

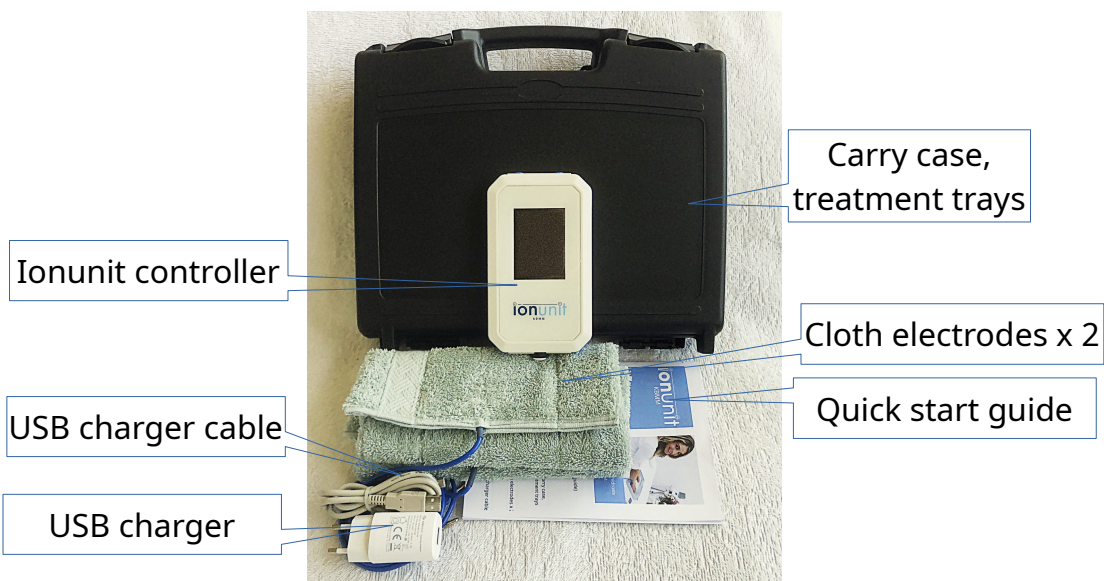


Iontophoresis Kit MK8 Quick-Start Guide



Effective hyperhidrosis
treatment

What's inside your kit:

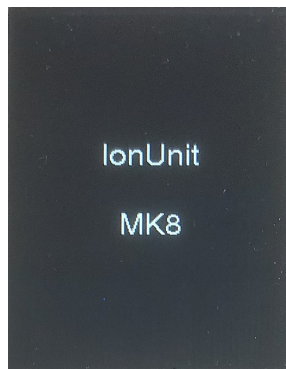


Setting up:

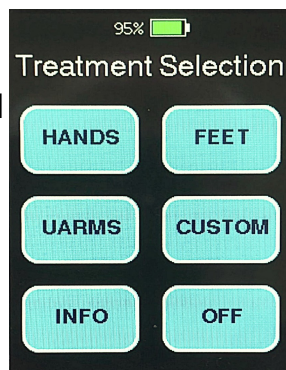
- Set up the opened case on a level surface.
- Place the cloth electrodes in the treatment trays formed by the case.
- Plug the electrodes into the blue sockets on the top of the controller.
- Clean and rinse the areas to be treated.
- Cover any cuts or abrasions with a barrier cream such as petroleum jelly, in order to avoid concentrated current areas that could result in a stinging sensation.
- Fill each tray with warm tap water to a level that covers the areas to be treated (typically, to a level half-way up the sides of the hands or feet).
- In some cases, the local tap water may be too “soft” or may not contain sufficient minerals to provide adequate conduction. Add one or more teaspoons of non-iodised salt and/or bicarbonate of soda to each tray.
- More extreme cases of problematic tap water may require the use of a standard saline solution instead.

Operating instructions:

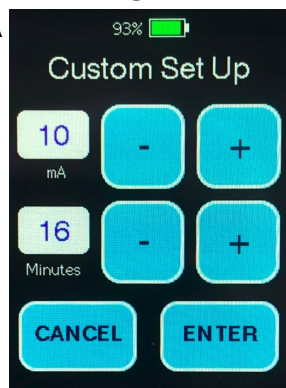
- Switch on the controller by holding in the push button at the bottom of the unit until this screen appears.



