

MOIST-HEAT THERAPY WITH beads™ FOR DRY EYE RELIEF



1. Remove black foam inserts from goggle (these are used for sleep only).
2. Place net bag containing pocketed Beads into 1 cup of bottled or filtered water and heat in microwave on high for 45 seconds. Let stand for one minute.*
3. Carefully remove pocketed Beads from net bag and insert into the back of the goggle. Please test Beads are not too hot to the touch before placing over closed eyelids.
4. Place goggle over closed eyelids and gently pull the head band over back of head to secure.
5. Wear for 15 minutes or as directed by your eye doctor.

*If you do not have a microwave, place net bag containing pocketed Beads into 1 cup of hot water. Do not use boiling water. Cover and let stand for 2 minutes. Follow steps 3 and 4.

COLD THERAPY FOR RELIEF FROM ALLERGIES AND PUFFINESS

1. Remove black foam inserts from back of goggle and set aside. Moisten white pockets in bottled or filtered water.
2. Insert Beads gel pack into moistened pocket.
3. Place pocketed gel packs into back of goggle.
4. Place entire goggle with pocketed gel packs into a resealable bag and freeze 20-30 minutes.
5. Remove goggle from bag and place over closed eyelids. Gently pull head band over the back of your head to secure.
6. Wear for 15 minutes or as directed by your eye doctor.