

## Quick Reference Guide

### HAND-WRIST BIOWRAP

*SILVER*

### Compression Electrode Garment

Utilizes Advanced Silver Fabric  
Electrode Technology



BIOWRAP SUPPORT

See video at

<https://biowave.com/support-biowraps/>



**NOTE:** ONLY for use with BioWaveHOME & BioWavePRO.

### Questions? Call us!

1-877-BIOWAVE • (1-877-246-9283)

[support@biowave.com](mailto:support@biowave.com)

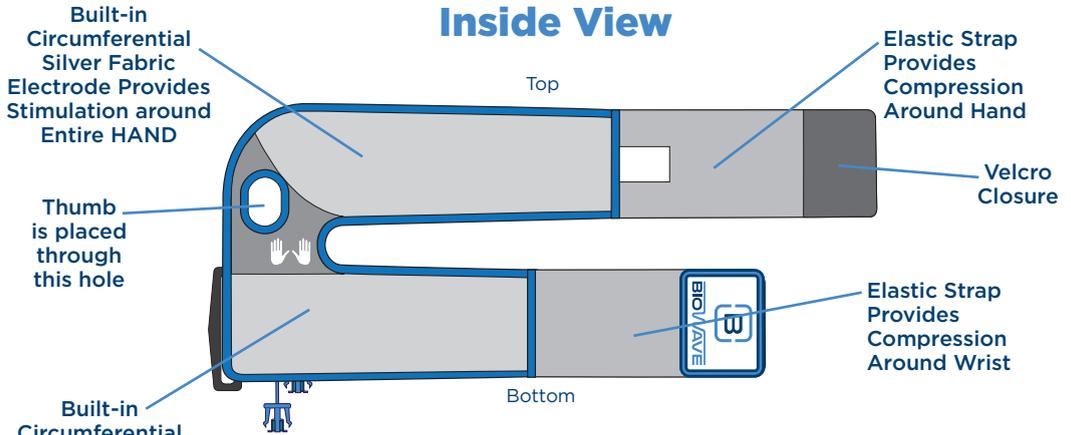
### Size

	Wrist Circumference
S/M	5.75" - 7"
L/XL	7" - 8.5"

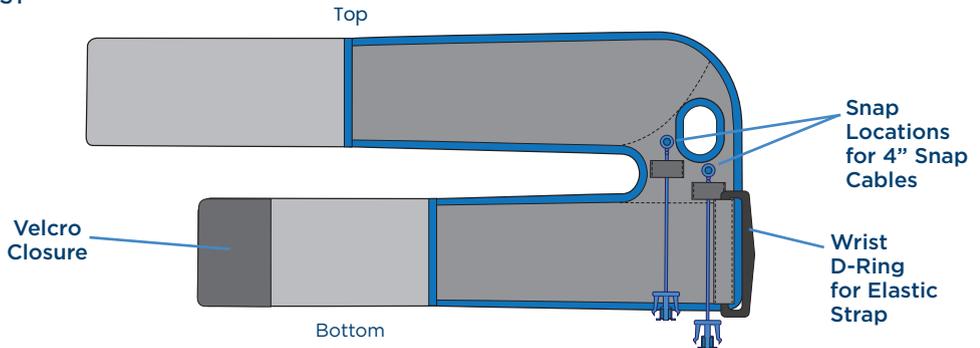
# THIS PACKAGE CONTAINS

- One Hand-Wrist BioWrap Compression Electrode Garment - for use on LEFT or RIGHT hand and wrist.
- One 4.2 oz. Bottle of TheraCream Conductive Cream

## Inside View



## Outside View



# STEPS BEFORE FIRST USE

- BEFORE FIRST USE:** First Attach BioWrap to your Body **WITHOUT** TheraCream to make sure the size is correct. If BioWrap is too small or too large, **DO NOT** start a treatment. Immediately contact your provider or BioWave Customer Service at 1-877-BIOWAVE (1-877-246-9283) so we can send you the correct size.
- BEFORE FIRST USE:** If the size is correct, remove both snap cables, **HAND WASH SILVER FABRIC** with mild soap and water, rinse, pat dry with towel, then let air dry completely. Once dry, reattach both snap cables to the backside of the BioWrap as shown on the prior page.

