

Quick Reference Guide

Nalu Adhesive Clips and Therapy Discs

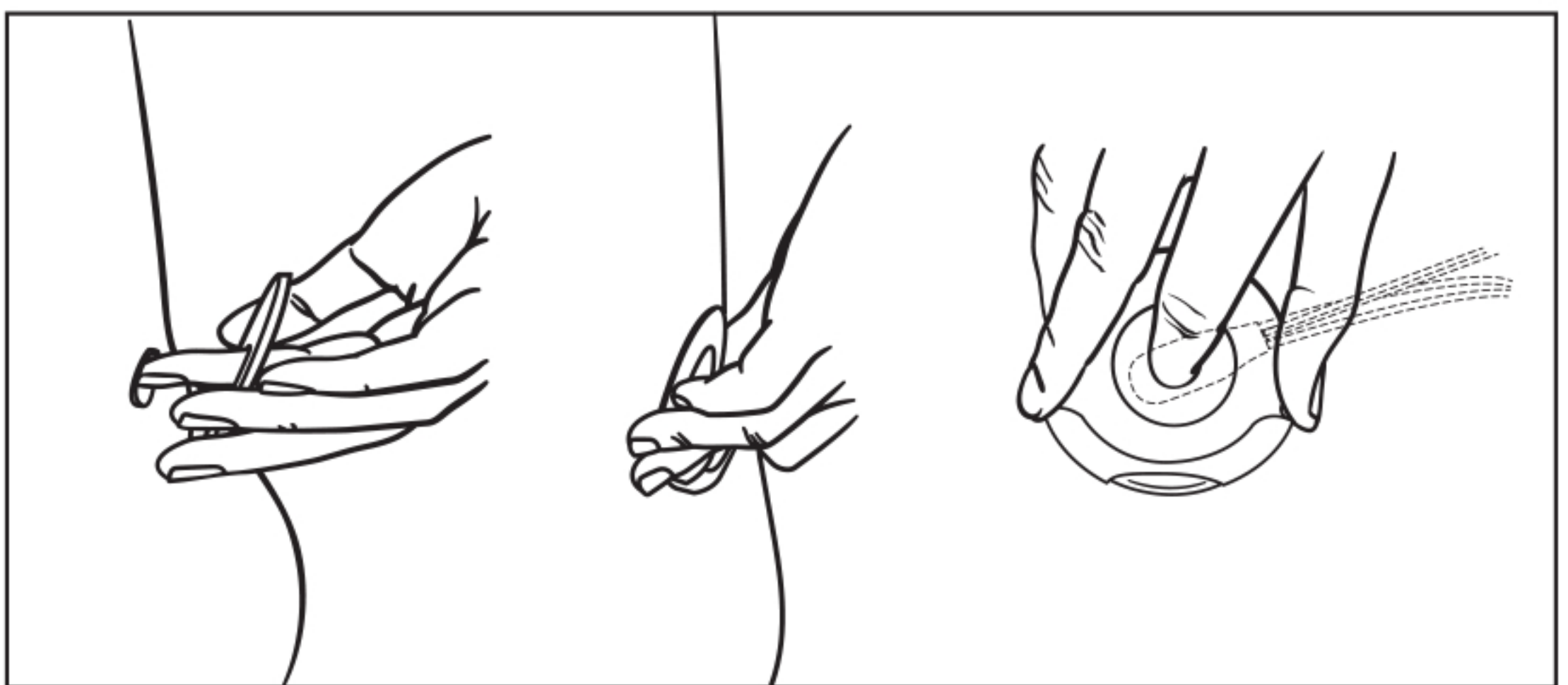


Preparing the Skin

1. Make sure the skin is clean, use only mild soap and water. Do not use lotions, soaps, or body wash with additives in the area where the clip will be placed as these additives may interfere with the adhesive bonding.
2. Make sure the skin is dry. Wet skin will interfere with the adhesive bonding.
3. If necessary, shave hair with an electric razor, or trim hair as close as possible to the skin with scissors.

Applying the Clip

1. Remove the adhesive liner
2. Grasp the clip between your thumb and finger and place your index finger through the center hole. Your index finger can be used to locate the implant.
3. Press the clip against your skin, ensuring the heel (where the Therapy Disc sits) is towards the bottom.

