

EyeBag[®]

MGDR[®]_X



INFORMATION
AND
INSTRUCTIONS



THE
EyeBag[®]
COMPANY

www.eyebags.com



The EyeBag® is a re-usable warm compress.

It is used to treat:

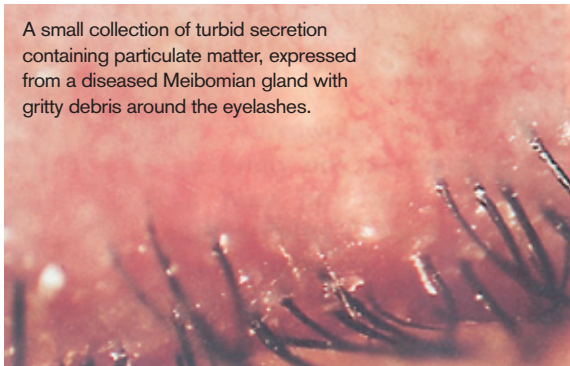
- Dry Eye
- Blepharitis
- MGD
- Sty
- Chalazion
- Contact lens dry eye
- Post laser dry eye

What is Meibomian Gland Dysfunction?

In the edges of the upper and lower eyelids there are small glands, the Meibomian glands, which secrete an oily substance called Meibomian oil. This oil is needed to lubricate and clean the front of the eye, and to allow the tear film to spread effectively.

When the glands are not functioning normally the meibomian oil turns to a thickened wax and clogs up the glands. This means the front of the eye is not well lubricated and leads to the sore, gritty, stinging sensation that blepharitis and dry eye sufferers know so well.

A small collection of turbid secretion containing particulate matter, expressed from a diseased Meibomian gland with gritty debris around the eyelashes.



The abnormal secretions change from a solid wax back to an oil at around 40 degrees centigrade. Regular heating of the eyelid edges for at least 5 minutes, along with massage techniques, unclogs the glands and allows the normal oil and tear flow over the front of the eye. Tears are a mixture of water and oil. When normal, the oil stops the watery portion of the tears evaporating.

How can the lids be warmed?

Healthcare professionals often recommend the use of hot wet flannels to warm the eyes.

Research has shown wet flannels cool too quickly and they are also inconvenient and unpleasant to use.

The EyeBag® is easy to warm in a microwave, pleasant to use and maintains the correct temperature to melt the Meibomian secretions for over 8 minutes.

Ex vivo heat retention of different eyelid warming masks. Lacroix Z, Léger S, Bitton E. Contact Lens & Anterior Eye. 2015 Jun;38(3):152-6. doi: 10.1016/j.clae.2015.01.005. Epub 2015 Feb 27.

Randomised masked clinical trial of the MGDRx EyeBag® for the treatment of meibomian gland dysfunction-related evaporative dry eye. Bilkhu PS, Naroo SA, Wolffsohn JS. Br J Ophthalmol 2014;98: 1707-1711

Instructions for use

Read these instructions carefully before using the EyeBag® and keep them for reference. Always follow these instructions.

The EyeBag® should only be warmed by a responsible adult. Remove the EyeBag® from the blue box and place on a clean, microwaveable plate. Do not use the metal griddle supplied with some microwaves as this may burn your EyeBag®

Place in microwave and heat on full power according to the table below

| POWER | HEATING DURATION |
|----------------|------------------|
| Above 750w | 30 seconds |
| 750w and below | 40 seconds |

Only reheat from room temperature.
Allow the EyeBag® to cool fully before reheating.

Caution: If your microwave is greater than 1000w, you may need to reduce the time.

The EyeBag® is designed to be warmed in a microwave oven but if you do not have access to a microwave you can use the warming oven of an Aga, or even a conventional electric oven at a low temperature. Use the 'plate warming' setting which is about 50-60 degrees Centigrade or equivalent for about 10 minutes.