- The Ionunit has a touch screen, so a gentle touch of the buttons is all that is required to operate the controller.
- Select the desired treatment profile from one of the four options on the HOME page.
- **HANDS:** this profile is set for a treatment current of 5 mA, which will run in each of two directions (FWD) and (REV) for 10 minutes each way, giving a total treatment time of 20 minutes.
- **FEET:** this profile produces 7 mA for 15 minutes each way, giving a total treatment time of 30 minutes.
- **UARMS:** this profile is for under-arms and runs for 10 minutes each way at 3 mA.
- **CUSTOM:** this profile allows for custom settings with a range of current from 2 mA to 20 mA and a total treatment time of 2 minutes to 60 minutes (half of that time each way).
- Setting up custom times and currents on the CUSTOM page is done using the + and – buttons. ENTER saves the chosen values to memory and then transitions to the STOP page.
- CANCEL returns to the HOME page.
- The **INFO** button brings up a series of five information pages, detailing treatment tips and instructions.
- The **OFF** button turns the controller OFF.

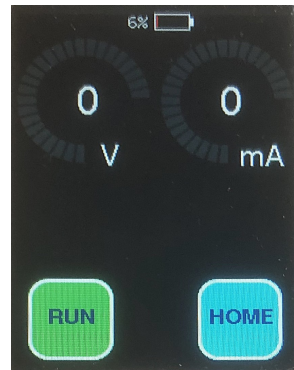


HOME page

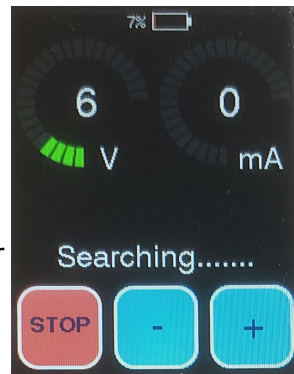


CUSTOM page

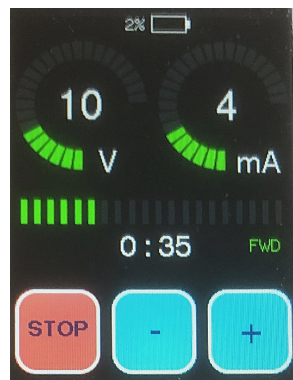
- Once the treatment profile has been selected, the controller transitions to the STOP page.
- The battery indicator at the top of each page shows the state of charge of the battery.
- Place hands/feet in the trays to commence treatment.
- When ready, touch RUN to transition to the RUN page and start treatment.
- If alone while treating hands, place one hand in the water and use the other hand to touch RUN. Once on the RUN page, the voltage (V) will rise and fall, searching for the user to complete the circuit. Place the other hand in the water when the voltage is moving through its lower values.
- The current (mA) will ramp up to the pre-set value, and the timer indicator (minutes : seconds) and the progress bar will appear. The voltage (V) will settle at the value needed to produce the required current (mA).
- Treatment commences in the FWD direction (polarity one).



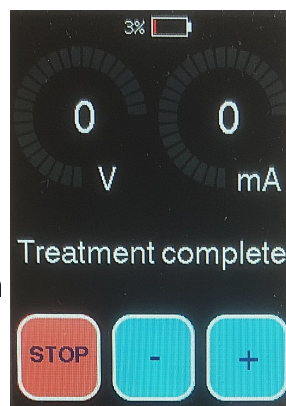
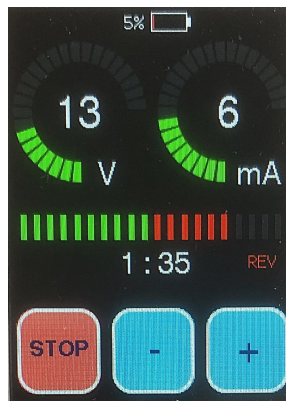
STOP page



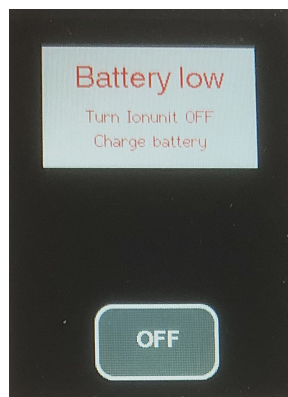
RUN page



- If the treatment does not start, remove the hands/feet and add non-iodised salt and/or bicarbonate of soda to the water (one or more teaspoons in each tray) and try again.
- After half the pre-set time has elapsed, the current will ramp down, the polarity will reverse and the current will ramp up again, in the REV direction (polarity two).
- The current level can be increased or decreased during treatment as required, by touching the + or - buttons on the control unit. The user may wish to increase the treatment current, if still comfortable.
- A high setting (above 10 mA) is not necessarily more effective and will drain the battery more quickly.
- Decrease the default setting if any discomfort is experienced.
- Too low a setting (below 2 mA) will probably not be effective.
- After the total treatment time has elapsed, the current will ramp down, completing the treatment session.
- Touch STOP to end the session and return to the STOP page, from which one can navigate back to the HOME page.

