

### **f** Welcome to Flyte!

*Let's get started!*

First, please visually inspect Flyte for anything unusual (cracks, tears, exposed wires).

Please also register your Flyte (see page 28 of the Instructions for Use).

Please review the Instructions for Use for complete information.

### **1** Charge Flyte

Plug the USB end of the cable into the charging block. Plug the black end of the charging cable into the controller (round unit) until you hear a click. Plug the charging block into the wall. Flyte takes about 2 ½ hours to fully charge.

You will know Flyte is charging when the charging light is yellow. When the yellow charging light turns off, Flyte is fully charged. Unplug and store the charging cable and charging block. We recommend that you recharge the battery weekly or as needed.

If during charging the yellow light does not come on, it is likely Flyte does not need to be charged. Continue to use as directed.

### **2** Clean Flyte

Clean the wand before first use and after each use. Unplug the wand from the controller prior to cleaning.

To clean your Flyte wand wipe off any obvious residue with a clean cloth, simply clean using mild soap and water for 20 seconds, rinse, and wipe dry with a clean cloth.

*Now you are ready to use Flyte!*

### **3** Insert Flyte

Find a comfortable and private place for your treatment session where you can concentrate for 5 continuous minutes. We recommend lying on your back but choose a position that is comfortable for you. As you gain strength and tone, that position may change (feel free to contact our Ask a PT service for options).

- ◆ Connect the wand to the controller until you hear a click Fully insert the wand like you would insert a tampon (If necessary for comfort, apply a small amount of water-based vaginal lubricant to yourself and to the wand, or cover the wand with a lubricated non-latex probe cover or condom). Make sure that the longer "wing" is facing the front of your body and that
- ◆ both wings are resting comfortably on your skin. Do not insert the wings into your vagina.

### **4** Turn Flyte on

Turn the controller on by firmly squeezing and holding the ON/OFF button between your thumb and index finger for 1 to 2 seconds.

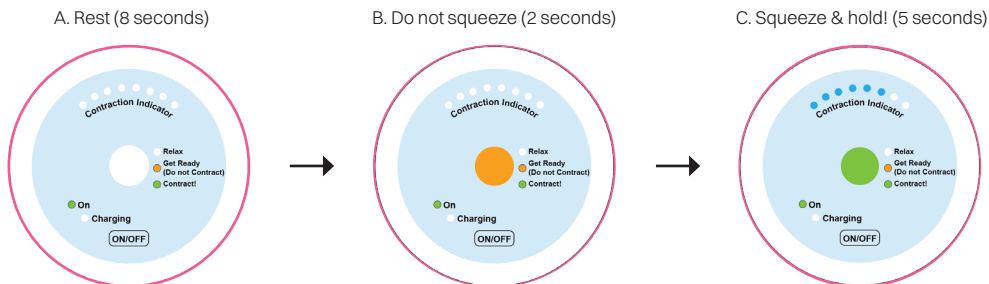
When you see the "On" light turn green, let go of the ON/OFF button. You will then see one blue light blink.

Flyte will now guide you through your 5-minute session!



**WARNING:** Do not submerge the controller, the charging cable, the wall charger, or the wand in water.

### 5 FOLLOW ALONG



- A. NO CENTER LIGHT (8 seconds)** = Your session will start with an 8 second rest period with no center light. Do not squeeze during this time. Focus on relaxing and breathing normally.
- B. ORANGE LIGHT (2 seconds)** = You will start to feel the vibration of the wand. DO NOT SQUEEZE your pelvic floor muscles. Instead, take a gentle belly breath IN through your nose to help relax your pelvic floor muscles. Focus on where you feel the vibration internally, this will help you feel where to squeeze during the green light phase.
- ◆ TIP: We do not want you to squeeze during the orange light because Flyte is measuring your baseline resting muscle tone. This helps Flyte provide you with accurate visual feedback during the green light (squeeze) phase.
- C. GREEN LIGHT (5 seconds)** = You will continue to feel the vibration of the wand. Exhale slowly while you squeeze and lift your pelvic floor muscles. Hold your squeeze for the full 5 seconds. Try to not hold your breath.
- ◆ TIP: Focus on the timing and coordination of orange light relaxations and green light squeezes rather than the number of blue lights. The blue lights reflect how well you are squeezing and lifting your pelvic floor in comparison to your muscles at rest. That is why it is equally important to relax at each orange light! When the center light turns off and the wand stops vibrating release and relax your pelvic floor.

This cycle will repeat 20 times in your 5-minute treatment. Note that it is very normal for the number of blue lights to decrease as you continue through the 5-minute session. Flyte will turn off on its own after these 5 minutes (and the green "on" light will turn off).

*All done! Remove the wand, clean it, let it dry, and put it away for your next session!*

### ? Need more help?

Need more info? Connect with our Ask A PT service or refer to the Instructions for Use manual.

#### Ask A PT

Have any questions about your pelvic floor or Flyte? Reach to us at our free Ask A PT service to connect with a certified pelvic floor physical therapist.

Call us at **1-866-735-8482** (press 1 when prompted), email us at [support@flytetherapy.com](mailto:support@flytetherapy.com), or schedule a call with Ask A PT on [www.flytetherapy.com](http://www.flytetherapy.com).

Be sure to join our private Facebook group Flyte Community for extra support along your journey!

*General educational information provided does not constitute medical advice. If you have further concerns, please seek out your healthcare provider.*

#### Questions?

Visit us at [www.flytetherapy.com](http://www.flytetherapy.com) or contact Flyte Customer Care at 1-866-735-8482 or [support@flytetherapy.com](mailto:support@flytetherapy.com)