Older EyeBags® may take slightly longer to heat and will retain the heat for shorter periods of time. Usually you can reheat an EyeBag® about 200 times before it needs to be replaced. You can cautiously increase the heating time a little if you need to, but you must not cook it for more than 60 seconds at a time.

Always allow the EyeBag® to cool to room (ambient) temperature before re-heating. Further heating an EyeBag® which is already hot can be dangerous and lead to overheating. Always make certain the dish or plate you use is completely



clean as any small food residue can become very hot and these 'hot spots' can cause small burns in the EyeBag® material. Make certain you only set the microwave for 30 seconds - not 30 minutes! Stay by your microwave while it is heating.

Check the EyeBag® is comfortably warm but not too hot before placing it over the closed eyelids and relaxing with the EyeBag® in place for 10 minutes.

Use either side according to preference. The black side will be cooler and you may wish to switch to the silk side as it cools during the course of the 10 minutes.

Immediately after warming, massage the closed eyelids to express oil from the Meibomian glands. Gently but firmly sweep your clean finger over the skin at the edge of the closed eyelid from the nose outwards. Repeat this several times for about 30 seconds.

The EyeBag® is a natural product and it is usual for it to feel slightly moist on first use.

How often should the EyeBag® be used?

We recommend using your EyeBag® twice a day for the first fortnight. After this 3-4 times a week is usual, but adjust according to the severity of your symptoms.

Your EyeBag® should be replaced after 6 months use.

What is your EyeBag® made of?

The EyeBag® is made of 100% silk and 100% cotton. It is filled with flax (linseed). It contains no other additives.

Where is your EyeBag® made?

The EyeBag® is made in West Yorkshire.

How to store and maintain your EyeBag®

Store your EyeBag® in its blue box in a clean, dry place.

Do not wash or wet your EyeBag®. Stains on the surface of the EyeBag® with use are normal and harmless. Microwaves kill bacteria.

Detergents can cause allergic eye problems and heating a wet EyeBag® may cause scalding.

Warnings

Always use your EyeBag® according to these instructions.

Carefully check temperature before use.

If you have rosacea heat may increase redness.

Use with caution.

Do not use the EyeBag® if the skin round the eyes is broken or bleeding.

Do not use the EyeBag® on your face if you have a known hypersensitivity to flax, linseed or any of the other constituents of the EyeBag®.

In the event of increased eye irritation or itchiness, stop EyeBag® use.

Seek Medical Advice if symptoms persist or worsen with EyeBag® use.

If you have unusual specific eye conditions (such as a corneal dystrophy or recurrent corneal infections) you should use the EyeBag® cautiously and follow the advice of your eye health professional.

Each EyeBag® should only be used by one individual.

The EyeBag[®] Company

The EyeBag[®] Company was started by Mr Teifi James, a consultant ophthalmologist and ophthalmic surgeon living in West Yorkshire.



He is a Fellow of the Royal College of Ophthalmologists, the Royal College of Surgeons of Edinburgh, the Royal College of Physicians of London, the British Contact Lens Association and holds the Diploma in Ophthalmology from The Royal College of Surgeons of England. He qualified from St. Mary's Hospital, Paddington, in 1983 and specialises in the treatment of ocular inflammation.

Charitable Policy

The EyeBag[®] Company donates 10% of profits to support the Vision 2020 project, 'The Right to Sight', which is dedicated to eradicating preventable world blindness by the year 2020. We believe an effective way to do this is through knowledge and skills transfer so we help fund the Vision 2020 links project.

You can find out more about Vision 2020 and the links project through their website:

<https://www.iceh.org.uk/display/WEB/VISION+2020+Links+programme>

You can contribute to the Vision2020 links initiative through the just giving link:

<http://www.justgiving.com/v2020-links>

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The EyeBag[®] is a Class 1 Medical Device registered with the Medicines and Healthcare products Regulatory Agency London UK (the MHRA) since February 2005. UK Patent GB2421687B granted August 2009.

The MGDR_x EyeBag[®] brand and design are registered Trade Marks of The EyeBag[®] Company Ltd.

Product manufactured in the UK.

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