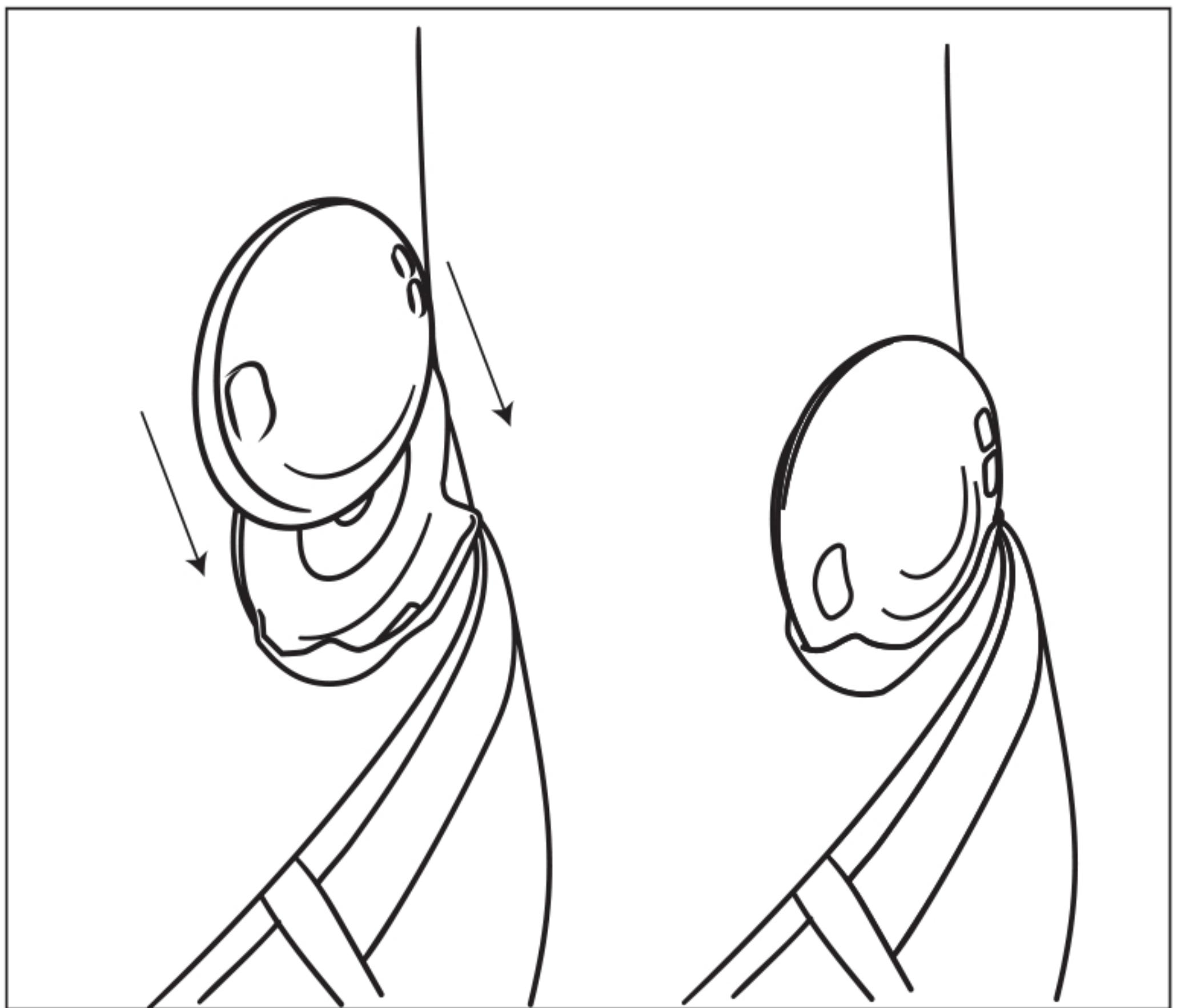


Note:

- Avoid placing the adhesive with the skin under tension
- Ensure the adhesive is smooth when applying and does not have bunches or folds

