

Instructions for heating the EyeBag® when there is no microwave available

The EyeBag® is a reusable Hot Compress for the treatment of Meibomian Gland Dysfunction in Dry Eye Syndromes such as Arthritis Dry Eye, Post Corneal Laser Dry Eye, Evaporative Dry Eye, Blepharitis, Chalazion, Stye and other eyelid inflammatory conditions. The benefit of the EyeBag® in Sjögrens Syndrome is not proven, but studies are being planned to investigate this use.

If you do not have a microwave you can still use an EyeBag®. Always take care to ensure that the EyeBag® is not uncomfortably hot before you apply it. The EyeBag® should be about 45 to 50 degrees C immediately after heating, just before application. It cools to body temperature after 10 minutes or so. The EyeBag® must be warmed dry and should never be wetted. We hope this information sheet is helpful to you.

DO NOT BURN YOURSELF. DO NOTHING WHICH WILL IGNITE YOUR EYEBAG®

CONVENTIONAL RADIATOR – Place your EyeBag® on top of a warm/hot radiator as you might to dry damp clothes. Only do this for standard water heated radiators, not convectors. Leave the EyeBag® on the radiator for half an hour turning and shaking form time to time to obtain even and thorough warming. Once the EyeBag® is comfortably warm to the touch it can be used as described in the instruction booklet.

AGA AND RAYBURN TYPE OVENS – Place the EyeBag® in a clean ovenproof container in the warming compartment of your AGA. The oven position will depend on which model you have. Leave the EyeBag® to warm for 15 to 20 minutes. Carefully remove from warming cabinet/oven checking the EyeBag® temperature every time before putting it over your closed lids. You can re-warm the EyeBag® in this way many times over.

ELECTRIC OVENS – If you have a plate warming setting on your oven, use that. If not, set your oven to the lowest temperature which should be 50 to 60 degrees C. Leave the EyeBag® in the oven, in a clean ovenproof dish for 20 minutes or so before checking the temperature with your hands, ensuring that it is comfortably warm. If it feels too hot, wait a minute or two and check again.

GAS OVENS – The EyeBag® should NEVER be exposed to direct flame. For this reason, gas ovens are the least desirable way to heat an EyeBag®. If this is your only way of heating your EyeBag®, ensure that you place it in a clean CLOSED OVENPROOF CONTAINER with a well-fitting lid. Put the closed container with the EyeBag® inside, into the pre-heated oven at Gas mark 1 for 15 to 20 minutes. Take care to be sure that the EyeBag® is not too hot before you place it over your closed eyes.

DISCLAIMER. The EyeBag® is supposed to be warmed in a microwave oven. It was never intended to be heated in other ways. However, The EyeBag® Company realises that some people do not have access to a microwave and this information leaflet is provided as a guide for those people. The EyeBag® Company cannot and will not accept responsibility for any damage or injury to person or property arising from unconventional non-microwave heating of an EyeBag®. While we do not wish to deter EyeBag® users from heating their EyeBag® in whatever way they find most suitable, common sense must prevail! Do not barbecue your EyeBag®, do not grill your EyeBag®, Fondue is out too as are Chiminea and boiling. Please don't chargrill or put your EyeBag® on a griddle. Panini warmers, toasted sandwich machines, deep fat fryers and chip pans are all dangerous. Don't try to heat it over an open fire or a 'coal effect' gas fire. Do not place it over the bars of an electric fire either. Spit-roasting won't work and those cooking blowtorches you can buy for browning the top of your crème brûlée are a definite no-no. Exposed flames are generally a bad idea. Toasters are a REALLY bad idea! Please, please, use your common sense.