

# aquilo

## INSTRUCTION GUIDE





1. UNSCREW THE LID



2. FILL THE CONTROL LID AT LEAST HALFWAY WITH WATER



3. ADD ROUGHLY 2-3 KG (5-7 LBS) OF ICE  
*(DO NOT CONTINUOUSLY ADD ICE DURING TREATMENT!)*



4. SCREW THE LID BACK ON THE CONTROL UNIT



## 5. HOW TO PUT ON THE RECOVERY PANTS

Grab the pants by the waist as you carefully put each leg through the pants. Make sure both feet are on the ground before pulling the pants up high over your hips and waist.

Grab and stretch from the front and back of each side of the velcro and connect, starting from the inner groin all the way down to the ankle. Pay close attention to pad wrinkles in the back of the thighs and inner groin.



**5.1** Use one hand to stretch and tuck in the top flap towards the back of the leg. Use the other hand to stretch the bottom flap up and over the top flap to connect the velcro.



**5.2** Repeat this motion while keeping your leg straight as you connect the velcro down the length of the pants.





**6. SNAP THE RECOVERY PANTS TO THE CONTROL UNIT**



**7. PLUG THE PORTABLE BATTERY OR THE POWER CORD INTO THE DC INPUT OF THE CONTROL UNIT. PLUG THE POWER CORD INTO A STANDARD WALL OUTLET.**



**8. RELAX AND RECOVER WITH AQUILO FOR 15-20 MINUTES**

If at any point during your treatment you feel like there is a section of your leg that is not being treated, un-velcro the pants and carefully repeat steps 5 through 5.2 in that region.



- 9. AFTER YOUR COOLING TREATMENT, UNPLUG THE RECOVERY PANTS FROM THE CONTROL UNIT AND POUR OUT ANY REMAINING ICE AND WATER**  
*(IT IS NOT REQUIRED TO DRAIN THE RECOVERY PANTS BETWEEN USES)*

- 10. IF YOU DECIDE TO DRAIN THE PANTS, CONNECT THE PROVIDED “DRAINAGE HOSES” AND HANG THEM IN A SHOWER OR ABOVE A SINK FOR 5-10 MINUTES.**



- 11. AFTER YOU ALLOW THE PANTS AND THE RESERVOIR A FEW HOURS TO DRY, FOLD THE PANTS AND PLACE THEM IN THE BACKPACK BEHIND THE CONTROL UNIT.**

# IMPORTANT PRECAUTIONS

- ⦿ DO NOT RUN THE SYSTEM WITHOUT THE PANTS CONNECTED
- ⦿ BE CAREFUL WITH THE CONTROL UNIT DURING USE AND TRAVEL
- ⦿ IF YOU CRACK THE RESERVOIR DUE TO MISUSE, CONTACT CUSTOMER SERVICE AS SOON AS POSSIBLE
- ⦿ DO NOT STORE PANTS IN A CLOSED CONTAINER. ALLOW THE PANTS ENOUGH TIME TO DRY BEFORE LONG-TERM STORAGE
- ⦿ THE CONTROL UNIT AND PANTS MAY FORM CONDENSATION DURING USE.
- ⦿ DO NOT SHARE THE AQUILO PANTS UNLESS THE PANTS ARE PROPERLY CLEANED BETWEEN USERS.

