

# BIOWRAP<sup>®</sup>

SMARTER WEARABLE TECHNOLOGY<sup>®</sup>

## Quick Reference Guide

### MIGRAINE BIOWRAP

Occipital Nerve Stimulation  
for pain that initiates in  
the back of the neck or head

*SILVER*

### Compression Electrode Garment

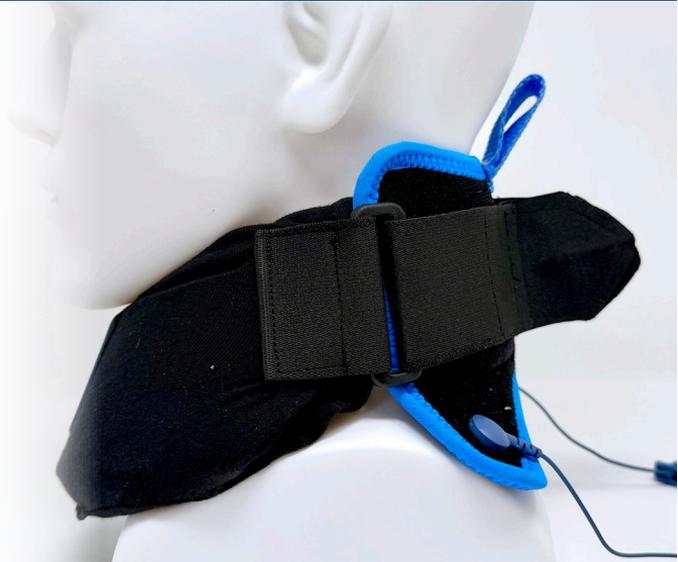
Utilizes Advanced Silver Fabric  
Electrode Technology



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**

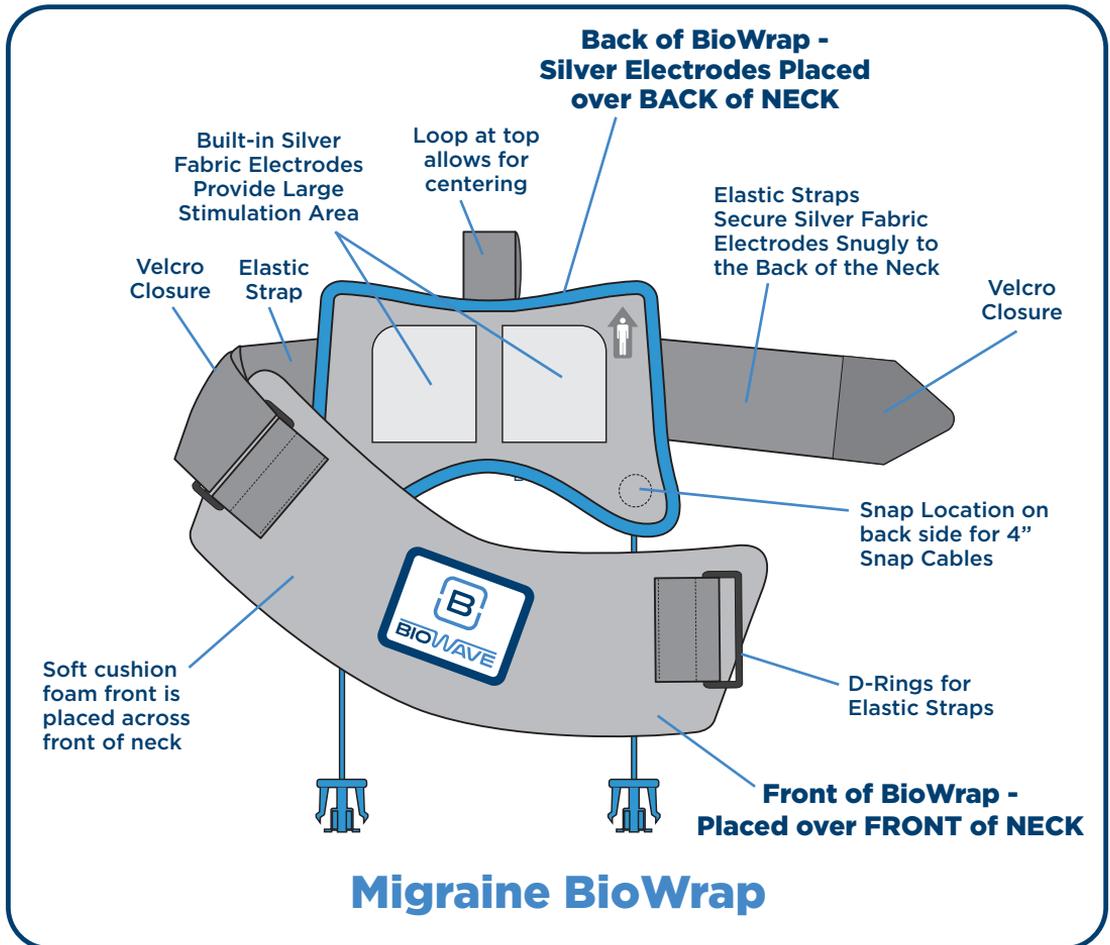
**Circumference  
Around Neck**

One Size

12" - 20"

