



EyeCure!

EYECURE

Self-heating eye mask for the treatment of blepharitis, MGD, hordeolum (stye) and chalazion (meibomian cyst). EyeCure gives rapid and long-lasting relief for the symptoms resulting from an unstable tear film such as dry, tired or burning eyes and excessively watering eyes. **Do your symptoms get worse after a number of days? If so, consult your doctor.**

- Read through the leaflet in full before you use this device because it contains important information for you.
- Retain this leaflet. You may need it again later on.
- Do you still have questions? If so, consult your doctor or chemist.
- Always use EyeCure exactly as described in this leaflet.
- You can get EyeCure without a prescription.

Content of this leaflet

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1. WHAT IS THIS DEVICE USED FOR?

EyeCure is used as an aid in the treatment of blepharitis, MGD (Meibomian gland dysfunction), hordeolum (stye) and chalazion (meibomian cyst). The eye mask is activated by means of a simple click system, after which it reaches exactly the indicated temperature after about 1 minute. Heat softens the crusts so that they can be removed more easily. Heat also improves the blood supply, and the meibum (Meibomian gland secretion) becomes more liquid so that it can be expressed from the Meibomian glands when the eyelids are massaged. In this way EyeCure eye mask is a natural way of providing rapid and long-lasting relief of symptoms caused by an unstable tear film such as dry, tired or burning eyes and excessively watering eyes.

Symptoms of dry eyes may include:

- Irritation of the eye
- Redness of the eye
- Stinging eyes or a burning sensation
- A sensation of grit in the eyes
- Hypersensitivity to light
- Variable vision (after blinking a number of times, sight improves temporarily)
- Worsening of the symptoms in certain spaces, e.g. as a result of air conditioning or smoking
- Problems with reading or looking at a screen for long periods
- Blurred vision when driving at night
- Dry, tired, burning eyes
- Difficulty in wearing contact lenses

This seems strange with dry eyes, but when the tear film evaporates too quickly, new tears are

formed as a reaction to this, just as happens when cycling in the wind, for example.

2. WHEN SHOULD YOU NOT USE THIS DEVICE OR WHEN DO YOU HAVE TO TAKE EXTRA CARE WITH IT?

- With certain forms of eczema. Moist heat can make certain forms of eczema worse. If your eczema symptoms get worse, we recommend that you consult your doctor.
- With glaucoma: with glaucoma, too much pressure should not be applied to the eyes. In this case, do not pull the elastic fastening too tight; or put the mask on your eyes without using the elastic fastening.
- Have you undergone a cataract operation or an operation for glaucoma within the last month? In that case, take care when massaging the top eyelids. Consult your ophthalmologist before using EyeCure.
- Do not use EyeCure if you notice that the eye mask is leaking or is damaged.

After about 90 uses (one quarter) the action of the mask decreases. The correct temperature is required for effective treatment of the symptoms. If you notice that the mask gives off less heat, you should replace it with a new mask.

Only use EyeCure for the indications described above. Do your symptoms get worse after a number of days? If so, consult your doctor.

3. USE AND CARE

Always use EyeCure exactly as described below.

The eye mask is ready to use when the green contents are liquid. If the contents are still solid, you should remove the eye mask from the cover by means of the push button and boil it for 6 minutes. For this, follow the instructions set out below in 'boiling after use'.

Use this mask in combination with cotton pads which you can buy from the supermarket or chemist's. Use new and clean cotton pads for each treatment.

Before you start using it

Before you start the step-by-step plan in section 4, you must do the following:

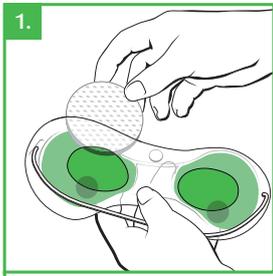
- Wash your hands.
- Check the mask for any damage or signs of leaking.
- Remove any contact lenses and eye make-up before using EyeCure Eye Mask.

Boiling after use

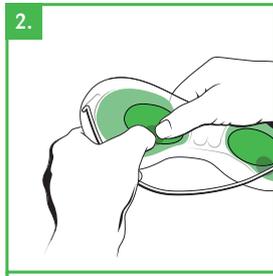
After use, you must boil the mask for 6 minutes in a pan containing plenty of boiling water (about 2 litres). Boil for 10 minutes if you do not put the mask into the water until the water is boiling. The contents of the mask will then become liquid again. Keep the water boiling gently during this time; do not switch off the heat source. To prevent it boiling dry and being damaged: keep a close eye on the boiling time by means of a kitchen timer. Use a skimmer or large spoon to put the mask into the water and to take it out. Do not boil the cover, as this will make the material hard. You can clean the cover in a lukewarm wash.