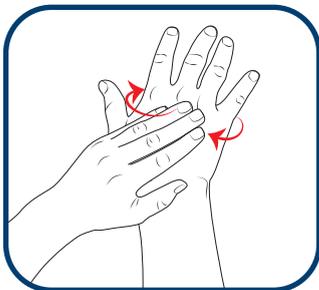
## DIRECTIONS FOR USE

### Step 1. TheraCream Application

- Use a generous pea-sized amount of TheraCream, for EACH of the two SILVER fabric electrodes (SEE PHOTO to the right).
- Rub the TheraCream INTO THE SKIN in the area under each SILVER fabric electrode.
- **DO NOT** rub TheraCream onto the SILVER fabric electrode.
- TheraCream should be absorbed into the skin without leaving a white coating.
- It is fine to spread TheraCream beyond the electrode area, as long as it is evenly distributed under the SILVER fabric electrode.

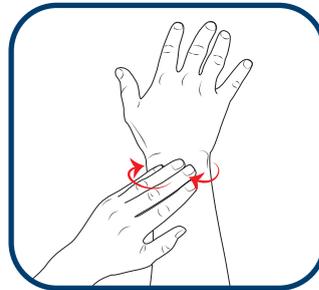


**1A.**



Squeeze a generous pea size amount of TheraCream onto your finger tip and rub into your skin thoroughly completely around the entire **HAND**.

**1B.**



Squeeze a generous pea size amount of TheraCream onto your finger tip and rub into your skin thoroughly completely around the entire **WRIST**.

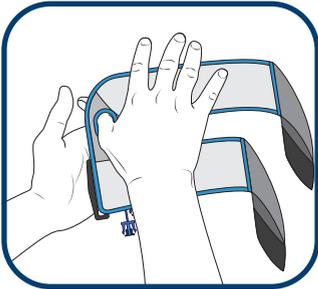
# DIRECTIONS FOR USE

## Step 2. Attach Leadwire Cable and BioWrap

These instructions are for attaching the Hand-Wrist BioWrap to the **RIGHT** or **LEFT** hand and wrist. Both 4" Snap Cables should already be snapped onto the 2 snaps on the back side of the BioWrap.

- **Attach your BioWave Leadwire Cable to the two connectors on the back of the BioWrap.**
- **Plug the single end of the Leadwire Cable into the BioWave device (or dongle attached to the device).**

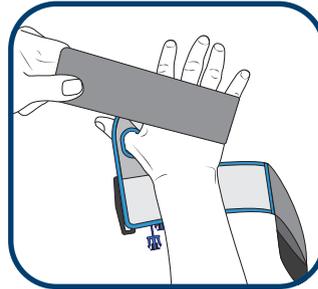
### 2A.



For the **RIGHT** hand, place your thumb through the thumb hole with your palm against the silver fabric as shown.

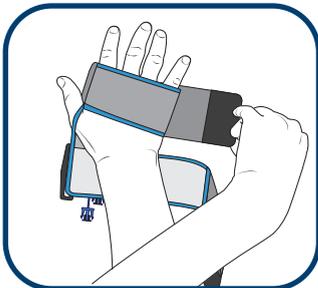
For the **LEFT** hand, place your thumb through the thumb hole with the **BACK** of your hand against the silver fabric.

### 2B.



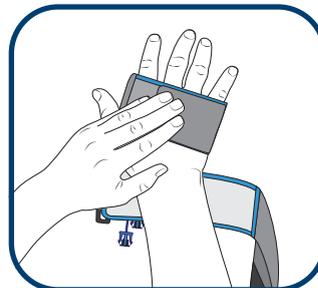
Wrap top strap around back of hand and back between the thumb and index finger. Pull tight to create strong but comfortable compression around the hand.