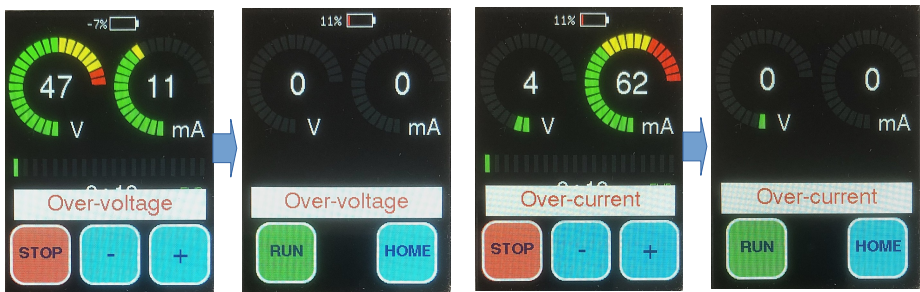


- Remove hands/feet (or under-arms kit) before turning the unit off.
- Turn the controller OFF using the OFF button on the HOME page.
- Disconnect the leads from the controller.
- Empty the trays and then rinse them and the cloth electrodes.
- Gently squeeze out excess water from the cloth electrodes while rinsing and then allow them to dry.
- Allow to dry completely if packing away.
- The controller ceases treatment if the battery level is allowed to drop below 0 %. This screen is then displayed.
- If the controller is not turned OFF at this point, it will eventually shut itself off to protect the battery.
- It is best to keep the controller charged to around 80 % when storing long term.
- If treating the under-arms, make sure that the stainless steel paddles are fully covered and that the socks are thoroughly soaked.



Safety trips:

Two trip conditions are programmed into the Ionunit. If either of these trips is triggered, treatment will cease and the voltage will ramp down. The tripped condition will be displayed. It can be reset by touching the RUN button on the STOP page to resume operation, or the HOME button to navigate back to the HOME page.



Over-voltage

- This trip signifies that the voltage went above the set safety limit of 45 V.

Over-current

This trip signifies that the current went above the set safety limit of 20 mA.

- This condition is unlikely to occur during normal operation.
- It can, however, arise during a short-circuit or if the current is set at or near maximum (20 mA) and it momentarily rises above 20 mA during a ramp-up.

Charging the unit:

- Plug the USB cable into the socket at the top of the control unit and into the USB charger.
- Plug the charger into a suitable mains outlet.
- The RED LED indicator will illuminate while charging is taking place.
- Charging is complete once the GREEN LED indicator illuminates.
- As a safety measure, the unit will not operate while plugged into the mains during charging. The circuitry is physically disconnected during charging.

Under-arm treatment:

- The under-arm kit can be purchased separately (see website).
- Thoroughly soak the double cotton socks that cover the paddles in warm tap water.
- Connect the paddles to the controller.
- Under-arms should be free of deodorants or antiperspirants.
- Ensure that the socks remain thoroughly soaked throughout, stopping treatment to re-soak them if necessary.

Methodology:

- Users sit with their hands/feet in shallow trays filled with tap water while the control device passes a few milliamps of current through the water.
- The process requires six to eight treatments on average, no more than one per day.
- The treatments can be carried out daily or even every second or third day.
- The user then switches to a maintenance schedule of one treatment every two or so weeks or even months as required to prevent the return of hyperhidrosis.
- In rare, difficult cases, certain prescription drugs may have to be added to the water.

Treating hyperhidrosis with iontophoresis:

- During iontophoresis treatment, a very mild electric current is passed through water and into the affected areas, through the skin's surface.
- The treatment is non-invasive as it is applied only through intact skin.
- There are no significant side effects, and the benefits are long term with the use of a maintenance schedule.

Please visit our website for more information.

www.ionunit.com