

Skin Care Guide

It is important to monitor your skin where it contacts the electrode to ensure that irritation does not occur. If your skin becomes irritated, using the device may be uncomfortable. The most important step you can take is to prevent skin irritation from occurring in the first place. If it does occur, there are some simple steps you can take.

Prevention

Air Out Skin

Air-out skin after several hours of use during the day or after overnight use. Switch leg on which device is placed when convenient.

Do Not Over Tighten Band

The strap should not be so tight that the device and electrode indent the skin.

If you have sensitive skin, you may also consider the following:

Start Slow

Limit the time the device is on your skin to 3-4 hours per day in the first week. If you do not experience irritation you may increase use while closely monitoring your skin.

Use Skin Protectant

Apply a skin protectant before placing the device on your leg (see Chapter 8 of User Manual).

Check for Skin Irritation

Check for signs of irritation, including:

- ▶ Skin itches while device is on the skin or after removal
- ▶ Skin is red where it contacted electrode
- ▶ Raised or reddened hair follicles

If skin irritation develops then you should not place the device over the irritated area until it completely heals. You may apply a topical steroid cream to help accelerate healing and reduce irritation. You may place the device on the other leg or use different locations as shown in Appendix D of the User Manual.

If you experience skin irritation, then you should limit device use to 3 hours per day for a week to make sure that further irritation does not occur.

Never use the device on open wounds or rashes or over swollen, red, infected, or inflamed skin.