### 2C.



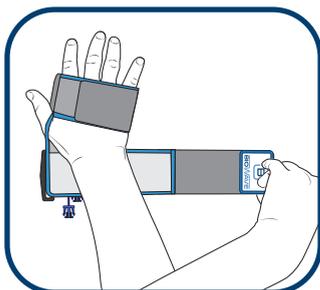
Continue to pull Velcro strap around the hand. Make sure there are no gaps between the silver fabric and your hand.

### 2D.



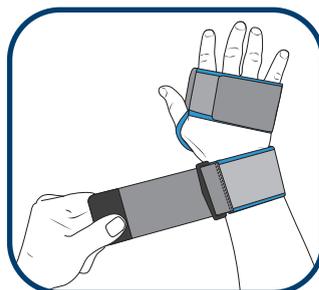
Secure Velcro strap to close.

**2E.**



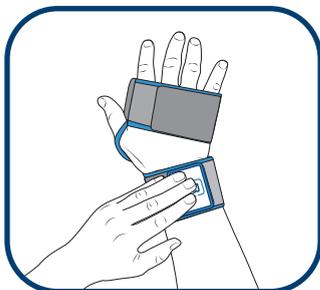
Wrap bottom strap around back of wrist and thread through D-ring.

**2F.**



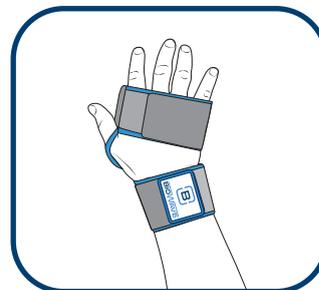
Pull strap tight through D-ring. Wrap strap back across back of wrist to create strong but comfortable compression around entire wrist.

**2G.**



Secure Velcro strap to close. Make sure there are no gaps in the BioWrap between the silver fabric and your wrist.

**2H.**



Make sure there are no gaps in the BioWrap anywhere around the entire hand and around the entire wrist.

# DIRECTIONS FOR USE

## 3. Compression Guide

- **Too Tight:** Can cause stinging near the snap connector, leading to burns.
- **Too Loose:** Gapping between the silver fabric and skin can lead to an ineffective treatment and a possible intermittent shock or sting.
- **Just Right:** Should be snug and comfortable, like a sock. See photo examples below:



*Just Right/Snug*



*Too Loose*



*Too Tight*

See video at [biowave.com/support/biowrap](https://biowave.com/support/biowrap)

## 4. Treatment

- Press the power button to turn on the BioWave device.
- Start the treatment by pressing the PLUS (+) button to gradually increase intensity so the sensation felt is strong but still comfortable. As your body adapts to the electrical field and the sensation fades, keep pressing the PLUS (+) button to increase the intensity to maintain a strong but **ALWAYS** comfortable sensation at the treatment location.
- When the 30-minute treatment is over, remove the BioWrap from your body, disconnect the BioWave Leadwire Cable from the two Snap Cable connectors, and store BioWrap in a cool dry place.
- Clean the Silver Fabric Electrodes in your BioWrap after every 2 treatments

## Questions?

[biowave.com/support/biowrap](http://biowave.com/support/biowrap) • [support@biowave.com](mailto:support@biowave.com)

1-877-BIOWAVE (1-877-246-9283)

# TREATMENT TIPS

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- Start at a low intensity and gradually increase so sensation remains medium strong but **ALWAYS COMFORTABLE** throughout the 30-minute treatment.
- If you increase intensity to >50% in less than one minute, **STOP THE TREATMENT**. Clean the skin thoroughly with gentle soap and water, dry the skin with a towel, reapply and rub in slightly more TheraCream to the skin than the first time, and then gradually increase the intensity.
- It is **OK** if you want to exceed 50% intensity, just proceed gradually.
- **IF YOU HAVE NO PROPRIOCEPTION** (no skin sensation): Increase intensity slowly to 30% over 3 minutes. After 10 min increase by 2% per minute. **DO NOT** exceed 50% intensity.
- **NOTE:** If you have a neuropathy, for example, and do not have proprioception, you do not have to feel the sensation of the active electrical field for the device to be working.

