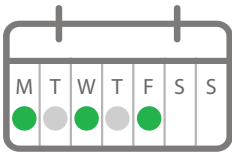


Please review the DermaCare Instruction Manual for full safety and operating advice before applying this treatment.



Time to Complete

Total of 1-15 minutes per treatment site. Refer to the Table 1.1 for guidance.



Frequency

- Acute pain conditions (<30 days duration): 5 treatments per week
- Chronic pain conditions (>30 days duration): 1-3 treatments per week, with one day of rest in between treatments.

Treatment Table 1.1

Treatment Area	Maximum Number of Treatment Points	Treatment Time (Minutes)
Top of foot	3	3
Heel	6	6
Ankle	4	4
Achilles tendon	6	6
Shin	6	6
Knee	6	6
Glute or quad	6	6
Hips/hip flexor	6	6
Back pain or spine	12-15	12-15
Fingers (or toes)	1	1
Wrist	4	4
Elbow	4	4
Shoulder	6	6
Neck	10	10

Safety Precautions & Contraindications

Please review the Safety Precautions and Contraindications page on our website and the Instruction Manual before use. SYMBYX is not your primary healthcare provider and you are advised to consult with one if ever in doubt. A level of caution should be exercised when commencing any new therapy as there is always a small risk of producing unwanted side effects. Do not use the device in contact with sensitive or broken skin (including open wounds). For treatment of these, hold the device a few centimetres above the area so the laser is not in contact with the skin. Do not use the device in contact with eyelids. Do not view the divergent beam with magnifiers. Please perform your treatment sitting or lying down, and take your time standing up to minimise any risk of falls or injury. If you experience any adverse reactions, please cease the therapy immediately and contact our Clinical Support team at clinicalsupport@symbyxbiome.com for further instructions.

Clinical Support

SYMBYX at
Email: clinicalsupport@symbyxbiome.com
Phone (worldwide): +61 2 8066 9966
Phone (UK only) +44 2037 698576

DermaCare Protocol



To learn more about SYMBYX, please visit our website and follow us on social media.



Contact Information

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DermaCare

The DermaCare can be used to treat:

- Skin conditions, including scars, dermatitis, eczema, psoriasis and rosacea.
- Open wound repair including ulcers (use the non contact approach)
- Peripheral neuropathy of the hands and feet (including diabetic neuropathy, post-shingles pain and chemotherapy-induced peripheral neuropathy)

Turn on the DermaCare

- Press the power button on the top of the DermaCare **1** and release. The small green light within the power button will now be illuminate.
- This will be followed by 4 short beeps and a flashing red light band **2**.
- When the DermaCare is pressed onto the treatment area, the red band will illuminate, indicating that the laser diodes are now emitting laser light **3**.

How to Use:

- Press the laser end of the DermaCare **3** onto the bare skin of the treatment point with enough pressure to turn on the red light band **2**.
- Please be seated, standing or lying down during treatment.
- Hold the laser on or over the area until the DermaCare beeps (the beep indicates 1 minute of treatment).
- Move the laser at least 1.5-2cm to another treatment point (where you are experiencing pain) in the treatment area. Move the laser around the treatment area for the total time recommended in Table 1.1. Alternatively, you can move the laser up and down over the entire treatment area for the total treatment duration as indicated in Table 1.1.

5. If at any time during your treatment the DermaCare loses contact with your skin (and the red light band turns off), reposition the laser back onto the treatment point. the DermaCare will continue treating for the remaining time of that minute.

Non-contact Approach for Open Wounds and Broken Skin

When treating an open wound, ulcer, or any area of broken skin, or it is too painful to have the laser in contact with your skin, use the non-contact approach.

Place a rubber band around the length of the DermaCare, and hover the device a few centimetre (4cm or less) away in the air. This will allow you to hold the DermaCare off your skin and the laser will continually emit as you move the device around.

(It's important that you do NOT directly contact the injured site with the laser probe).

Peripheral Neuropathy

Hold the DermaCare in one position, moving it ~1.5 - 2 cm after each 1 minute of laser treatment (it will make an audible beeping sound every 1 minute) up to a total time of 7 minutes.

- It is recommended that you treat frequently: apply once a day up to 5 times a week, continuously for at least 6 weeks.
- Focus on the most painful areas for any treatment session. The treatment sites may change over time as you begin to heal. Often, the pain will move away from the fingers and toes and back up the body. This is a sign that the body is healing.
- Make sure you broadly treat the entire area you are experiencing peripheral neuropathy. For example, if you're experiencing peripheral neuropathy in your foot, this may include treating the top and bottom of the foot, around the ankle, and up the shin.

Acute Swelling

When applying the DermaCare to a body area with acute swelling, keep moving the device with light pressure, rather than holding it stationary, for a total treatment time of 2-5 minutes.

- » Acute swelling: Commence with daily application for the first 3 days (if tolerated) and then up to x5/week
- » Chronic swelling: use the device up to 3 times a week, with a day's rest in between treatment sessions.

Treating Skin Conditions

Apply the DermaCare laser over the treatment area you wish to treat. Use Table 1.1 to guide you on how long to treat your chosen treatment area.

- Treat 3–5 times per week, with one day of rest between treatments for acute conditions.
- 1–3 times per week, with one day of rest between treatments for chronic conditions.

Turn Off the DermaCare

1. Press the power button on the top of the DermaCare **1** and release.
2. The small green light within the power button will now turn off **1**.
3. When pressed against skin there should be no beeping sound or flashing light.

Battery Care

- When the DermaCare is low in power, you will notice the following signs:
 - It may work for several seconds or minutes and then beep continuously
 - It may start to beep every few seconds after you turn it on
 - It may not turn on at all
- Please make sure the DermaCare is turned off after each treatment. The green light within the power button should be off.
- If the DermaCare is not turned off after each use, the batteries will need replacing more often than every 4 hours of continuous usage.
- To change the batteries, unscrew the back of the device by using the small flathead screwdriver (provided), open and replace the batteries. Do not over-tighten the screw once the batteries are replaced.
- Rechargeable AAA batteries may be used. For convenience you may want to purchase 12x AAA NiMH batteries to have on hand, and an 8-slot battery charger for recharging batteries every few weeks.