

User Guide

Intended Use:

This mask supplies adjustable heat therapy to alleviate dry eye symptoms.

It is intended to help the release of the natural oils from the glands in your eyelids.

The glands are known as the Meibomian Glands.

This mask alleviates the symptoms of Dry Eyes, Blepharitis, Meibomian Gland Dysfunction, and Styes.

Directions for Use:

For hygienic reasons, 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, USB socket, or USB portable battery pack.

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.

The four available heat settings are: HIGH, MED-HIGH, MED, & LOW.

First time users should start with LOW 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 10-20 minutes in the morning and 10-20 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 warm water.

Ensure the wall plug and controller remain dry.

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.DryEyeMask.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 to 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 snaps are away from your eyes.

The covers may be handwashed using soap and water. Allow the covers to air dry.

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.

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.

Warning: Changes or modifications to this unit, not expressly approved by the party responsible for compliance, could void the user's authority to run the equipment.

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.

The USB wall plug is UL approved.

The mask cover material is 100 percent cotton.

After removing the eye mask from its protective packaging, and subsequently between uses, store the mask in the following environmental range:

50F to 90F

0 RH % to 93 RH %

700 hPa to 1060 hPa

While using the eye mask, the environmental conditions should be in the following range:

60F to 88F

0 RH % to 93 RH %

700 hPa to 1060 hPa

Contraindications for use:

User should not use this mask for a period of 14 days after any type of eye surgery, or as indicated by their physician.

Precautions to be taken:

Do not submerge the mask into water or any other liquid.

Should the mask be submerged, immediately unplug the mask from the USB plug and allow the mask to fully dry before using again.

If the mask does not operate properly after drying, discard and do not use it further.

Strangulation hazard:

The mask has a wire connected to it.

The user should ensure the wire is not tangled and does not wrap around the neck during use to reduce the risk of strangulation.

Only use the provided USB plug with this eye mask.

The mask may be used immediately after removal from the storage case and does not require any warm-up or cool-down time.

After using the mask, please wait 30 seconds for the mask to cool down before packing up

Keep mask out of reach of children and pets.

If the product is damaged, please discard and do not use.

IP rating: This product is resistant to light water spray but should not be submerged (IP22).

The expected service life of this mask and the accessories is 18 months.

Power Adapter: Input 100-240V, 0.6A, 50-60HZ / Output 5V DC, 0.6A

Mask Model: DEM525

Barcode: 850002308211

Customer Service and Warranty Replacements:

We will replace your defective mask for any reason within 12 months from the date of purchase.

There is no need to go back to the original establishment that sold you the mask.

Please just reach out to us via email: Help@DryEyeMask.com or via telephone: 213.471.8050

Wizard Research Laboratories

One World Trade Center

New York, NY 10007

TEL: 213.471.8050

Help@DryEyeMask.com