# THIS PACKAGE CONTAINS

- One Migraine BioWrap Compression Electrode Garment - for treating the BACK of the neck.
- One 4.2 oz. Bottle of TheraCream Conductive Cream
- Two Spare Replacement Snap Cables



## Migraine BioWrap

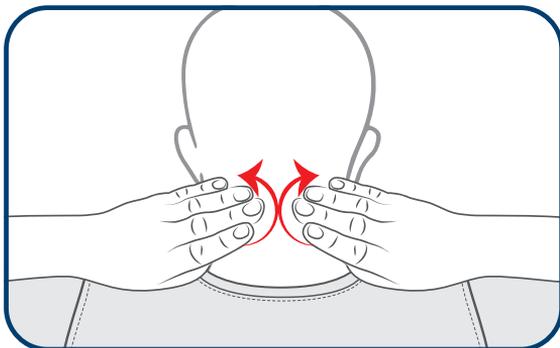
# STEPS BEFORE FIRST USE

- BEFORE FIRST USE:** First Attach BioWrap to your Body **WITHOUT TheraCream** to make sure the BioWrap fits. 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 issue a return.
- BEFORE FIRST USE:** If the BioWrap fits, remove both snap cables, **HAND WASH SILVER FABRIC ELECTRODES** 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

- Wear a **NON-COLLARED** shirt when treating with the Migraine BioWrap.
- First clean skin across the back of the neck with soap and water using a washcloth. If there is a lot of hair on the back of the neck, shave excess hair.
- Use a generous pea-sized amount of TheraCream (SEE PHOTO to the right).
- Rub the TheraCream **INTO THE SKIN** across the upper part of the back of the neck where each **SILVER** fabric electrode touches the skin.
- **DO NOT** rub TheraCream onto the **SILVER** fabric electrodes.
- 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 electrodes.



1.

First clean skin with soap and water on the back of the neck.

Squeeze a generous pea size amount of TheraCream onto your finger tip and rub into your skin thoroughly **across the BACK of your NECK.**

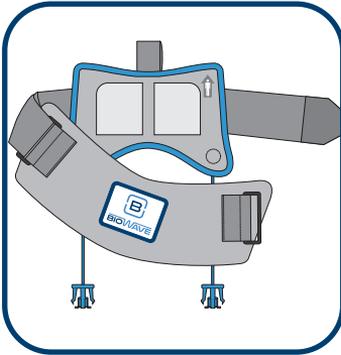
# DIRECTIONS FOR USE

## Step 2. Attach Leadwire Cable and BioWrap

These instructions are for attaching the Migraine BioWrap to the **BACK of your NECK**. Both 4" Snap Cables should already be snapped onto the 2 snaps on the back side of the BioWrap.

- Click the blue Snap Cable electrode connectors into the blue Leadwire Cable connectors.
- Plug the single end of the Leadwire Cable into the BioWave device (or Dongle Adapter attached to the device).

2A.



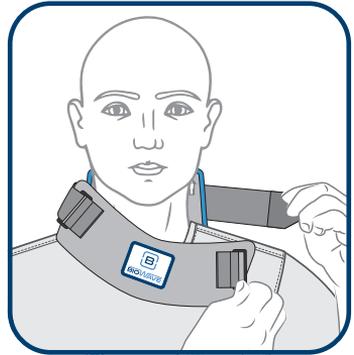
The front of the BioWrap should already be connected to one side of the back of the BioWrap.

2B.



Orient the wrap correctly so the loop is at the top and **place the silver electrodes so they are across the BACK of your NECK.**

2C.

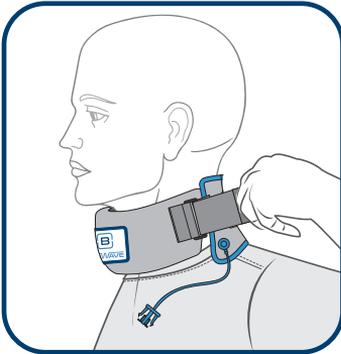


Thread the end of the strap from the back of the wrap, through the D-Ring attached to the front so the wrap feels snug and secure.