Do not

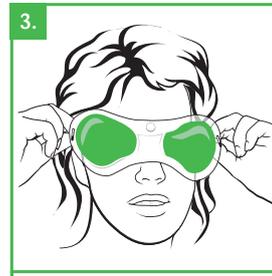
- Do not use the mask immediately after boiling. The mask is still much too hot then and could cause burns. Wait at least half an hour until the mask has cooled sufficiently.
- Do not heat the eye mask in the magnetron or directly on a plate.
- Do not remove the mask from the pan with a sharp object; you could damage it in this way. Preferably use a skimmer or a shallow spoon.
- Do not allow children to boil the masks without adult supervision.
- Do not use EyeCure if you notice that the eye mask is leaking or is damaged. In the unlikely event that the green contents should get into your eyes or on your skin or clothing, rinse for a few minutes with lukewarm, running water.



1. Moisten two cotton pads with ordinary tap water. On each side push a moist cotton pad into the opening at the top of the eye mask, so that the cotton pads are positioned precisely in front of the oval windows.



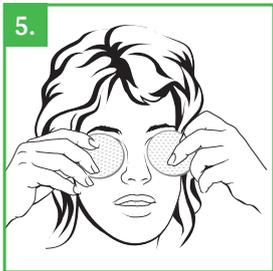
2. You activate the eye mask with the simple click system. Clicking is done as follows: there is a small metal disc in both green compartments of the mask. Grip each disc with two hands and then try to "bend" or to "click" it. This click causes a sound wave, as a result of which the liquid green contents will become solid within a few seconds, which creates heat. The temperature is approximately 45°C. After about 5-7 minutes, the heat will diminish gradually.



3. Bring the eye mask in front of your eyes and pull the strap over your head. Using the fastening, you can shorten the tape until it feels comfortable. Not too tight, too much pressure must not be put on the eyes.



4. Remove the eye mask after 5 minutes or more. It may be more, but certainly not less.



5. Cleaning of the eye lids is an important step in the treatment of blepharitis and MGD. Remove the cotton pads from the eye mask and massage and clean the eyelash margins with them by rubbing lightly between the eyelashes with the cotton pads. To exert pressure on the lower eyelid, you should look up, and to press on the upper eyelid, you should look down. Place your index finger parallel with the edge of the eyelid, close to the eyelashes. Exert pressure on the eyelids, towards the eye. In this way you remove the meibum, which stabilises the tear film and reduces the symptoms.

In the case of a chalazion (meibomian cyst), massage the chalazion immediately after using the mask. The meibum becomes more liquid as a result of the heat. During massaging, you slowly express the thinned meibum in small drops from the blocked meibomian gland. As a result, the small lump will gradually disappear.

If you have a hordeolum (stye), you do not have to massage this. The heat from the mask will accelerate ripening. The symptoms will disappear as soon as the pimple ruptures. It will generally heal after a few days. However, it may also be the case that the small lump will remain but is no longer painful. It will then settle and become encapsulated. It then becomes a chalazion.

5. HOW LONG SHOULD IT BE USED FOR?

It is important for you to realise that blepharitis and MGD are chronic conditions, which require attention every day. Therefore, for successful treatment of blepharitis and MGD, EyeCure will also have to be used long-term. You can compare it with the formation of dental plaque. Just like meibum, this is produced again every day. By removing dental plaque twice a day, you prevent problems. The same also applies to the twice-daily cleaning of your eyelash margins after use of EyeCure. If you stop using the warm compress mask and cleaning your eyelashes, the symptoms will return. **Therefore, it is recommended that the use of EyeCure should be included in your established daily routine.**

6. POSSIBLE ADVERSE REACTIONS

As far as is known, no adverse reactions are anticipated. Do you nevertheless think you have suffered an adverse reaction or are your symptoms getting worse after a number of days? If so, contact your doctor.

7. HOW SHOULD THIS DEVICE BE STORED?

Keep EyeCure out of sight and reach of small children. Store EyeCure at a temperature of 2 - 35°C.

 Do not use EyeCure after the expiry date.  This can be found on the box after the "egg timer" symbol. It is shown as a month and a year. The last day of that month is the expiry date.

8. CONTENTS OF THE PACKAGE AND ADDITIONAL INFORMATION

EyeCure is a gel mask containing two metal discs, made of phthalate-free PVC and a saline solution in water (sodium acetate). There are two individually packed eye masks in a cardboard box, so that it is not always necessary to boil a mask after each use. Each mask can be used approximately 90 times (three months). They do not contain any latex.



EYECURE is marketed in the Netherlands by:
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For more information and a clear instruction video, go to www.eyecure.nl