

Adverse Reactions

In the unlikely event that any of the following occurs, stop using your NESS L300 Plus System immediately and consult your physician:

- Signs of significant irritation or pressure sores where the L300 and/or Thigh FS Cuffs contact the skin.
- A significant increase in muscle spasticity.
- A feeling of heart-related stress during stimulation.
- Swelling of the leg, knee, ankle, or foot.
- Any other unanticipated reaction.

Skin irritations and burns have been reported with the use of powered muscle stimulators.

Skin Care Guidelines

In the absence of proper skin care, extended use of electrical stimulation may cause skin irritation or a skin reaction to the NESS L300 Plus System electrodes or the L300 and/or Thigh FS Cuffs.

To promote healthy skin with long-term use of the NESS L300 Plus System, it is important to follow a daily skin-care routine:

- Clean the skin where the electrodes touch with a wet washcloth. If any oils or lotions are on the skin, then clean with soap and water. Rinse well.
- Always check the skin for redness or a rash when putting on and taking off the L300 and Thigh FS Cuffs.
- Wet the cloth electrodes before use and after every three to four hours of use.

- Replace the electrodes at least every two weeks, even if they appear to be in good condition.
- Store the L300 hydrogel electrodes with the protective plastic covers attached. Do not allow the hydrogel electrodes to dry.
- Store the cloth electrodes where they can air dry.
- Excess body hair where the L300 hydrogel electrodes adhere may reduce electrode contact with the skin. If necessary, remove excess body hair with an electric shaver or scissors. Do not use a razor. A razor can irritate the skin.
- When positioning the L300 and Thigh FS Cuffs, make sure the electrodes uniformly contact the skin.
- Ventilate the skin by removing the L300 and Thigh FS Cuffs for at least 15 minutes every 3 to 4 hours.

If skin irritation or a skin reaction occurs, stop using your NESS L300 Plus System immediately. Contact your clinician or dermatologist, and the Bioness Client Relations Department, Option 3. Resume use only when the skin is completely healed. Then follow a skin conditioning protocol per the recommendation of your health-care specialist.

If you have any questions or concerns, please call the Bioness Client Relations Department at (800) 211-9136, Option 3.