



## Hernai Belt - Instructions

*Please read carefully.*

**THIS PRODUCT IS INTENDED FOR APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. PROPER FIT AND APPLICATION OF THIS PRODUCT MUST BE PERFORMED BY A MEDICAL PROFESSIONAL. THESE DIRECTIONS ARE GUIDELINES ONLY AND ARE NOT OFFERED AS MEDICAL RECOMMENDATIONS.**

Your doctor or orthotist may alter some of these general instructions. Your doctor and orthotist know your medical status and are using this orthosis as part of your total healthcare. It is important to follow their instructions carefully, even if they differ from some of the following guidelines.

*APPLYING THE BELT Your hernia belts original fitting must be done by a qualified health care practitioner. The belt should already be adjusted to fit your body.*

### **Applying Hernia Belt:**

Position the hernia pads directly over the hernia site. Wrap belt around waist. Secure the belt in a gentle but firm manner, exerting just enough pressure to push the bulge back in. Once the hernia(s) have been reduced secure the adjustment straps of the belt to maintain pressure. For maximum effect apply in supine position.

### **Washing Instructions:**

Hand wash support in mild soapy cool water. Rinse thoroughly and Drip Dry on flat surface.

**Do Not** use solvents or chlorine bleach. **Do Not** put in the dryer. **Do Not** iron.

### **Note:**

Always consult with a Health Care Practitioner before making any changes in your support.

*Discontinue use at once if any sign of dermatitis or other problem occurs. If discomfort occurs while wearing support, discontinue use at once and contact fitter or physician. Discontinue use at once if signs of prolonged wear affect usefulness of support. Contact fitter or physician with any questions about proper care or use. This item is intended for use in medical treatment, and not to be worn as a protective device during sports activity.*

**Support Should Not** be worn while sleeping. **Support Should Not** be worn by persons with phlebitis or circulatory problems. **Never** wear support over an open wound.

