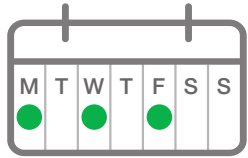


PDCare Treatment



Time to Complete

18 MINUTES + 2 MINUTES
ABDOMEN BACK OF NECK



Frequency

3 times per week, with one day of rest between treatments.

Please review the PDCare instruction Manual for full safety and operating advice.

Battery Care

When your laser is getting low in battery, you will notice the following signs:

- » It may work for several seconds or minutes and then been continuously.
- » it may start to beep every few seconds after you turn it on.
- » or it may not turn on at all.
- If your battery is not being turned off fully after each use, it will need replacing more often than every 4 hours of continuous usage.
- Please make sure the laser is turned off fully after each treatment. The green light within the ON/OFF button should be OFF.
- To change battery please find the small screw on the back of device and using a small flat head screwdriver, open and replace batteries.
- Do not over-tighten the screw once batteries are replaced.
- Rechargeable AAA batteries may be used. For convenience you may want to purchase 12x AAA batteries to have on hand, and an 8-slot battery charger for recharging batteries every few weeks.

Safety Precautions & Contraindications

A level of caution should be exercised by all patients using a laser device.

There is always a small risk of producing unwanted side effects, especially mild and transient nausea, vomiting, dizziness or vertigo.

For further information on safety precautions and contraindications please check our website or the instruction manual.



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



Contact Information

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PDCare Treatment





Turn on the PDCare Laser

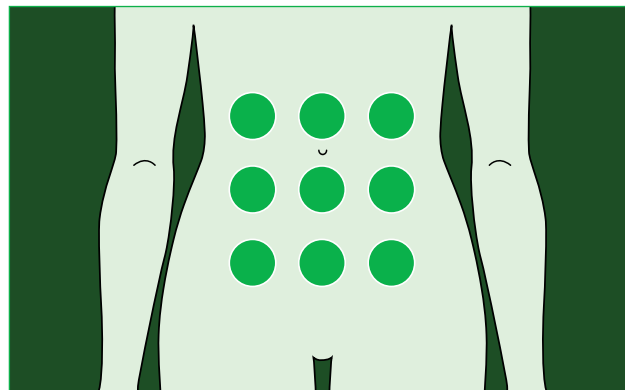
- Press the ON/OFF button gently on the top of device and let go **1**. The small green light within the ON/OFF button will now be illuminated.
- You should hear 4 short beeps and green light band flash 4 times **2**.
- There is no laser emission until the device end is pressed onto the area to be treated **3**.
- When the device is pressed onto the treatment area, the green band of light will be illuminated, indicating that the laser is on.

The Abdomen

After turning the PDCare on, press the laser end of the device **3** comfortably onto the bare skin of your abdomen, ensuring that the green light band is illuminated **2**. The PDCare laser will beep every 1 minute of laser treatment.

You should hold the PDCare on each of the 9 spots marked on the diagram for 2 minutes of treatment (2 beeps). You can move the laser around the 9 spots in any order you choose, using your belly button as the middle point of the abdomen. The top 3 spots to treat are just under the ribs. The bottom 3 spots are just below the belly button.

If at any time during your treatment you release pressure on the laser device and the green light band **2** switches off, start the minute again and continue treatment.



Please always treat below your rib cage and above your pelvis to ensure best results. You may be seated, standing or lying down during treatment.

The Back of the Neck

After completing the gut routine, press the laser against the back of the neck at the base of the skull (this is typically, directly below the back hairline, where the hard skull ends). Hold the laser in this treatment spot for 2 minutes (2 beeps).



Turn off the PDCare Laser

1. Turn off the device using the ON/OFF button on the top of device **1**.
2. The green light within the ON/OFF button **1** will now turn off. To double check the laser has been fully turned off, there should be no beeping sound or flashing green light when pressed against skin.

PDCare
Treatment