



Restores Natural Skin

In-office Zocular ZEST Step-by-step Guide

ZEST kit You will find:

- 4 Gauze packages with two gauze in each (one for each eyelid)
- 4 Zocuswab tips (one for each eyelid)
- 4 Saline vials (one for each eyelid)
- 1 Contact lens case
- 1 ZEST gel pod
- 1 Placemat
- 1 Face Mask for patients or doctors



Scan the QR code to see a Demo Video on ZEST



ZEST kit

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Wash your hands

Wash your hands, put on your gloves and unbox the contents of ZEST.



Take a Before Photo

Take a picture of the patient before and after to compare the results.



Lay out the ZEST kit

Lay out the contents of the kit on a tray or flat surface on the placemat that is provided.



ZEST gel 1

Dispense the ZEST gel into the contact lens case.



ZEST gel 2

Put half into each side.



Patient comfortable

Ensure that the patient is comfortable. Reclined if possible. If needed, use of analgesic drops is recommended at this point.



Patient close eyes

Stir the Zocuswab Tips in the gel 5-6 times to ensure the softening of the swab tip and to activate the gel. Have the patient close his/her eyes.



Upper Eyelid (Approximately 2 minutes)



a.

Paint the eyelid surface with ZEST gel. **Use enough to fully cover the lid and base of the lashes ideally from the nasal to temporal direction.** Use your glove or a gauze to expose the base.



b.

Approach the eye from behind the patient/perpendicular position if comfortable doing so.



c.

Start **scrubbing in every direction** - left to right, right to left, top to bottom and bottom to top, ensuring that you do not apply too much pressure on the eyelid.

Be sure to clean the base of the lashes, as that's where all the oils and debris are.



d.

With the gauze, **remove the excess gel from the exterior of the eyelid.** Use saline for rinsing if needed.



e.

As the patient opens their eyes, lift their upper eyelid to expose the inner lid margin. Add more gel and scrub along the lid margin for 10-20 seconds. **This will ensure the removal of oil and debris from the base of meibomian glands.**



f.

Use the gauze to remove the excess gel, grab a gauze, put one piece over the other and rinse with saline. **Generously continue to rinse with saline.** Rinse the outside of the eye with the eyes closed and flush the inside of the eye with the eye open. Gently wipe as you are rinsing. Repeat if necessary.

Lower Eyelid (Approximately 1 minute)



a.

Paint the eyelid surface with ZEST gel. **Use enough to fully cover the lid and base of the lashes, ideally from nasal to temporal direction.** Use your glove or a gauze to expose the base.



b.

Approach the eye from behind the patient/perpendicular position if comfortable doing so.



c.

Start **scrubbing in every direction** - left to right, right to left, top to bottom and bottom to top, ensuring that you do not apply too much pressure on the eyelid.



d.

Be sure to clean the base of the lashes, as that's where all the oils and debris are.



e.

With the gauze, **remove the excess gel from the exterior of the eyelid.** Use saline for rinsing if needed.



f.

Use the gauze to remove the excess gel. Take the second piece of gauze from the same package, put one piece over the other and rinse with saline. **Generously continue to rinse with saline.** Rinse the outside of the eye with the eyes closed and flush the inside of the eye with the eye open. Gently wipe as you are rinsing. Repeat if necessary.

Repeat the same steps for the other eye.