



eyecare eyewear

Duo USB Dry Eye Compress

Warm compresses are a cornerstone of eye care because they address the root cause of the most common form of dry eye: Meibomian Gland Dysfunction (MGD).

Since about 85% of dry eye cases are caused by oil deficiency rather than a lack of water, maintaining the health of your "oil glands" is critical for a healthy tear film

[Book Now](#)



Warm compresses improve tear film health by addressing the root cause of 85% of dry eye cases: clogged oil glands.

- **Melts Blockages:** Heat liquefies hardened oils (meibum) trapped in the eyelid glands, allowing them to flow again.
- **Prevents Evaporation:** By releasing these oils, the compress restores the tear film's outer layer, which acts as a "lid" to stop tears from evaporating.
- **Improves Stability:** A healthy oil layer ensures tears spread evenly across the eye, eliminating "gritty" feelings and dry spots.
- **Boosts Circulation:** Increased warmth improves blood flow to the eyelids, reducing inflammation and promoting gland health.

Key Requirement: To be effective, the compress must stay at 104°F (40°C) for at least 5-10 minutes, which is why dedicated masks are more effective than washcloths.

Features:

- **Power:** USB powered; can be plugged into a PC, wall adapter, or portable battery pack.
- **Heat Settings:** Includes three temperature settings and an automatic shut-off feature for safety.
- **Design:** Made with soft, plush fabric and includes an antimicrobial, machine-washable cover.



Meet our Optometrists

Tom Roger

B App Sci (Optometry)
Grad Cert Ocular Therapeutics
FACBO MBA
CASA CO (Aviation Eye Examiner)

Tobin Eapen

Bachelor in Clinical Optometry
Master of Optometry

2. The In-Office Procedure: The Rinsada procedure is quick, comfortable, and typically takes about 10-15 minutes.

- You will be comfortably seated in our exam chair.
- Your eye doctor will use a specialized, single-use Rinsada device.
- A controlled, gentle stream of sterile saline solution is applied to the surface of your eye and, most importantly, underneath your eyelids, in the deep folds called the "fornix." These are areas that are difficult to clean with regular eye drops or at-home rinses.
- The device is designed with a soft curve and multiple micro-ports to ensure a thorough and even rinse, removing debris and inflammatory agents from the entire ocular surface.
- You may feel a cool, refreshing sensation. Most patients experience no discomfort during the procedure.

3. Immediate Relief: Following the rinse, any excess fluid is gently wiped away. Many patients report an immediate feeling of relief, with their eyes feeling less irritated, less gritty, and more comfortable.

4. Aftercare & Ongoing Treatment:

- There is typically no downtime, and you can resume your normal activities right away.
- Your optometrist may recommend a series of treatments to achieve long-term results, depending on the severity of your condition. Consistent at-home care, as recommended by your doctor, is also essential to maintain a healthy ocular surface.

Why Choose Rinsada?

- **Targeted & Effective:** It goes beyond surface-level cleaning to address the root causes of irritation by flushing out hidden irritants and inflammation.
- **Immediate & Lasting Relief:** Provides instant comfort while also offering long-term benefits by reducing key inflammatory markers.
- **Safe & Gentle:** Uses a sterile saline solution and a non-invasive, single-use device, making it safe for sensitive eyes.
- **Non-Surgical:** It's a quick, in-office procedure with no downtime.



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