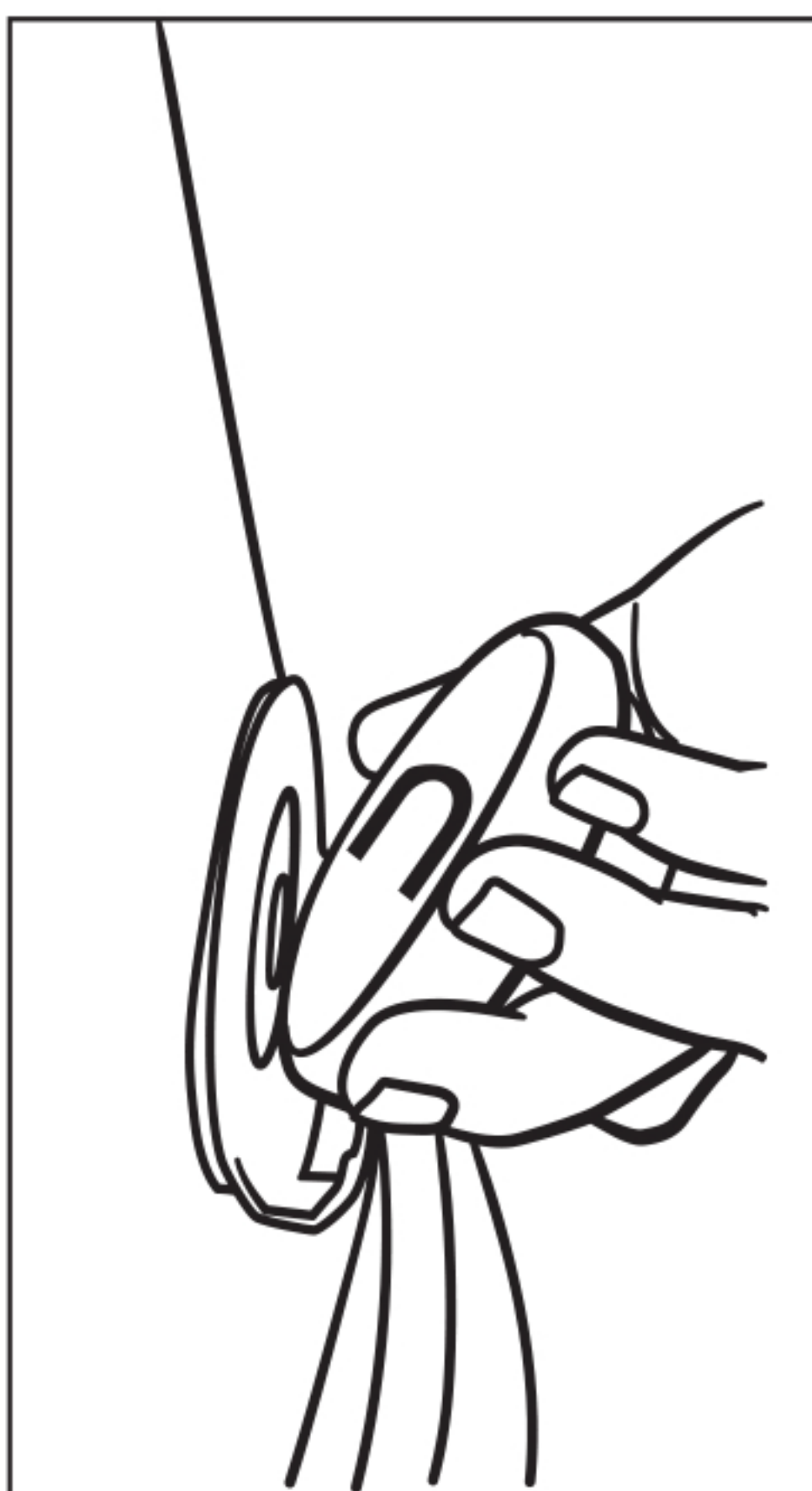
Placing the Therapy Disc

1. Slide the Therapy Disc into the open side of the clip until it clicks into place.
2. Ensure that the buttons are facing away from your skin.



Removing the Therapy Disc

1. Grip the sides of the Therapy Disc.
2. Gently work one finger between the plastic of the clip and the Therapy Disc to unlock the Therapy Disc.
3. Gently lift the Therapy Disc away from the surface of your skin and out of the clip.



Adhesive Wear Time

1. The wear time for the Adhesive Clip varies per activity level and skin type.
2. Wear the clip until it feels like the adhesive is coming loose or starts to feel uncomfortable.
3. It is recommended that you use a commercially available adhesive remover (spray) to remove the clip.
4. Literature recommends assessing the skin under adhesives at regular intervals.¹ Until you have determined how your individual skin and activity level affects the adhesives, you may want to limit initial duration of wear to 3 to 4 days and adjust the time as needed as you learn more.

1. Journal of Wound, Ostomy and Continence Nursing, 2013;40(4):365-380.

Removing the Clip

1. Remove the Therapy Disc from the clip
2. Apply the adhesive remover wipe or spray to the adhesive before and during clip removal to help loosen the adhesive.
3. Using your finger, gently work between the adhesive and your skin to loosen the clip until it detaches.

Note: **DO NOT peel the adhesive off quickly**

4. Discard the used clip.
5. Any adhesive residue should be cleaned using an adhesive remover wipe or spray. **DO NOT use alcohol.**
6. Gently clean the skin, using **only mild soap and water.**



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**Please refer to the patient manual for
complete instructions and for applicable
warnings and precautions.**

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