



Instructions for use

USE COLD

To soothe the symptoms of...

- + Hayfever/Allergies/Inflammation
- + Tired/Itchy/Puffy/Sore Eyes
- + Sinus Headaches/Migraine

USE HOT

To soothe the symptoms of...

- + Dry Eye Disease
- + MGD (Blepharitis)
- + Chalazion (Eyelid Cysts)
- + and associated symptoms such as:
 - + Grittiness
 - + Irritation
 - + Sore Eyes

Eyelid hygiene

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.

3 steps are required for eyelid hygiene

- STEP 1** Heating of the eyelids externally - do this by using your Eye Doctor® Click & Go in accordance with the instructions. This will allow the buttery oil to melt and become liquid again.
- STEP 2** Cleansing of 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.

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 The Eye Doctor® Click & Go. If you feel unsure about using this product or if symptoms persist or increase, please consult your optician and/or doctor.

This product has been designed for relaxation and is also a soothing remedy for Dry Eye Disease and its associated symptoms. When used hot, The Eye Doctor® Click & Go gently stimulates the oil secreting glands in the eyelids. The gentle heat melts the buttery oil blocking the glands, this may cause some temporary blurring of vision. This is more prevalent in contact lens wearers.

When you receive your Eye Doctor® Click & Go mask, the gel should be transparent and the Activation Dome clearly visible. Refer to Fig. A. Occasionally, during transit the gel mask can accidentally activate. If the gel mask is white in colour as in Fig. C then unfortunately it has activated. You will need to follow the Sterilise & Reset procedure on page 6 before first use.

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

The Eye Doctor® Click & Go is a registered medical device with the MHRA.

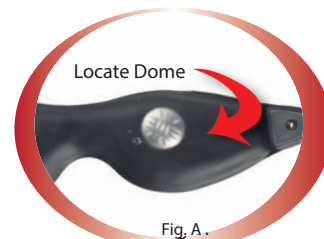
The gel mask contains water and Sodium Acetate (food grade). When the Dome is activated by

clicking it back and forth it releases a sound/frequency which alters the molecular structure of the Sodium Acetate from liquid to crystal. This transition process generates the optimum heat.

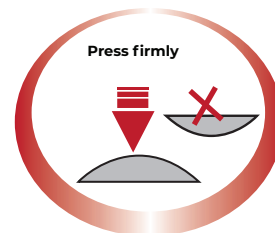
Use hot

How to activate

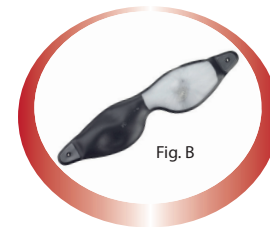
- 1** Locate the 'Activation Dome' inside the mask



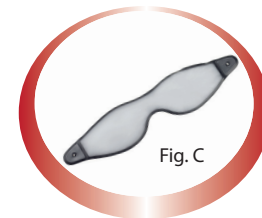
- 2** Using both thumbs firmly push in the opposite direction to the curve as though trying to flatten the Dome and click back and forth. Alternatively, place mask on a hard surface and push down on the top side of the Dome using the flat end of a pen or pencil.



- 3** Once your mask is activated you will see the gel begin to change colour.



- 4** Once the activated gel (white colour) has covered the whole mask, manipulate it to spread the heat evenly.



- 5** Insert the gel mask into the outer cover.
- 6** Always check the temperature before putting it on your eyes by placing 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 to closed eyes.

- 7** Apply The Eye Doctor® Click & Go compress to closed eyes for 7 to 10 minutes.

- 8** Remove mask and massage the eyelids. Please refer to eyelid massage procedure on page 7.

- 9** Wipe away secretions using a clean tissue or eyelid wipe.

- 10** As the mask begins to cool it will become solid and will need to be sterilised and reset before next use.

How often should I use the mask?

Most patients should benefit from applying a hot eye compress and massaging twice a day for two weeks. 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 (see Eyelid Massage Procedure) in order to remove secretions which have been softened by the heat from the hot eye compress.

The Eye Doctor® Click & Go has been designed to help continue your treatment whilst you are 'on the go' and away from home.

For best results, use in conjunction with The Eye Doctor® Premium Eye Compress. The Eye Doctor® Click & Go could be used as your primary hot eye compress if desired.

Following activation and treatment the mask will cool down and feel solid.

To sterilise & reset ready for next use

- 1 Boil gel pack in water for between 5 and 10 minutes.
- 2 Carefully remove from pan and allow to cool for 1 minute before handling.
- 3 Allow to cool to room temperature before reactivating.

If you allow the boiling water to cool before removing the eye mask, crystals will reform and the product will not activate. If there are any crystals present then repeat the above procedure. Do not place the device directly onto hot surfaces

After successfully resetting, allow the product to cool to room temperature. Do not apply to the eyes during this process.

The Eye Doctor® Click & Go is now ready for next use.

If you have any queries or require further

Eyelid massage procedure

Massaging is required to milk the melted oil from the glands in the eyelid to allow healthy oil to refill.

With your eyes closed, massage the eyelids using a clean finger whilst 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.



Why do I need Sterileyes®?

Sterileyes® is an antibacterial shield permanently bound to the fabric fibres and clinically proven to reduce potentially harmful bacteria remaining on the eye compress surface by up to 99.9% after use.

This patented, stay fresh, skin friendly technology inhibits the growth of odour-causing bacteria. Sterileyes® does not interfere with your skin's natural bacterial flora.

British patent number GB2561707



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.

"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 REDUCES 99.9% OF BACTERIA

Warnings

Always activate from room temperature. Do not reactivate until the mask has cooled to room temperature and the gel is smooth and clear with no visible white crystals.

Do not use on broken or bleeding skin. Keep out of reach of children. Not suitable for babies or children under 3. Liquid inside the eye mask must not be consumed. Liquid contents can cause skin or eye irritation. If the pack is damaged or leaks please discard. If the liquid inside comes into contact with skin or eyes, rinse immediately with warm water. If the liquid is swallowed, drink water to dilute and consult a doctor. The headstrap contains Latex.

Do not microwave or boil in a kettle. Do not place on a hot surface. Do not puncture. For external use only. Wrap the device in a piece of cloth before placing it in a Steel/Aluminium base pan.

Use cold

The Eye Doctor® Click & Go can also be used cold. Do not use the click function if using cold. When the mask is in its original reset state, the gel is smooth and clear, not white and hard, simply leave the mask in the fridge for approximately 1 hour. Insert into the outer cover and use directly from the fridge. The cold treatment can be used for as long and as often as feels comfortable. After application, return the mask to the fridge ready for next use.

If you wish to begin using the mask as a hot treatment, please allow it to return to room temperature before following heating instructions.

Wash care & storage

The outer cover and gel mask are sterilised during the resetting process on page 6, however, you can also remove and hand wash the outer cover in warm water and wipe clean the gel mask. Do not use detergent. Leave to dry flat.

To protect the longevity of The Eye Doctor® Click & Go please store unactivated and at room temperature.

Safe disposal

Can be disposed of through normal household waste.

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