## **WARNING:**

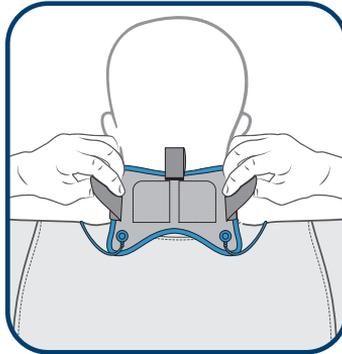
**DO NOT** place electrodes on the front or sides of the neck  
**DO NOT** place electrodes on the forehead

**2D.**



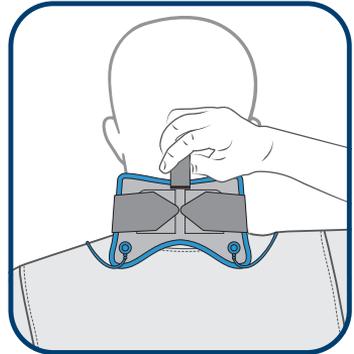
Pull the strap through the D-ring, and back across the backside of the wrap and Velcro down to secure in place.

**2E.**



Adjust the straps on both sides so that when you secure the straps down with the Velcro, the BioWrap feels snug but comfortable around your neck.

**2F.**

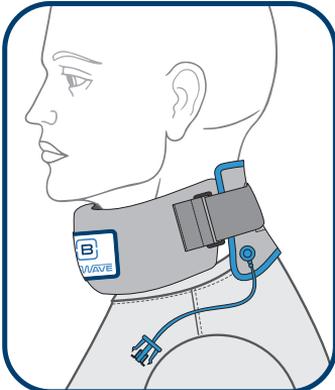


Grab the loop centered on the back side at the top of the BioWrap and center the BioWrap so the loop aligns with the notch at the base of your skull. This ensures the silver electrodes are centered across the back of your neck.

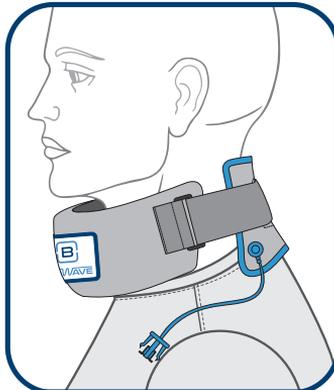
# DIRECTIONS FOR USE

## Step 3. Compression Guide

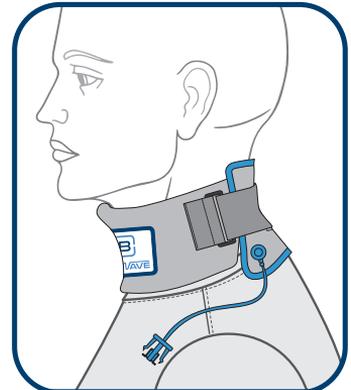
- **Just Right:** Should be snug and comfortable, like a sock. See illustration examples below:
- **Too Loose:** Gapping between the silver fabric and skin on the back of the neck can lead to too low an electrode placement, an ineffective treatment and a possible intermittent shock or sting.
- **Too Tight:** Feels like too much pressure on the front of the neck.



*Just Right/Snug*



*Too Loose*



*Too Tight*

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

## Step 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.
- **DO NOT** exceed 50% intensity as this may cause discomfort.
- The Migraine BioWrap is designed to provide neuromodulation to all three branches of the occipital nerves. As a result, you will also feel a very pleasant mild tingling sensation up the back of your head to the crown of your head.
- 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 the 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

---

- Start at a low intensity and gradually increase so sensation is medium strong but still comfortable.
- **DO NOT** increase intensity to >50% as this may cause discomfort. If the sensation is minimal at 50% intensity, **STOP THE TREATMENT**. Shave any excessive hair on the back of the neck. Clean the skin thoroughly with soap and water, dry the skin with a towel, reapply and rub in slightly more TheraCream to the skin than the first time. Reattach the BioWrap, then gradually increase the intensity. If the sensation is still minimal at 50% intensity, continue the treatment to obtain beneficial results.
- **IF YOU HAVE NO SKIN SENSATION** on the back of your neck: Increase intensity slowly to 30% over 3 minutes. After 10 minutes, you may increase the intensity as desired by not more than 2% per minute.
- **DO NOT** exceed 50% intensity as this may cause discomfort.
- **NOTE:** If you have a neuropathy, for example, and do not have proprioception (skin sensation), you do not have to feel the sensation of the active electrical field for the device to be working.

# CONTRAINDICATIONS

---

## 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)

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

# 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 doesn't feel strong enough.**

If the intensity is turned up to 50% (or more) and the treatment doesn't feel strong under the electrodes, pause the treatment, remove the BioWrap. Shave any excessive hair on the back of the neck. Apply more conductive cream to the skin in the areas that the silver fabric touches the skin.

• **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

---

## **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**

The information, including but not limited to text, graphics, images and other material contained herein are for informational purposes only. **Learn more at [BioWave.com/terms-of-use](https://BioWave.com/terms-of-use)**

