

INSTRUCTIONS FOR USE:

Use protective slipcover to keep mask clean of oils, makeup and dirt. Remove slipcover and wash as required.

HOT THERAPY: Use hot therapy for relief of symptoms associated with Blepharitis, Dry Eye Disease, Meibomian gland disease (MGD), Styes and Chalazia.

DIRECTIONS:

1. I-RELIEF® mask must be at room temperature before heating.
2. Insert I-RELIEF® mask inside protective slipcover (optional) and place flat on clean microwave safe dish.
3. Set microwave power to high and heat for 20 seconds. **Before applying**, always touch the I-RELIEF® mask with fingers first, to test for desired temperature. If the mask is too hot, allow it to cool for 1-2 minutes and test again. For additional heat, microwave in 5 second increments until desired temperature is reached. **Do not exceed a maximum of 30 seconds of heating.**
4. Place I-RELIEF® mask over closed eyes and secure with adjustable strap, if preferred.
5. Wear for 3 to 5 minutes or as directed by a physician. **Do not apply for more than 20 minutes at a time.**

COLD THERAPY: Use cold therapy to help relieve headaches, sinus pressure, tension, swelling and puffiness.

DIRECTIONS:

1. Insert I-RELIEF® mask inside protective slipcover (optional) and place in a sealable plastic bag, in the freezer for 30 minutes.
2. Remove I-RELIEF® mask from freezer and plastic bag, and place over closed eyes, securing with adjustable strap, if preferred. Wear for 5 to 7 minutes or as directed by a physician.

I-RELIEF® Mask Care:

Remove slipcover. Hand wash only in cold water with a mild detergent. Rinse thoroughly. Gently squeeze out excess water (do not twist). Lay flat on clean, ventilated surface for a minimum of 24 hours or until fully dry. Wash immediately if exposed to food, oils, grease or other dirt.

Slipcover Care:

Machine wash in warm water on regular cycle with like colors, using regular detergent. Machine- dry on low heat. Wash slipcover as often as necessary.

Storage:

Store I-RELIEF® mask in cool dry place. Keep away from flames.

WARNINGS AND PRECAUTIONS:

- **For external use only**
- **Keep out of reach of children.**
- Do not apply for more than 20 minutes at a time.
- Dispose of I-RELIEF® mask if punctured or broken.
- Always test I-RELIEF® mask temperature with fingers prior to use on eyes.
- Overheating or prolonged application may cause injury.
- Do not use on infants.
- Do not apply to sensitive skin, skin with no sensation, or open wounds.
- Do not boil.
- Overheating in a microwave may damage I-RELIEF® mask.
- Do not ingest contents.
- Warm according to instructions. Do not apply if too hot.
- Do not fall asleep using I-RELIEF® mask.
- People with diabetes, circulation disorders, skin infections, etc. should consult with their doctor before use.
- Consult your doctor if your condition worsens or irritation develops.

I-MED Pharma's ocular surface disease product range includes:



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