Scientifically-Proven to Deliver the Highest Rated Moist-Heat Performance

The charts below indicate the temperature retention and the percentage of relative humidity retention of EyeEco™ Tranquileyes® system. Industry studies, including *The International Workshop on Meibomian Gland Dysfunction*, have shown applying effective moist-heat to the eyelids is beneficial for all levels of MGD. The key is having controlled heat, (89–108°F, 31.67-42.22°C), duration (up to 20 minutes) and moisture to effectively melt the meibum while hydrating and relaxing the sensitive eyelid skin. Using a hygrometer to measure the temperature and relative humidity, these tests indicate the Tranquileyes® system maintains the ideal balance for optimum performance. Eye Eco™ recognizes this evaluative process is essential to ensure our technologies do not exceed desired temperature levels, potentially burning the sensitive eyelid skin.

**Eye Eco™ Tranquileyes® goggles**, when combined with pure warm water and our reusable gel pack technologies, allow patients to create soothing moist-heat compresses, ranging in temperature from 101–110°F, 38.33–43.33°C and lasting up to 25 minutes for immediate and long-term relief.
What are Moist-Heat Options for Temporary Dry Eye Relief?

Use D.E.R.M. for a therapeutic moist-heat or cold therapy. Using D.E.R.M. with a moistened liner increases humidity and helps hydrate eyelids and surrounding skin while soothing dry, tired eyes.

**d.e.r.m. Your BEST Entry-Level Option**

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**d.e.r.m. 20 Seconds in Microwave**

- **5–6 minutes Moist-Heat Therapy**
  - Effectiveness: Humidity Drops After 6 minutes
  - Relative Humidity: 92%–15%
  - Heat: 98–118°F (36.9–47.9°C)

- **7–9 minutes Moist-Heat Therapy**
  - Effectiveness: Sustained Heat and Humidity for 9 minutes
  - Relative Humidity: 94%–90%
  - Heat: 84–104°F (28.9–40.0°C)

**Warm Wash Cloth 20 Seconds in Microwave**

- **1–2 minutes Moist-Heat Therapy**
  - Effectiveness: Cools Too Quickly
  - Relative Humidity: 93%–88%
  - Heat: 72–87°F (22.22–30.55°C)

**Flaxseed Mask 20 Seconds in Microwave**

- **Low Temperature and Humidity Effectiveness:**
  - No Moist-Heat
  - Relative Humidity: 82%–61%
  - Heat: 95–80°F (35.0–26.6°C)

**Thermalon/Bruder Compress 20 Seconds in Microwave**

- **3–5 minutes Moist-Heat Therapy**
  - Effectiveness: Humidity Drops Off After 5 minutes
  - Relative Humidity: 88%–16%
  - Heat: 72–119°F (22.3–48.7°C)

**Thermalon/Bruder Compress 30 Seconds in Microwave**

- **Too Hot for Eyelids Effectiveness:**
  - Humidity Drops Off After 5 minutes
  - Relative Humidity: 86%–16%
  - Heat: 131–147°F (55.0–63.9°C)