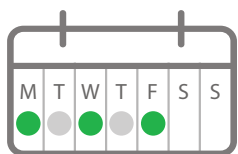


Please review the DermaCare Instruction Manual for full safety and operating advice before applying this treatment.



### Time to Complete

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



### Frequency

- Acute conditions (<30 days duration): up to 5 treatments per week.
- Chronic conditions (>30 days duration): 1-3 treatments per week, with one day of rest in between treatments (eg. Mon, Wed, Fri).

### 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, 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](mailto:clinicalsupport@symbyxbiome.com) for further instructions.



Scan the QR code to watch the video:

How to use the DermaCare red light laser to treat skin conditions

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



### Contact Information

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# DermaCare Protocol





## 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

### Skin Conditions, and Superficial Pain and Inflammation

- 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 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 in the treatment area and hold it there until you hear another beep (another 1 minute). Move the laser around the treatment area up to the total time recommended in Table 1.1.
- If at any time during your treatment the DermaCare loses contact with the 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.

### 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.

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

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

After each beep (1 minute), move the laser at least 1.5-2cm to another treatment point, until the entire injured area has been covered, or up to the total time recommended in Table 1.1.

### Superficial Nerve Pain

The DermaCare can be used to treat superficial nerve pain in the hands or feet (acute or chronic pain). However, our most recommended device for nerve pain is the DuoCare 904, as it's stronger, and uses super-pulsed infrared 904 nm for deeper penetration. To target deeper nerve pain such as in the back, neck, buttocks or legs, the DuoCare 904 is recommended.

- For the first week of treatment, treat with half dosage to ensure your body responds positively to the light stimulus.
  - Acute nerve pain: Treat up to a maximum time of 3 minutes.
  - Chronic nerve pain of the hands and feet: Treat up to a maximum time of 6 minutes.
- If the first week (up to 3 sessions) are tolerated well, you may then move onto the full protocol, treating for up to 6 or 12 minutes during each treatment session.
- For the following weeks 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. 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 (acute nerve pain), or 12 minutes over the hands or feet (chronic nerve pain). It is recommended that you treat consistently: up to 3 times on alternating days (e.g. Monday, Wednesday, Friday) for up to 6-8 weeks.

## Acute Swelling

- When using the DermaCare 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 for up to 4 weeks. For swelling persisting more than 30 days, use the DermaCare up to 3 times, with a day's rest inbetween treatment sessions (eg. Monday, Wednesday and Friday).

## 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, 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.