

The logo for 'eyeeeco' features the word 'eye' in blue and 'eco' in green, with a blue swoosh above it. Below the logo, the text 'Product Manual' is written in a grey sans-serif font.

eyeeeco
Product Manual



tranquileyes™

Eye Hydrating Therapy

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Tranquileyes Eye Hydrating Therapy Manual for Use

Overview

Tranquileyes is a proven system to relieve chronic symptoms caused by Dry Eye Syndrome, Nocturnal Lagophthalmos, Blepharitis, Recurring Corneal Erosions, Styes, Allergies and Sleep Apnea. Tranquileyes are designed to enhance, not replace, treatments recommended or prescribed by your eye doctor

Moist Heat Therapy Benefits

Create Moist Heat Therapies (mild for use during sleep, moderate or intense for 30-45 minute treatments) to help relieve symptoms of Dry Eyes, Lagophthalmos, Blepharitis, RCE and Styes. Tranquileyes Moist Heat Therapies use heat and warm water to help open the meibomian glands and increase the relative humidity around the eyes. The meibomian glands secrete oils that help slow down the evaporation of natural tears. The increased humidity further slows the evaporation of any moisture naturally created (tears) or topically applied to the eyes (artificial tears, Restasis™, ointments).

Cold Therapy Benefits

Create three Cold Therapies (mild, moderate or intense) to reduce symptoms of eye allergies and puffy eye lids. The Cold Therapies help soothe and cool skin, reducing swelling and inflammation.

Sleep Benefits

While it is not necessary to sleep with tranquileyes to experience benefits, tranquileyes are doctor recommended for sheltering the eyes from drafts at night. This is especially important for those suffering from Lagophthalmos (partial lid opening), Recurring Corneal Erosions and Sleep Apnea.

In addition to protecting the eyes at night, tranquileyes create complete darkness which can help stimulate the pineal gland to release melatonin and relax the body.

The benefits of tranquileyes are cumulative. The more you use tranquileyes, the better the results.

Product Reference Chart

(Not all items included in all kits)

1. Eye Cover (rubber portion of goggle)
2. Eye Cushion (outer diameter of foam adhered to goggle)
3. Moisture Pads (Thick Foam Pads)
4. Comfort Wrap (attached to goggle)
5. Nose Bridge
6. Instant Thermoeyes (reusable hot/cold packs)
7. Microwaveable Thermoeyes (reusable hot packs)
8. Thermopads (thin white foam pads)
9. Unitary Eye Strap (allows for single eye treatments)
10. Cleanser for Foam
11. Net Bag for Hanging Goggle Dry after Cleaning
12. Botanical Waters

Moist Heat Therapies

Moderate Moist Heat

- Step 1 Place thermopads (thin white foam) in hot filtered or bottled water for 30 seconds.
- Step 2 Activate thermoeyes gel pack by clicking the stainless steel disc back and forth inside packet. The thermoeyes have activated when the fluid starts to crystallize, generating heat.
- Step 3 Insert activated disc into eye cover.
- Step 4 Squeeze excess water from foam and place over gel pack. Repeat on other side.



Step 5 Place goggle over eyes and secure with wrap.

Step 6 Wear for 30-45 minutes.

Recommended Frequency of Use: 30-45 minutes daily

For a more intense moist heat treatment, follow above instructions except reverse the white sponge and thermoeyes gel pack so the gel pack directly touches the eyes.

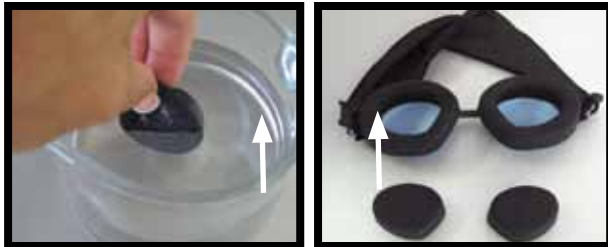
Notes: Use filtered or bottled water. For best results, chronic dry eye patients should apply a dose of artificial tears as medically directed, prior to wearing goggles. Consult your eye doctor prior to use.



