



## Instructions on how to use the Heated Eye Pad Read ALL Safety Precautions before use.

	<p>Clean the device before each use by wiping with a rinse free eyelid wipe.</p> <p>Look in the mirror. Adjust the nose part of the Heated Eye Pad to fit your face and eyes. <b>This is correct.</b></p> <p>The round section of the Heated Eye Pad should line up with your eyes, as shown in between the dashed lines.</p>
	<p>Adjust the nose part of the Heated Eye Pad to fit your face and eyes.</p>
	<p>As you adjust the frame, recheck alignment to the eye. <b>This is incorrect</b></p>
	<ol style="list-style-type: none"> <li>1. Setup a timer (Watch, Clock, Phone, Etc.) if you wish to time your session. Users typically apply the device 5-10 minutes, twice per day.</li> <li>2. Plug the heater into the power supply furnished by Digital Heat. Do not use other power supplies.</li> <li>3. Gently place the Heated Eye Pad on your CLOSED eyelids and position the frame ends behind ears.</li> <li>4. Adjust the tightness of the frame for comfort, and place the electrical cord behind an ear.</li> <li>5. DO NOT apply excessive pressure on your eyelids by over tightening the frame.</li> <li>6. Repeat steps 1 through 6 as needed for comfort.</li> <li>7. If timed, after timer has expired remove the Heated Eye Pad from your eyelids and face.</li> </ol>