## ADDITIONAL WARNINGS AND PRECAUTIONS

- Improper or prolonged use of the system may result in physical harm, tissue damage, or frostbite.  
**Recommended usage time is 15-20 minutes per treatment.**
  - Keep the system upright and on a level surface at all times.
  - To avoid damage to your product:
    - Always use clean fresh tap water.
    - Do not run the unit without the reservoir filled with ice and water.
    - Do not run the unit without the pants connected.
    - Do not remove any components from the pants or plastic enclosure Doing so will void the system Warranty.
    - Do not use around sharp objects that may cut tubing inside the pants.
    - Do not use if you have an open wound or a skin condition in contact with the pants.
  - To avoid risk of electrical shock, unplug the power cord prior to emptying the system.
  - Do not operate the system with a damaged power cord or connector tubers.
  - Do not use if system is leaking or has been damaged or submerged.
  - To avoid injury, be careful not to trip over system connector tubes and power cords.
  - Do not use if you have a conflicting medical condition.
  - Storage temperature conditions: 33°F - 120°F (1°C - 50°C), well ventilated areas.
  - Do not leave in very hot or freezing area.
  - Do not carry the unit by any of the connector tubes or power cords
  - Do not store for long periods with water in the system.
  - Failure to follow these instructions may result in inadequate cooling or system malfunction.
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## TROUBLESHOOTING AND HELPFUL TIPS

- **If you have trouble connecting the velcro on the recovery pants:**
  - Use one hand to pull up on the center seam at the bottom of the groin and the other to continue connecting velcro down.
  - Put all of your weight on the leg you are trying to connect down. Keep it as straight as possible.
  - Have someone else help you connect the velcro if these tips don't work.
- **If the Recovery Pants feel as though they are not flowing properly:**
  - Ensure that the connectors of the pants and the hoses of the Control Unit are fully connected and "snapped".
  - Undo the velcro connection on the pants with the system still connected and running. Then stretch and shake out any wrinkles in the pad.
- Run your hands along the inner groin region and pull the overlap flap until it is flat against the inner leg.
- Then reconnect the velcro down again, being sure to stretch as much as the pad will allow.
- **If a large wrinkle persists:** Undo the velcro near the wrinkle and undo 4 or 5 snaps by the edge of the pants to let the pad hang free. Then use this slack to pull out the wrinkle, wrap the pad around your leg, and wrap the pad around your leg and reconnect the velcro with the plastic pads unattached.
- It may be necessary to replenish ice and water during treatment to maintain target temperature.
- If water is accumulating in the control unit, turn off the unit and contact customer support.
- If the pants start to leak, do not attempt to remove the pads or patch the hole. Turn off the unit and contact customer support.

## CONTROL UNIT CLEANING INSTRUCTIONS

- The reservoir sleeve can be cleaned with a mild detergent and water mixture.
- The reservoir can be wiped out with a wet rag or mild cleaner if it accumulates dirt or mold.
- The bag can be cleaned with a soft cloth and a mild detergent and water mixture.
- Pour one teaspoon (5ml) of algaeicide into the reservoir during standard use to cleanse the system. Do this:
  - Every 20-30 uses for regular cleaning
  - When system is not in use for more than a month
  - Before system is to be stored for a long period of time.


## RECOVERY PANTS CLEANING INSTRUCTIONS

- BETWEEN USES, WIPE THE PLASTIC PADS WITH A DISINFECTANT WIPE OR SPRAY!
- For a deep cleaning of the pant, fill a bucket or tub with cold water and a mild detergent or antibacterial soap. Scrub and soak the pants for about 10-15 minutes.
- Hang to dry. Allow it to fully dry before storage.
- DO NOT MACHINE WASH OR DRY!
- Ensure pants are completely dry before storing in bag compartment to avoid mold and mildew.
- Do not attempt to unsnap any of the pads from the pants. However, if you must for cleaning purposes, contact customer service to make sure you know how to properly reinstall the pads.

## STORING THE AQUILO SYSTEM

Empty the Control Unit and pants of water completely before storing for extended periods. Dry all surfaces before storing. This will prevent damaging the system.

## TECHNICAL SPECIFICATIONS

Input: 120-240V~ 50/60Hz  
Output: 24V  1.8A  
Ratings: IP-67

**Patent Pending:**  
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## WARRANTY INFORMATION

2 year limited warranty on all parts from any manufacturing defects. This covers the Control Unit, the Aquilo Recovery Pants, and any additional batteries or accessories that may have been purchased at the same time as the system.

Warranty void if system is dismantled, tampered with, or misused. If you have any questions or would like to report any issue please contact Customer Service below.