



LOLA & LYKKE®

# INSTRUCTIONS FOR USE

Lola&Lykke® Core Relief Pregnancy Support Belt

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**LOT** see packaging



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Instructions for use  
Lola&Lykke® Core Relief Pregnancy 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](http://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 Hot/Cold Therapy Pack

1 instruction manual

## PURPOSE AND INTENDED USE

The Lola&Lykke Core Relief support belt is an orthopaedic belt, consisting of a belt with fully adjustable hook and loop fastener, elastic compression straps as well as stabilising back rods. The belt is designed for short-term use around the hips and lower back. It is intended to be worn by women during pregnancy to ease pain in the back, hips, or pelvic girdle and to take the weight of the baby belly.

## AREAS OF APPLICATION

The Lola&Lykke support belt is for expectant mothers with back pain or pelvic girdle pain.

## FUNCTIONALITY

The Lola&Lykke support belt supports the stomach and alleviates back pain by taking some of the burden off the muscles of the back and pelvic floor. The fully adjustable hook and loop fastener means that you can adjust the belt to suit individual requirements. This means that the support belt can be worn throughout the entire pregnancy. Using the two additional elastic straps, the supportive effect can be adjusted to fit personal requirements for comfort and stability.



CORE SUPPORT



EASES PRESSURE



EASES BACK PAIN



REDUCES STRETCH MARKS

## 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 with the lower back and fasten the belt by putting the right side over the left side under the stomach.
3. Fasten the hook and loop around the waist, under your belly, so that it feels comfortable.
4. Take both elastic bands into your hands simultaneously and tighten them as evenly as possible, so that there are no folds in the fabric that could cause a pressure sensation.
5. Fix the elastic straps onto the loop strips, to give you a pleasant supportive effect.
6. If you feel that the support belt is too tight or too loose, repeat steps 1 - 5 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 or walking and not during breaks, when carrying out sedentary tasks 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.



The support belt must not be worn if you have open wounds in the stomach, pelvic and back area. Before use, check the support belt to make sure that it is intact. Do not use the support belt if, for example, the rods on the back are sticking out, 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 pregnancy support belts are composed of:  
Shell: 95% Bamboo 5% Spandex  
Core: 40% Polyester 40% Nylon 20% Neoprene  
Reinforced back support with two vertical ribs (PP)

## 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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