

## PRODUCT INFORMATION

Contact lens wearers must remove lenses prior to using the OPTASE® Moist Heat Mask.

After treatment, it is normal to experience some blurring in your vision. The blurriness should clear within a few minutes. If it does not clear within an hour, consult your Eye Care Specialist.

If used daily, consider replacing your Moist Heat Mask after 6 months.

We recommend that you keep your OPTASE® Moist Heat Mask in the blue travel pouch provided. Store in a clean, dry place.

Wash immediately if exposed to food, oils, grease or other dirt. Hand wash only in cooled boiled water or bottled water with a mild detergent. Air dry for a minimum of 24 hours before next use.

## PRECAUTIONS:

For external use only • Do not use for purposes other than intended • Do not share your OPTASE® Moist Heat Mask • Do not apply to sensitive skin or open wounds • Should not be used by people with poor circulation, a reduced ability to feel sensation, diabetes, recent eye surgery or any medical condition which affect the eyes or the skin around the eyes • Do not ingest contents • Seek medical advice if symptoms persist or worsen • Not recommended to use whilst sleeping • Inspect your OPTASE® Moist Heat Mask regularly, and discard it if worn or damaged • Keep out of reach of children • The head straps in this product contain latex • Store at room temperature.



The OPTASE® family of products are designed to deliver comfort and soothing relief.



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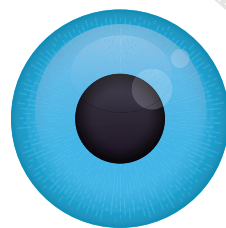
OPTASE® Moist Heat Mask is a **Class I Medical Device** registered with the Medicines and Healthcare products Regulatory Agency London UK (the MHRA).

OPTASE® and HydroBead® are  
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# OPTASE®

## MOIST HEAT MASK



**HydroBead® Technology**

Reusable mask for soothing, effective relief of  
Dry Eye, Blepharitis, MGD, Chalazion and Styes.



The OPTASE® Moist Heat Mask is designed to give you effective relief from dry eye and other related eye conditions. It features HydroBead® Technology, which absorbs moisture from the air and releases a natural, constant, moist heat.

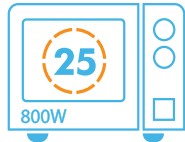
Each application of the OPTASE® Moist Heat Mask will provide the recommended 10 minutes of Moist Heat Therapy.

Moist Heat Therapy loosens the oils in the meibomian glands, allowing the oil to flow more freely, and helps soften eyelash debris.

The application of Moist Heat prevents the evaporation of natural tear film whilst restoring moisture to the eyes and surrounding areas.

## DIRECTIONS FOR USE:

1



Place the OPTASE® Moist Heat Mask directly flat on a clean, microwaveable plate.

Microwave the OPTASE® Moist Heat Mask for 25 seconds on full power (see below heating times according to the power of your microwave).

Power/Watts	Maximum time
800W	25 Seconds
900W +	15 Seconds

**Do not exceed a maximum of 30 seconds of heating.**

**The heat mask remains hot for 30 minutes.** If reused within 30 minutes, reduce heating time by 10 seconds.

2



Always touch with fingers first to test the temperature before applying to closed eyes. If necessary, allow the heat mask to cool for 1 minute and re-test.

3



Fasten the strap around your head and adjust for personal comfort. For best results, apply the heat mask to closed eyes for 10 minutes per treatment or as recommended by your Eye Care Specialist.

If the Moist Heat Mask feels too hot, remove immediately, and allow it to cool for 1-2 minutes before reapplying.

## RECOMMENDED USE

### OPTASE® Moist Heat Therapy



We recommend using the OPTASE® Moist Heat Mask for a 10-minute treatment, twice a day for the first 2 weeks, or as advised by your Eye Care Specialist. This can be reduced to once a day, and then 3-4 times a week as a maintenance therapy.

### OPTASE® Cold Therapy



Cold therapies can reduce the symptoms of ocular allergies, puffy eyes and contact lens irritation. Place mask in a sealable plastic bag. Place bag in freezer for 30 minutes. Remove mask from freezer and place over closed eyes. Wear mask for 5-7 minutes of treatment.