

SYMBYX PDCARE TREATMENT PROTOCOL

TIME TO COMPLETE: 20 minutes overall. (18 minutes on abdomen + 2 minutes on back of neck).

FREQUENCY: 3 times per week, with one day of rest between treatments. (For example, Mon, Wed & Fri).



TURNING THE LASER ON: Press the button gently on the top of device (1) and let go. You should hear 4 short beeps and see a flashing green light (2). There is no laser emission until the device end (3) is pressed onto the area to be treated. The green light within the ON push button (1) will also be shining.

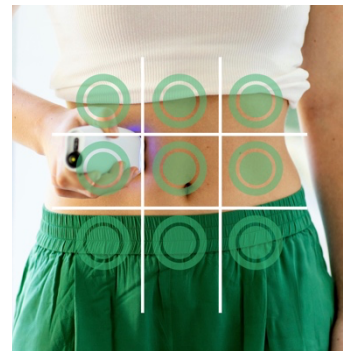
TREATMENT

i) THE ABDOMEN

Press the laser end of the device (3) onto the abdomen with enough pressure to turn it on. You will hear one beep as the laser starts working and the green light (2) will remain on. You may be seated, standing or lying down during treatment.

Press the laser device directly onto your bare skin in a grid pattern as shown. The laser will beep every 1 minute of laser treatment.

You should hold the device on each of the 9 spots marked on the diagram for 2 beeps (i.e., 2 minutes of treatment on each of the 9 spots). You can move your laser around the 9 spots in any order you choose, using your belly button as the middle point of the abdomen. The top 3 spots to treat are just under the ribs. The bottom 3 spots are just below the belly button.



If at any time during your treatment you release pressure on the laser device and the green light (2) switches off, start the minute again and continue treatment.

ii) THE BACK OF THE NECK

After completing the abdomen treatment, press the laser against the back of the neck, at the base of the skull, as shown on right for 2 beeps (i.e. 2 minutes of treatment). You do not need to move the laser device around the neck.

TURNING THE LASER OFF: Turn off the device using the button on top of device (1). The green light within the ON push button (1) will now turn off. To double check the laser has been fully turned off, when pressed against skin there should be no beeping sound or flashing light.



BATTERY CARE

- When your laser is getting low in battery (generally after approximately 4 hours of continuous use), it may start to beep every few seconds. Or it may work for several seconds, or even for several minutes, and then beep continuously. These are all signs your batteries are running low and need replacing.
- If your battery is not being turned off fully after each use, it will need replacing more often than every 4 hours of continuous usage.
- Please make sure the laser is turned off fully after each treatment. The green light within the ON/OFF button (1 on previous page) should be OFF.
- To change battery please find the small screw on the back of device and using a small flat head screwdriver, open and replace batteries.
- Do not over-tighten the screw once batteries are replaced.
- Rechargeable AAA batteries may be used. For convenience you may want to purchase 12 AAA batteries to have on hand, and an 8-slot battery charger for recharging batteries every few weeks.

SAFETY PRECAUTIONS & CONTRAINDICATIONS

- A level of caution should be exercised by all patients using a laser device.
- There is always a small risk of producing unwanted side effects, especially mild and transient nausea, vomiting, dizziness or vertigo.
- For further information on safety precautions and contraindications please see our website at www.symbyxbiome.com (Shop PDCare)