

NESS L300™ Skin Care Guidelines

Occasionally, after using the NESS L300 for an extended time, you may develop skin irritation or a skin reaction where the NESS L300 electrodes or the Functional Stimulation (FS) Cuff contacts the skin. Most reported cases of skin irritation occur after approximately three months of using the NESS L300. To promote healthy skin with increased wear time, it is important to develop a good skin care routine early and to follow these guidelines when using the NESS L300:

- Each day, before putting on the FS Cuff for the first time, clean the skin that will be directly under the electrodes with a wet washcloth. If the skin has any oils or lotions on it, then clean it with soap and water and rinse well.
- Always check your skin when putting on and taking off the FS Cuff. (If necessary, another person can help you check). Skin irritation or a reaction usually appears as redness or a rash.
- Maintain and replace the electrodes whenever necessary. Replace the electrodes at least every two weeks, even if they appear to be in good condition.
- After taking off the FS Cuff, always re-cover hydrogel electrodes with the protective plastic covers.
- Excess body hair where the electrodes adhere may reduce electrode contact with the skin. If necessary, remove excess body hair with an electric shaver or scissors. Do not use a razor. A razor can irritate the skin.
- When putting on the FS Cuff, make sure the electrodes uniformly contact the skin.
- When using the NESS L300 all day long, take off the FS Cuff for at least 15 minutes every three to four hours, to ventilate the skin.
- **If skin irritation or a skin reaction occurs:**
 - STOP using the NESS L300 immediately.
 - CONTACT your clinician, dermatologist, or Bioness clinical specialist.
 - RESUME use only when your skin is completely healed.
 - Once you resume use of the NESS L300, follow a CONDITIONING PROTOCOL as per the clinical recommendations from your clinician, dermatologist or Bioness clinical specialist.

For more information, please contact Clinical and Technical Support at: (800) 211-9136, option 3.

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