

## Zest Zocular Eyelid System Treatment

The Zest Zocular Eyelid System Treatment is an in-office deep-cleaning procedure for your eyelids and lashes.

It uses a revolutionary okra-based gel, called Zest, which is a natural, non-toxic, and anti-inflammatory solution. The Zest gel is applied to your eyelids using a specialized device called the Zocukit.

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### What Does the Treatment Do?

- **Demodex mites:** Tiny mites that live on our skin and can overpopulate on the eyelids, causing irritation.
- **Biofilm:** A sticky, microscopic layer of bacteria that accumulates on the eyelids.
- **Excess oil and debris:** Buildup that can clog glands and contribute to inflammation.

Unlike traditional treatments that can be harsh, the Zest procedure is gentle and provides a soothing, spa-like experience.

### The Procedure: What to Expect

The Zest treatment is a quick, painless, and comfortable in-office procedure. Here's a step-by-step breakdown of what will happen:

1. **Preparation:** You will be comfortably seated in a reclining chair. Your doctor will explain the procedure and answer any questions you may have.
2. **Application of Zest:** The Zest gel is applied to a soft, spinning brush on the Zocukit device.



### Meet our Optometrists

#### Tom Roger

B App Sci (Optometry)  
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3. Deep-Cleaning: Your doctor will gently cleanse your eyelids and lashes with the Zocukit, carefully scrubbing along the base of your eyelashes. This process is similar to a facial scrub and feels relaxing.

4. Rinsing: After the deep-cleaning, the Zest gel is rinsed away with a sterile saline solution. Your eyes may feel refreshed and noticeably cleaner immediately.

5. Post-Treatment Care: Your optometrist will provide you with at-home care instructions to maintain the results of your treatment. This may include using Zocular eyelid wipes or cleansers.

The entire procedure typically takes 10-15 minutes.

## Frequently Asked Questions

Q: Is the Zest treatment painful? A: No, the procedure is not painful. Many patients describe it as a very comfortable and soothing experience.

Q: How soon will I see results? A: Most patients report an immediate feeling of relief and cleaner, more comfortable eyes right after the procedure. Lasting results will depend on your individual condition and adherence to post-treatment care.

Q: Will I need to repeat the treatment? A: Depending on the severity of your condition, your doctor may recommend follow-up treatments. Many patients find that periodic treatments, along with a good at-home hygiene routine, are effective in managing their symptoms.

Q: Can I wear makeup after the treatment? A: It is best to avoid wearing eye makeup for 24 hours after the procedure to allow your eyelids to fully heal and prevent re-contamination.

Q: Is the Zest Zocular Eyelid System Treatment safe? A: Yes. The Zest gel is a natural, non-toxic, and FDA-approved solution. It is safe for all skin types and for use around the delicate eye area.



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