

INSTRUCTIONS FOR USE

HOW TO USE THE

BRUDER MOIST HEAT EYE COMPRESS

Remove racks and shelves from microwave prior to heating.



STEP 1

Before heating, place compress on a microwave safe plate to keep it clean. Set plate on the rotating tray and microwave for 20-seconds. To increase heat, warm in additional 5-second increments*.

*DO NOT EXCEED 30 seconds total.



STEP 2

Touch test compress before placing over eyes. If the compress feels too hot, remove immediately and wait 1-2 minutes before reapplying.

*Compress should NOT be applied tightly and can be used without the strap if desired.



STEP 3

Apply for 8-10 minutes over closed eyes or as prescribed by your doctor. If reused within 30 minutes, reduce heating time by half.



COMPRESS CARE & CLEANING



WHEN TO WASH

Wash if exposed to makeup, creams, oils, grease or food.



HOW TO WASH

Before washing, wait 2 hours after use. **HAND WASH ONLY** in **COLD** water with a mild detergent. Air dry for at least 24 hours before use.

*If using daily, consider replacing after 6 months.



TREATMENT & CARE TIPS



After treatment, you may experience blurry vision that will clear in a few minutes as your tear glands are releasing beneficial fluids.



Bruder
EyeCompress
MOIST HEAT

bruder.com/bruder-mask