

Instructions for use:



1. Before use: Please check the eyelid heating pad if any damage or leakage. Do not use if damaged.
If the gel in heating pad is clear and soften is ready for use;
If the gel in heating pad is solid, please follow **[Heating Instructions]** to usable status, then follow the next steps.
2. If using with cotton pads, please get two cotton pads wet with tap water. Place the moist cotton pads into the oval opening between the heating pad and the cover, and then close the button heating pad cover.
3. Please hold eyelid heating pad with both hands when activating it. "Press and bend" the metal piece as shown pic. The clear gel will become hard and generate heat. The constant temperature is 45°C for approximately 5-7 minutes. After about 5-7 minutes, the temperature gradually drop.
4. Please put the heating pad on inner side of the hand to test the temperature whether the heat sensation is comfortable for you.
5. Place the eyelid heating pad on your closed eyes for 5-7 minutes. If you using with a cotton pads, the moist cotton pads should face on your eyes, and then put the elastic band over your head. Adjust the strap to a comfortable position. Do not put excessive pressure on your eyes. If you feel any uncomfortable, please stop using it immediately.
6. Eyelids Cleaning : Cleaning eyelids is an important step. Either use the cotton pads from the eyelid heating pad or Posiforlid Eyelid Cleansing Wipes for Cleaning. Follow the steps below to massage and clean eyelashes and eyelids:
 - Gently massage the upper eyelids from top to bottom 5 to 10 times. Then, gently massage your bottom eyelids from bottom to top 5 to 10 times.
 - Gently massage can promote the drainage of blocked sebum from the meibomian glands.
 - Finally, clean your eyelashes and eyelid edges again with new and wet cotton pads or using Posiforlid Eyelid Cleansing Wipes. Please throw away cotton pads and Posiforlid Eyelid Cleansing Wipes after use.

Heating instructions:

The gel of the heating pad is in a solid state



7. The gel in the heating pad is in a solid state after use. Please remove protective cover, elastic cord and cotton pad before heating.
Follow one of the below method for heating:
Method 1: Put the solid gel heating pad in above 100 degrees hot water (about 600ml) and soak it for about 10 minutes. The hot water should completely cover the surface of the heating pad. It can be removed until all the crystals have dissolved and the gel has completely returned into liquid state.
Method 2: Place the solid gel heating pad into a pot filled with water (about 2 liters). The water in the pot should completely cover the surface of the heating pad. After boiling, adjust to lower heat for about 5 minutes until all the crystals dissolve and the gel completely returns into liquid state. Then turn off all heating sources and remove the heating pad.
Please use a spoon or kitchen tongs to take out the heating pad. Do not take out the heating pad with bare hands. Overheat may cause skin burns. Do not use a fork or knife as this may damage the heating pad.

After heating



8. Place the heating pad on clean kitchen towel and cool down for about 30 minutes.

Clean protective case



9. Please do not heat the protective cover together with heating pad and do not put it in the dishwasher, as the material may harden or be damaged. If you think it needs to be cleaned, remove the elastic straps. Use a damp cloth and soapy water to clean the cover. To prevent an allergic reaction, rinse the cover thoroughly with warm water to remove any remaining detergent. Allow it dry naturally but not too long, to avoid contamination from dust or food. After dry up, wipe all accessories with new kitchen towel to check whether they are clean.

Storage



10. To prevent mold or rust, make sure all parts are dry. Reassemble all parts of the heating pad and store in the original packaging or cabinet.