



**INSTRUCTION
LEAFLET**

OTHER PRODUCTS IN OUR RANGE

The Eye Doctor®

The Eye Mask

The Eyelid Wipe

for more info visit:

www.the-body-doctor.com

Registered office:

The Body Doctor Ltd,
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Helps relax away the symptoms of:

Hayfever / Allergies

Inflammation / Swelling

Tired / Itchy / Puffy / Sore Eyes

Sinus Headaches / Migraine

INSTRUCTIONS FOR USE

The information contained with this product is intended as general guidance and information only. It should not be relied upon as a basis for planning individual medical care.

Your eye specialist can tell you how severe your condition is and should be able to give you a guide as to how often to use your Ice Doctor®

If you feel unsure about using this product, or if symptoms persist or increase, please consult your optician and/or doctor.

If you are a contact lens wearer please consult your practitioner before using the Ice Doctor®

Please read instructions carefully, do not discard these instructions and refer to them before each use.

- 1) Leave the Ice Doctor® in the bag provided and place in the freezer for at least two hours.
- 2) Remove the Ice Doctor® from the bag and apply to closed eyes until symptoms are relieved.

3) After application return the Ice Doctor® in the storage bag to the freezer for next time.

Do not use on broken or bleeding skin. Do not use if you are allergic to any natural grains. Never share your Ice Doctor®, for individual use only. Inspect at regular intervals and discard if found worn or damaged.

This product is biodegradable and should be disposed of through normal household waste.

The Ice Doctor® is a registered Class 1 Medical Device with the MHRA and is filled with all natural wheat.

This product may contain latex rubber.

We recommend you retain the packaging for safe, clean, dry storage of the Ice Doctor®

WASH CARE

Never wet or wash your Ice Doctor®. If it accidentally gets wet, leave to air dry & then use as normal, following these instructions.