# CONTRAINDICATIONS

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## When Not to Use BioWraps

- **DO NOT** use if you have an implanted cardiac pacemaker.
- **DO NOT** place the silver fabric electrodes in the BioWrap over open wounds, broken skin, rashy skin or sensitive skin areas like sunburned skin.

### **NOTE:**

- BioWrap Wearables **MAY BE PLACED** over or in the proximity of implanted orthopedic hardware, including total joint replacements, anchors, plates, rods, screws, pins and clips.
- Any serious incident that has occurred in relation to the device should be reported to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

**Issues or discomfort? Contact Customer Support:**

[biowave.com/support/biowrap](https://biowave.com/support/biowrap) • [support@biowave.com](mailto:support@biowave.com)

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# TROUBLESHOOTING

## **1. My BioWave shows a connection error but my BioWrap is plugged in**

If your BioWave device shows a connection error when you are fully connected to the BioWrap, remove the BioWrap and follow these steps:

### **If you forgot to apply TheraCream:**

- **CLEAN YOUR SKIN.** Remove BioWrap and clean your skin with soap and water in the region that the silver fabric electrodes touch your skin. Shave any excessive hair in the locations that the silver fabric electrodes touch your skin.
- **APPLY A GENEROUS PEA-SIZE AMOUNT OF CONDUCTIVE CREAM** directly to skin areas that will be against each of the silver fabric electrodes inside the BioWrap. Gently massage TheraCream into the skin allowing it to absorb, before putting on the BioWrap.

### **If you applied too much TheraCream (excess cream remained on the skin):**

- **CLEAN YOUR SKIN.** Remove BioWrap and use a dry towel to remove all excess TheraCream from your skin and any excess cream from the silver fabric in the BioWrap. Next, reattach the BioWrap and begin the treatment.

## **2. The treatment feels stronger under one electrode versus the other**

If the treatment feels stronger under the electrode (for example) around your wrist as compared to around the hand, it may be because the elastic strap around the wrist is too tight and/or the elastic strap around the hand is too loose. Adjust the compression of each strap to increase or decrease the relative sensation during the treatment.

• **Tighter Compression and/or More TheraCream = Stronger Treatment Sensation**

• **Looser Compression and/or Less TheraCream = Less Treatment Sensation**

## **3. I feel a tingle when the BioWave device is first turned on.**

This is normal. When the BioWave device is turned on, you may feel a tingle for one second prior to starting the treatment as the device checks it is properly connected to you.

# CLEANING INSTRUCTIONS

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## **CLEAN BEFORE FIRST USE AND AFTER EVERY 2 USES:**

1. Remove both snap cables
  2. Hand wash silver fabric with mild soap and water
  3. Rinse
  4. Pat dry with towel
  5. Let air dry completely
  6. Reattach snap cables
- **CLEAN your BioWrap after every 2 treatments**
  - **NEVER** clean using an alcohol or other chemical wipe
  - **DO NOT** clean in a washing machine
  - **DO NOT** dry in a dryer

## **Questions? Call us!**

**Technical Support:**

**1-877-BIOWAVE (1-877-246-9283)**

**[biowave.com/support/biowrap](https://biowave.com/support/biowrap)**

**[support@biowave.com](mailto:support@biowave.com)**



## Need help?

Contact us at:

**1-877-BIOWAVE • (1-877-246-9283)**

**support@biowave.com**

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