personal preferences.

There are 10 available heat settings, 1 is the lowest and 10 is the highest.

First time users should start with a LOWER setting and then gradually work their way to a hotter setting.

Place the mask over your eyes and adjust the tightness of the strap, as necessary.

Doctors recommend wearing the mask for 10 minutes in the morning and

10 minutes in the evening.

Simply push the TIMER button to adjust the countdown timer.

If you want moist heat, you can lightly spray the mask cover with water.

Ensure the wall plug and controller remain dry.

There is an optional beep sound at the end of the cycle.

To turn the beep ON, push and hold the POWER button for 5 seconds.

The sound icon will appear on the display.

To turn the beep OFF, push and hold the POWER button for 5 seconds.

The sound icon will disappear from the display.

Secreting the Oils (Also Known as Expressing the Oils):

After you wear the mask, eye care professionals recommend that you express the oils from your eye lids.

Natural oil is stored in your upper and lower eye lids.

You need that oil to flow freely into your eyes with each blink.

The oil secrets near the base of your eye lashes. By sweeping your lids, you are helping the oil flow out.

There are two methods to express the oils from your eye lids, feel free to choose whichever works best.

We recommend you seek advice from your eye care professional before performing any of these methods.

Method 1:

With your eyes closed, take your finger, and rub your eye lids in a sweeping motion TOWARDS your eye lashes.

For the upper eye lids, you should sweep your finger in a downward motion for 5 seconds. For the lower eye lids, you should sweep your finger in an upward motion for 5 seconds.

Method 2:

For the alternate method, you can watch the video “How to express the oils” on our website www.EyeMask.com

Proper Lid Hygiene:

After you have worn the mask, it is highly recommended that you perform a proper lid hygiene routine.

This will decrease the bacterial load on your eyelids and help the oil flow from your meibomian glands.

Proper lid hygiene can be performed either by the sink or in the shower.

Close your eyes and use gentle soap and water to shampoo your eyelashes for a full minute per eye.

You can simply use your face soap, a mild bar of soap, or an eyelid towelette (i.e., Optase, Ocusoft, other).

For more information, please visit <https://dryeyespecialist.com/treating-mgd/>

Product Maintenance:

To extend the life of the mask, we have included two protective covers.

If you decide to use a cover, make sure the Velcro is away from your eyes. The covers may be handwashed using soap and water. Allow the covers to air dry. If you would like additional covers, they can be purchased at www.EyeMask.com. If your actual mask gets dirty, you may wipe it down with a damp cloth.

Do not submerge any part of the mask in water.

Storage:

You will notice a notch on the right side of your storage box.

It is there so you can keep your mask neatly stored inside the closed box with the wire still plugged into an outlet.

Electrical:

The mask is 110v / 220v. Feel free to use it wherever you travel.

Make sure to always use the included USB plug with your mask.

If you lose it, a new one can be purchased at www.EyeMask.com

The Fine Print:

This device follows Part 15 of the FCC Rules. Operation is subject to the following two conditions:

- (1) This device may not cause harmful interference, and
- (2) This device must accept any interference received, including interference that may cause undesired operation.

NOTE: This equipment has been evaluated and found to follow the limits for a Class B digital device, per Part 15 of the FCC Rules. These limits are designed to supply reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used per the instructions, may cause harmful interference to radio communications.

However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be figured out by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

Reorient or move the receiving antenna.

Increase the separation between the equipment and receiver.

Connect the equipment into an outlet on a different circuit from that to which the receiver is connected.

Consult the dealer or an experienced radio/TV technician for help.

After Nov.2, 2018, all products that previously required verification or Declaration of Conformity must be authorized under Suppliers Declaration of Conformity.