



Intro/Guide Video

See website or scan barcode with smartphone camera to view the short video



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Instructions for Use

- 1** With clean hands, begin by adding water (we recommend purified) to the plastic lattice grooves (or squares) inside of each eye cup by using the squirt bottle or by pouring water into the eyecup. Note that treatment temperature can be affected by filling more or less grooves with water. Filling them all will give the maximum temperature, while filling none with give the lowest.



- 2** Tilt the goggles upside down and lightly tap with finger to remove any excess water. Some water should remain in the plastic grooves.



- 3** Connect the device to electric power, via a portable power bank using its USB-C 12 volt output port. There should be an audible beep from controller. Next, activate the heater by pressing the power button.

Power Bank



- 4** Allow the device to pre-heat for 1 minute 30 seconds to allow device to come to temperature. Power switch will emit an audible double-beep to notify user that pre-heating has finished.

Preheat



- 5** Again, tilt the goggles upside down and lightly tap with finger to remove any excess warmed water. Some water should remain in the plastic grooves. Note that as the central area around the heater may be warm to the touch, it is advised to handle the goggles by the outer top and bottom edges.



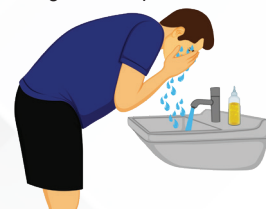
- 6** Put the goggles loosely over the eyes (with little or no suction) to begin treatment. The lens may initially be cloudy, but the bottom section should shortly defog to the point where the user can look at their phone/TV.



- 7** At the end of the 8 minute 30 second treatment time, the power switch will triple-beep and shut off power. If desired, treatment can be extended by restarting power button and refilling plastic grooves with water if it has evaporated.



- 8** Clean the eyelids and device with clean water and a mild cleanser (i.e. we recommend baby shampoo) after each treatment session. Note that the entire goggle is water resistant (front and back), and can be placed under the faucet to easily wash away any soap remnants. Just ensure that water does not get on the power switch or power bank.



IMPORTANT: Treatment must be performed while sitting up with face looking down or straight ahead. Do not look up or lay head down during treatment to ensure heated water is retained in eyecup.