

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 will 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

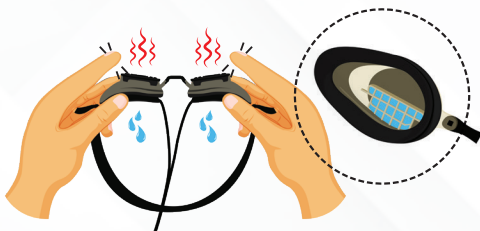


- 4** Allow the device to pre-heat for 1 minute 30 seconds to allow device to come to temperature. Power switch will emit an audible double-beep to notify user that pre-heating has finished.

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.



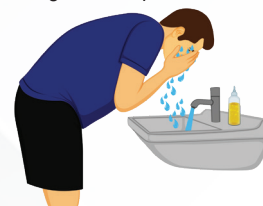
- 6** Put the goggles loosely over the eyes to begin treatment. The lens may initially be cloudy, but the bottom section should shortly defog to the point where the user can look at their phone/TV.



- 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.

STEAMGOGGLE : INNOVATIVE MOIST HEAT TREATMENT FOR DRY EYE RELIEF



Utilizes Innovative Heater Technology



Safe and Effective Dry Eye Relief w/ No Pressure Applied to the Cornea



Easy Setup and Use



Fast Warm Up Time



Pinpointed Moist Heat Therapy

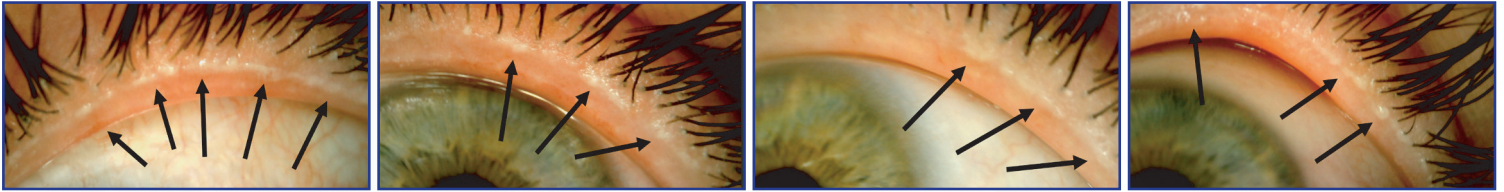
Relief From Symptoms of
MGD/Blepharitis /Styes/Chalazions/Abrasions

Read/Watch TV During Treatment

Use Anywhere With The Included Portable Power Bank

EFFECTIVE RESULTS

The patented SteamGoggle is an easy to use at home dry eye treatment device that uses moist heat to alleviate symptoms caused by MGD and Blepharitis. This concentrated moist heat combined with the eyes own blinking motion, serve to more effectively unclog the eyes oil glands and help restore their function. The device is easy to setup (simply add water to each eyecup and press power button) and clean (place entire goggle under faucet to rinse), while also allowing the user to read/watch TV during treatment. Innovative technology including PTC heaters with embedded safety features and a high performance/heat-resistant PESU plastic lens, allows the device to heat up fast and precisely, which allows for a high concentration of steam for each treatment. This sustained high concentration of moist heat (50°-55° celcius-may take some users several treatment sessions for their eyes to acclimate to) allows the device to provide a more effective dry eye treatment compared to other methods. Use the device anywhere, anytime when using the included portable power bank, with over 10 treatments per charge.



Thickened, white oil gland contents are flushed out and partially deposited on lid margin during treatment. Images were each taken following SteamGoggle treatment without any physical gland expression.

IMPORTANT INFO

- ⦿ 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 eye cups.
- ⦿ Note that while looking downwards, you will experience a warmer treatment temperature versus looking straight ahead. Avoid excess bending/pulling of the power cable where it meets the device, as to avoid damage at the junction.
- ⦿ If the temperature is uncomfortable, loosen the goggles or try the treatment with less water in the plastic grooves (or no water) to experience a cooler temperature treatment. It may take several treatments for the eyes to acclimate to the moist heat (50°-55° celsius).
- ⦿ Keeping the eyes open may increase the effectiveness of the treatment as blinking (consider trying some forced blinks) may help break up and remove solidified oil gland contents.
- ⦿ Use the device 1-2 times per day for 2-3 weeks, to evaluate effectiveness. Afterwards, use as needed. Always consult your doctor or other qualified healthcare provider for medical advice regarding your condition.



*Power Cable Not Shown

ABOUT

Starting in late high school and continuing through college and my working life, I have suffered through a continuous bout of symptoms related to dry eye, involving a nonstop gritty, scratchy, foreign body sensation in my left eye.

After years of finding no relief from current products/treatments on the market, (being a mechanical engineer) I created a new device that finally ended up alleviating my symptoms. The SteamGoggle differs from other products on the market, as it uses a pinpointed approach to deliver effective amounts of sustained moist heat directly to the eyes, all in a safe, easy to use at-home package.