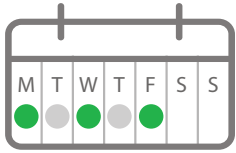


Please review the DermaCare Instruction Manual for full safety and operating advice before applying this treatment.



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): Up to 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

Allow at least 1.5-2cm between treatment points

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, use the non-contact approach, holding the device a few millimetres 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.

For further information on safety precautions and contraindications please check our website and the Instruction Manual. If you experience worsening balance, tremor, headache, nausea, dizziness, and/or other adverse reactions, please cease the therapy immediately and contact our Clinical Support Team at clinicalsupport@symbyxbiome.com for further instructions.

DermaCare Protocols



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



Contact Information

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Turn On the DermaCare Laser

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

Skin Conditions, and Superficial Pain and Inflammation

1. Press the laser end of the DermaCare **C** onto the bare skin of the treatment point with enough pressure to turn on the red light band **B**. Please be seated or lying down during treatment.
2. Hold the laser on or over the area until the DermaCare beeps (the beep indicates 1 minute of treatment).
3. After each beep (1 minute, move the laser at least 1.5-2cm to the next treatment point. You can apply the laser up to a total number of treatment points recommended in Table 1.1 for each region.
4. If the DermaCare loses contact with the skin (and the red-light band turns off prematurely), press the laser back onto the same treatment point. The DermaCare will continue treating for the remaining time of that minute.

Ulcers, Open Wounds, Broken Skin, Skin Infections and/or Sensitive Skin (Non-Contact Approach)

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

1. Place a rubber band around the length of the DermaCare, and hover the device a few millimetres away from the skin (4mm or less, or as close as you can comfortably get without directly contacting the skin). This will ensure you to hold the DermaCare off your skin while ensuring the laser continually emits red light as you move the device around.
2. After each beep (1 minute), move the laser at least 1.5-2cm to the next treatment point, treating until the entire area has been covered, or up to the total number of treatment points recommended in Table 1.1 for each region.

Superficial Peripheral Neuropathy

The DuoCare 904 is the most effective device for peripheral neuropathy, however the DermaCare can still be used to treat superficial peripheral neuropathy, such as of the hands or feet, or for post-shingles pain. As it uses red light (635 nm) instead of infrared light (904 nm), it does not have the same depth of penetration as the DuoCare, and therefore cannot be used for deep peripheral neuropathies, such as in the back, neck, buttocks or legs.

Apply the DermaCare Laser over the area you wish to treat. At each site of nerve pain, hold the laser in one position, for 1 minute (the laser will make an audible beeping sound every 1 minute). Then move the laser along to the next most painful site. Treat until the area has been covered, or up to a maximum total time of 6 minutes for post-shingles pain, or 12 minutes over the hands or feet. It is recommended that you treat consistently: up to x3/wk on alternating days (eg. Monday, Wednesday, Friday) for up to 6-8 weeks. Turn off the Derma Care.

Note: for the first week of treatment, we recommend treating at half dosage, to ensure your body responds positively to the therapy. Treat only up to a maximum time of 3 minutes for post-shingles pain, or 6 minutes over the hands or feet during one session. If the first week (up to 3 sessions) are tolerated well, you may then move onto the full protocol written above, treating for up to 6 or 12 minutes during each treatment session.

Acute Swelling

To treat acute swelling, keep moving the device with light pressure, rather than holding it stationary, for a total treatment time of 2-5 minutes. Use the non-contact approach for any areas of broken, damaged and/or sensitive skin.

Commence with daily application for the first 3 days (if tolerated) and then up to 5 times a week for up to 4 weeks. For swelling persisting for more than 30 days, use the DermaCare up to 3 times a week, with a day's rest inbetween treatment sessions (eg. Monday, Wednesday and Friday).

Turn Off the PhysioCare Laser

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

Battery Care

- When your DermaCare is low in battery, 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
 - Or it may not turn on
- Please make sure the DermaCare is turned off fully after each treatment. The green light within the power button should be off.
- If your DermaCare is not being turned off after each use, the batteries will need replacing more often than every 4 hours of continuous usage.
- To change the battery, unscrew on the back of the device by using a 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.