Sleep or Sheltering Dry Eyes at Night

What you will need: tranquileyes goggle, two thick foam pads, warm water.

Tranquileyes is designed for sleep and can be used simply to create complete darkness. We suggest those who suffer from dry eyes and want to shelter the eyes at night, also create the following mild Moist Heat Therapy before sleep. The therapy helps keep moisture in and drafts out.



Directions for Use

- Step 1 Moisten thick foam pads in warm water.
- Step 2 Squeeze excess water from foam and insert into eye covers. Foam should remain damp.
- Step 3 Place goggle over eyes and secure with wrap.
- Step 4 Wear as long as comfortable.

Notes: Use filtered or bottled water. For best results, chronic dry eye patients should apply dose of artificial tears or ointments as medically directed, prior to wearing goggles.



Cold Therapies

Mild Cold Therapy

- Step 1 Place thick foam pads in bag with cold water, seal and place in freezer.
- Step 2 Remove pads from freezer after 15 minutes, squeeze excess moisture from pads and insert into goggle.
- Step 3. Place goggles over eyes and secure to head with wrap.
- Step 4 Wear 15-20 minutes.



Moderate Cold Therapy

- Step 1 Moisten thin foam pads in cold water.
- Step 2 Insert Instant thermoeyes gel pack into goggle. Be sure gel pack is in it's liquid state.
- Step 3 Place moistened thin foam pads on top of gel packs.
- Step 4 Mist foam with water or tranquileyes waters (opt.)
- Step 5 Place goggle into plastic bag and seal.
- Step 6 Place plastic bag in freezer for 30 minutes.
- Step 7 Remove goggle from plastic bag and wear 15-20 minutes.

Coldest Therapy

Follow directions for Moderate Cold Therapy except reverse the placement of foam pads and gel pack so the gel pack touches the eye.



Relieving Styes

What you will need: Appropriate eye cup (left or right), two thin foam inserts, one Instant thermoeyes gel pack, patch strap and warm water.

- Step 1 Remove appropriate eyecup (left or right) from nose bridge and wrap.
- Step 2 Place eyecup in patch strap
- Step 3 Moisten two thin foam pads in warm water.
- Step 4 Squeeze excess moisture from thin foam pads and insert into eyecup.



- Step 5 Activate thermoeyes gel pack and place on top of thin foam pads.
- Step 6 Place eyecup and patch over eye with Stye and secure with elastic band.
- Step 7 Wear for 10 to 15 minutes. Repeat four times daily or as directed by eye care professional.

Notes: Use filtered or bottled water. Consult eye doctor prior to use.



Resetting Instant thermoeyes

What you will need: used thermoeyes, water, hot pot or quart size stove-top pot, towel and spatula.

The Instant thermoeyes generate heat by using the stainless steel disc inside the gel pack to create a frequency that changes their molecular structure from liquid to crystal. This process generates heat. AFTER using the thermoeyes for heat, they will need to be 'reset' back to liquid. This process occurs through boiling which also cleans and sterilizes the thermoeyes. Once the thermoeyes return to liquid and cool down, they are ready for reuse.



To reset the thermoeyes and return it to a liquid state:

- Step 1 Fill pot with 4 cups of water.
- Step 2 Bring water to a boil.
- Step 3 Place hardened thermoeyes in boiling water.
- Step 4 Boil thermoeyes continuously for 3-5 minutes.
- Step 5 Carefully remove thermoeyes from water with spatula.
- Step 6 Place thermoeyes on towel to cool.

Thermoeyes will be ready to reuse in approximately one hour after use. Do not move thermoeyes while cooling.

Warnings

- Do not leave boiling water unattended.
- Do not microwave.

Using Microwave Version of thermoeyes

What you will need: tranquileyes goggle, two thin foam pads, one set Microwave thermoeyes, warm water.

The Microwaveable thermoeyes can be used in place of the Instant thermoeyes for Chronic Dry Eye relief. We do not recommend using the microwave version for Styes.

Step 1 Fill microwave-safe cup with one cup of water.

