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EYE-WASH INSTRUCTION

Prepare eye wash

- **Eyebath (supplied);Add warm tap-water, not hot; Add 6 drops of Eye-Wash solution**
- **Cup the eyebath over eyelids, wide-eyed. (or closed if more comfortable).**

Eyes wash facing down, then up:-

- **Rotate/turn eyebath one-way then the other way; three_seconds.**
- **Rinse eyebath and repeat as above but facing up.(neck backwards stretch);3secs.**

- **Use water moist cotton wool swab and wipe deep into both corners of the eyelids and along lid margins (roots of eye lashes).**

Repeat procedure with left eye.

The wash is best applied on waking; apply anytime for eye fatigue, general fatigue, brighter vision and ultimately for clean, dust free, debris free eyes.

The cleansing effect of the Eye -Wash is most effective over seven days.
Routine Maintenance: Weekly.

Enquire also about Moisture drops and eye Wipes, mostly chemical free. These are effective in addition to or as an alternative to the eye wash routine.