



LOLA & LYKKE®

INSTRUCTIONS FOR USE

Lola&Lykke® Core Restore Postpartum Support Belt

LOT see packaging



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Finland



Instructions for use
Lola&Lykke® Core Restore Postpartum Support Belt



Dear Customer, thank you for choosing our support belt!

The instructions for use should help you to get the best use out of your product. Please read the instruction manual carefully - particularly the “Usage and safety instructions” - before using this product for the first time. You can download the Instructions for Use from our website, at www.lolalykke.com. We will be glad to answer any questions and to receive any suggestions you might have.

Your Lola&Lykke team



Please observe and retain the instructions for use and the packaging.
Made in China

FIELD OF APPLICATION

These instructions for use apply to the following products:

TJ-CJ-MBB-S - Lola&Lykke support belt, size S

TJ-CJ-MBB-M - Lola&Lykke support belt, size M

TJ-CJ-MBB-L - Lola&Lykke support belt, size L

TJ-CJ-MBB-XL - Lola&Lykke support belt, size XL

PRODUCT CONTENT

1 Lola&Lykke support belt in the selected size (S, M, L, or XL)

1 instruction manual

PURPOSE AND INTENDED USE

The Lola&Lykke Core Restore support belt is an orthopaedic compression belt, consisting of a belt with dual layer fully adjustable hook and loop fastening panels. The belt is designed for short-term use around the hips and the waist. It is intended to be worn by women after childbirth to ease pain in the back and hips, and to provide support for ligaments and abdominal muscles weakened by the physical effects of pregnancy. The compression belt helps increase circulation, supports postnatal recovery, and improves posture.

AREAS OF APPLICATION

The Lola&Lykke support belt is for postpartum mothers who require support for their core muscles, pelvis, and ligaments. If you have had a c-section, the belt may be used to speed-up recovery process afterwards. The support band provides help with supporting your surgical incision, holding your abdominal muscles together and increasing circulation at your surgical site to promote healing and decrease swelling.

FUNCTIONALITY

The Lola&Lykke support belt supports the stomach and alleviates back pain by effectively supporting the abdominal area after childbirth. The fully adjustable hook and loop fastening panels mean that you can adjust the belt to suit individual requirements. Using the two elastic hook and loop straps, the supportive effect can be adjusted to fit personal requirements for comfort and stability.

USER INSTRUCTIONS

It is important that you use the right size of Lola&Lykke support belt and that it is positioned correctly, to achieve the best level of support. The graphics and product images on the packaging indicate the correct sizing and the correct positioning of the belt. When doing this, follow these steps:



1. Open the support belt by undoing the hook and loop fastener.
2. Place the belt with the large surface level on the lower back so that the product label is on the bottom right side as you place the belt around your hips and waist.
3. Fasten the lower level hook and loop panel around the hips, so that it feels comfortable.
4. Then fasten the upper level hook and loop panel around the waist, ensuring that there are no folds in the fabric that could cause a pressure sensation.
5. The band should be worn at a comfortable tightness and allow you to breathe freely all the way to your stomach. If it restricts your breathing, loosen the compression of the band.
6. Be cautious of tightening the band too much, as this may place excessive pressure on your pelvic floor. The postnatal band should be tightened just enough to offer gentle support, but no tighter.
7. If you feel that the support belt is too tight or too loose, repeat steps 1 - 4 and change the tension of the elastic straps. There is an application video on our website to show you how to position the belt correctly.

SAFETY INSTRUCTIONS



The support belt should only be worn when standing, walking or breastfeeding and not during sedentary breaks or when sleeping. If, while wearing the belt, you should start to feel unwell (dizziness, high pressure) then please undo the support belt immediately.



Side effects could include skin irritation such as redness, swelling or itching due to a build-up of heat in the area of the support belt. If this happens, take off the support belt immediately.



If you are using the band after a c-section, please always ensure that the band is positioned over your surgical wound and that it does not rub the wound. In case any special conditions apply to your post-operative health or in case your surgical wound becomes infected, stop using the band and consult your doctor.



Before use, check the support belt to make sure that it is intact. Do not use the support belt if, for example, it is damaged, to avoid any risk of injury.



If the belt is pressing too hard or slips, then you might need a different size. See the measurement chart/sizing on the packaging.



In case of a known hypersensitivity and allergic reactions to one of the material components mentioned, you should stop using the support belt or only use it after having consulted your physician.



If the symptoms persist or worsen, please seek advice from a doctor.



All serious incidents occurring in connection with this product must be reported to the manufacturer immediately.

SAFEKEEPING, SERVICE LIFE, STORAGE, AND TRANSPORT

With normal usage, the product should be replaced after 3 years.

CLEANING AND DISPOSAL INSTRUCTIONS



The Lola&Lykke support belt is only suitable for hand wash and should be dried in open air without wringing or twisting. To prevent damage to the support belt, the use of chemical cleaning agents and ironing the support belt is not recommended. Please observe the cleaning and care instructions on the product to increase the service life of your belt. The Lola&Lykke support belt can be disposed of along with the household waste. Please observe the regional disposal regulations in the process.

MATERIAL COMPOSITION

The Lola&Lykke postpartum support belts are composed of:
82% nylon
18% polyester

EXPLANATIONS OF THE SYMBOLS USED



Manufacturer



Caution!



Do not dry



Medical Device



Hand wash



Batch number



Do not iron



Observe instructions for use

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For questions, please contact: info@lolalykke.com