Step 2 Place two Microwaveable thermoeyes and two thin foam pads in water.



- Step 3 Heat water in microwave for 1 minute on high.
- Step 4 Remove thermoeyes from water.
- Step 5 Insert one gel pack into one eyecup.
- Step 6 Remove one thin foam pad from water.
- Step 7 Squeeze excess moisture from foam, leaving pads damp.
- Step 8 Place thin foam on top of thermoeyes.
- Step 9 Repeat on other side.
- Step 10 Apply dose of artificial tears to eyes as medically directed.
- Step 11 Place goggle up to eyes, slip head wrap over head.
- Step 12 Wear 30-45 minutes daily.



Using tranquileyes Water Formulas

Tranquileyes waters are botanical facial mists designed to hydrate the skin. Use tranquileyes waters to enhance the Moist Heat or Cold therapies. Simply apply two or three mists over closed eyes prior to placing goggle over eyes. All botanical waters are PH balanced at 7.0 for the tear film.



Attaching Tini Bikini

- Step 1 Place bikini on flat surface face down.
- Step 2 Place goggle on top of bikini, foam side up. Remove thick foam pads from eyecups and set aside.
- Step 3 Pull fabric together at middle and snap
- Step 4 Pull right side of fabric together around wrap and snap.
- Step 5 Pull left side of fabric together around wrap and snap.
- Step 6 Tuck excess fabric into the eyecup, covering the foam.
- Step 7 Return thick foam to the eyecups, holding the bikini in place.
- Step 8 Gently tug outer edges of bikini away from each other.
- Step 9 Wear as directed.



Cleaning Instructions

Goggle and Foam

Hand wash thick foam pads and/or thin foam pads with mild antibacterial soap or Cleanser for Foam, and rinse thoroughly with warm water after each use. After rinsing, gently squeeze excess moisture out of foam. Wash plastic eye covers and outer foam eye cushions weekly. Most kits include a net bag for hanging dry.

Tini Bikini

Machine wash bikini in cold water. Hang dry.

Adjusting Wrap

Adjust the comfort wrap using attached sliders to create a comfortable tension between the foam cushions and face. The goggle should feel secure, not tight, and block all light for best results. If you find your tranquileyes is too tight (larger faces), please call Eye Eco Inc. toll free at 1-888-730-7999. We will exchange your wrap for a larger wrap, complimentary.

Removing, Replacing and Reattaching

Replacing Foam Cushions

Foam eye cushions should be replaced as needed, typically every two months if using daily. To replace, peel the old cushion away from the eyecup, one at a time. Peel liner off replacement foam, align each replacement cushion with the appropriate eyecup and press foam to eyecup. Dispose of all old foam (outer ring and inner moisture pads). Replacement foam can be purchased through an authorized dealer, our website at www.eyeeeco.com or by calling us toll free at 1-888-730-7999.

Disassembling Goggle for Single Eye Use

- Step 1 Gently remove end of wrap from the rubber eyecup you need (left or right), by slipping it through hole at an angle.
- Step 2 Remove the side of nose-bridge from your eyecup by gently pulling up and out.



Replacing Wrap to Eyecup

- Step 1 Gently pull back edge of foam to expose hole where wrap will re-attach.
- Step 2 Line up edge of rubber clasp on wrap with the hole in eyecup.
- Step 3 Press wrap through hole at an angle like you are buttoning a shirt.
- Step 4 Check to ensure the entire foot of the head wrap has gone through the hole.



Replacing Nose-bridge to Eyecup

- Step 1 Gently pull back the edge of the foam to expose hole under nose-bridge.
- Step 2 Line up edge of nose-bridge with hole in eyecup.
- Step 3 Press nose-bridge through hole at an angle like you are buttoning a shirt.
- Step 4 Check to ensure entire foot of nose-bridge has gone through the hole.



General Precautions

tranquileyes goggles should not be used while walking or operating equipment or machinery. Immediately discontinue use if you experience any discomfort, irritation or if redness develops with any use. Please consult your physician or eye doctor before using tranquileyes.



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