

## READ INSTRUCTIONS AND WARNINGS CAREFULLY BEFORE USE

LOW-LEVEL LED THERAPY CAN BE USED FOR THE FOLLOWING BENEFITS:

- 1) Peripheral neuropathy
- 2) Inflammation
- 3) Sleep optimization
- 4) Muscle recovery and speed healing times
- 5) Cognitive function
- 6) Joint Pain

THIS DEVICE OFFERS THREE DIFFERENT LASER WAVELENGTHS

- 1) 830nm and 850nm infrared LED diodes go deep into the tissue to deliver therapeutic pain relief, and angiogenesis.
- 2) 660nm red light LED diodes treat topically and have an analgesic effect, creates an anti-inflammatory response, and promotes angiogenesis.

TECHNICAL SPECIFICATIONS:

- 1) 830 and 850nm infrared diodes – (qty 117)
- 2) 660nm red light diodes – (qty 59)
- 3) 175 pcs of LED's
- 5) output power –
- 6) timer – 20 min auto-shutoff
- 7) environment temperature - 20-40 degrees C
- 8) size – 8cm x 8cm x 1.8cm
- 9) Operating voltage: 3.6V
- 10) Input voltage power: 100-240V

CLEANING INSTRUCTIONS:

1. Hand wash with a lightly damp cloth
2. Lightly wipe down the wrap
3. Be careful not to get the LED's or the power button wet

PARTS INCLUDED

1. Instructions
2. Cautions and warnings
3. 2 link cables (One 6-inch short cable and one 18-inch long cable) – Only used when connecting a pair of LED wraps together
4. 1 LED wrap
5. 1 power adaptor with wall plug
6. 2 stretchy straps

INSTRUCTIONS FOR USE:

- 1) Plug the power cord into the pad, and then into the wall.
- 2) If using two LED wraps at the same time, use the included “link cable” and link two of the pads together.
- 3) If treating the feet, position the wrap on the floor with the diodes facing up. From a seated position, step on the wrap with your heel towards the back of the wrap, but not all the way back. Next, fold the wrap up loosely over the top of the foot so that the top of the foot is covered with the diodes. (see image below)

- a. Use the 3" by 16" stretchy strap to secure the wrap into position. **DO NOT WRAP TIGHTLY AROUND SKIN. TO AVOID OVERHEATING OR BURN, WRAP LOOSELY AND ALLOW AIR TO CIRCULATE**



*Note: We include two stretchy wraps so that you can use these in various combinations to secure the wrap to all sorts of body parts and joints, as needed. Also, the grommet on the pad is useful for mounting the wrap to the wall for an ambient effect.*

- 4) Turn on the device – press the on/off button for two seconds, you will see the LED lights come on.
  - a. The green LED indicates the red lights are on. (1st setting)
  - b. Press the button again and the blue LED will indicate both the red and infrared lights are on. (2nd setting)

**Note:**

- 1) If treating a skin condition or for anti-aging effects use the red lights only (first setting)
2. For pain management and healing use the red lights and infrared (second setting).

- 5) Treatment Time
  - a. We suggest one 20-minute session per treatment area.
  - b. However, after 10-minutes of use, check skin.
  - c. LED Wrap has a 20-minute auto-shutoff
- 6) Keep unplugged when not in use.

*Note: Given that darker skin tones absorb more light energy, please use caution if this applies to you.*

## IMPORTANT CAUTIONS AND WARNINGS – **MUST READ BEFORE USE**

**DANGER:** To minimize the risk of burns, adverse reactions, or malfunction, DO NOT use this device without carefully following the instructions and warnings.

Patients first need to be assessed by their physicians for contraindications, risk factors, and medical history before using this product.

Supervision may be necessary to ensure precautions are followed, especially with young children and the elderly.

**HIGH HEAT WARNING:** Infrared and red light therapy generate heat that is capable of burning the skin, especially when the pad is pressed firmly against the skin. **TO AVOID BURNS FOLLOW ALL INSTRUCTIONS CAREFULLY**

**CAUTION:** if you have any lack of sensation or numbness in your foot, please use extreme caution.

1. Do not wrap tightly to the body. **A LOOSE FIT IS REQUIRED!**
  - a. When using the stretchy straps create a loose fit between the body part and the wrap.
  - b. The skin must have room to breathe during treatment, do not compress tightly.
2. Do not use on carcinoma, malignant tumors, or open wounds.
3. Avoid treating areas with black or brown blemishes – i.e. moles, as those can harness heat.
4. Do not use this product while sleeping.
5. Do not wear this product under clothes or cover with a blanket. **DO NOT TRAP IN HEAT**
6. Do not smother the pad by sitting or lying on it. **ALLOW AIR TO CIRCULATE THROUGH THE PAD**
7. Move your body part or foot around and/or shift the wrap when you feel it getting warm or hot.
8. Check skin after every 10 minutes of use. If you have any adverse reactions discontinue use immediately and contact your supplier.
9. If you find that the heat is uncomfortable, remove and reduce therapy session length as necessary.
10. Do not use on a recent injury. Wait at least 72 hours.
11. Do not look directly at the light
12. Keep children and pets away while in use.
13. Anyone under the age of 18 must use this product under strict supervision.
14. **DO NOT USE ON INFANTS.**
15. **DO NOT USE IF PREGNANT.**

### **ELECTRICAL PRECAUTIONS**

Keep connections dry. Always keep the unit in a place where it will not fall into water (e.g., a tub, sink, etc.). If the electrical connections fall into water, do not touch any wet part of the product. Unplug only at dry electrical connections.

Do not operate — or unplug immediately — if plug, or cord, is damaged.

To resolve damaged parts, unplug and contact your supplier.

- » **CONNECT TO A 110V AC OUTLET ONLY.**
- » **DO NOT HANDLE THE ELECTRICAL CORD WITH WET HANDS.**
- » **UNPLUG TO STOP THE PRODUCT WHEN NOT IN USE.**
- Unplug immediately after use. Never leave unattended when plugged in.
- » **USE INDOORS ONLY**

Do not use in places with flammable vapors or gasses, high oxygen concentrations or other oxidizers. Risk of explosion if used in the presence of flammable anesthetic. Keep all cords away from heated surfaces.

If you experience any adverse reactions discontinue use immediately and contact your supplier.

### **CONTRAINDICATIONS**

- » History of heat injury or adverse reactions to heat
- » Application areas with compromised local circulation
- » Potential wound healing problems, including those from multiple surgical procedures; do not apply heat to areas that are susceptible to developing bedsores
- » Circulatory syndromes such as Raynaud's disease, Buerger's disease, peripheral vascular disease, vasospastic disorders, sickle cell anemia, and hypercoagulable clotting disorders
- » Local tissue infection
- » Hand/wrist or feet/ankle surgery w/ complex regional pain syndrome