

Caution:



1. Do not use in fresh injuries (first 72 hours of injury).
2. Avoid using on an open wound, immediately after surgery, or if the area in question is either bruised or swollen.
3. Check your skin every 20 minutes when using the device on the same area. If you feel burning, move the device around.

Troubleshooting 

If you are having trouble with your device (LED light does not come on, or you

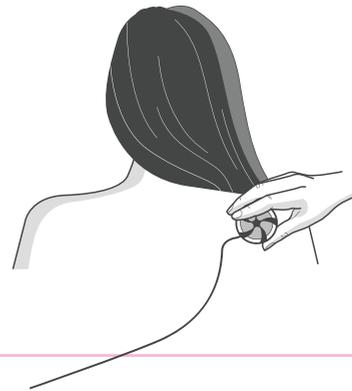
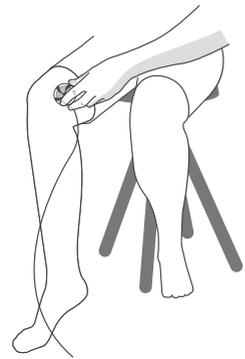
feel no hot / cold coming from it), please try the following:

1. Ensure that the power adapter is plugged into an outlet. Only use the adapter supplied with the unit (5.0V - 2.0A required).
2. Ensure the USB-C cable is properly connected from the power adapter to your Benepod®.
3. If this does not help, please contact us at: customerservice@saringer.com

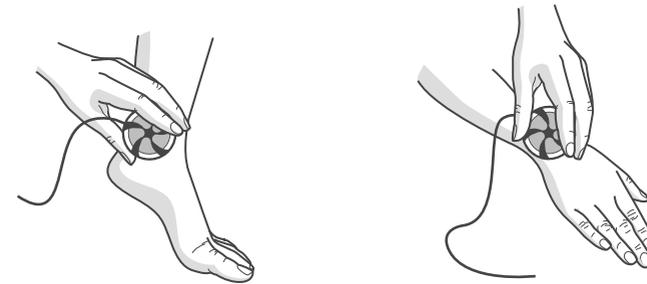
Temperature range is between 0 and 15° C on the cold surface and 40 to 48° C on hot surfaces.

Using Benepod®

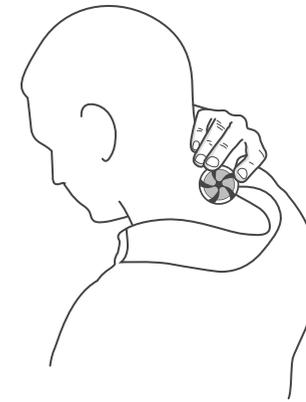
1. When Benepod® is ready for use (LED stopped flashing) place its treatment surface on the area where you are experiencing pain.
2. The Benepod® must be used for 10 to 20 minutes before an effect is felt.



3. If you feel an intense sensation, this is normal and indicates your Benepod® contrast is working.



4. It is normal for the outside of your Benepod® to warm up during use. Please avoid covering the top vent during use to allow your Benepod® to properly cool.



USER GUIDE: CONTRAST



Congratulations on your purchase of the Benepod®

The Benepod® is for applying controlled localized contrast (hot and cold) stimulation to a specific area on the body. Please read these instructions carefully before using your device. The Benepod® Contrast controls its temperature precisely (unlike hot/cold packs).

Figure 1: Benepod®



Getting the Benepod® ready to use

1. Connect your Benepod® to the power adapter, through the USB-C cable.
2. Plug in the power adapter to an outlet.
3. Once the LED indicator stops flashing, the Benepod® is ready for use.



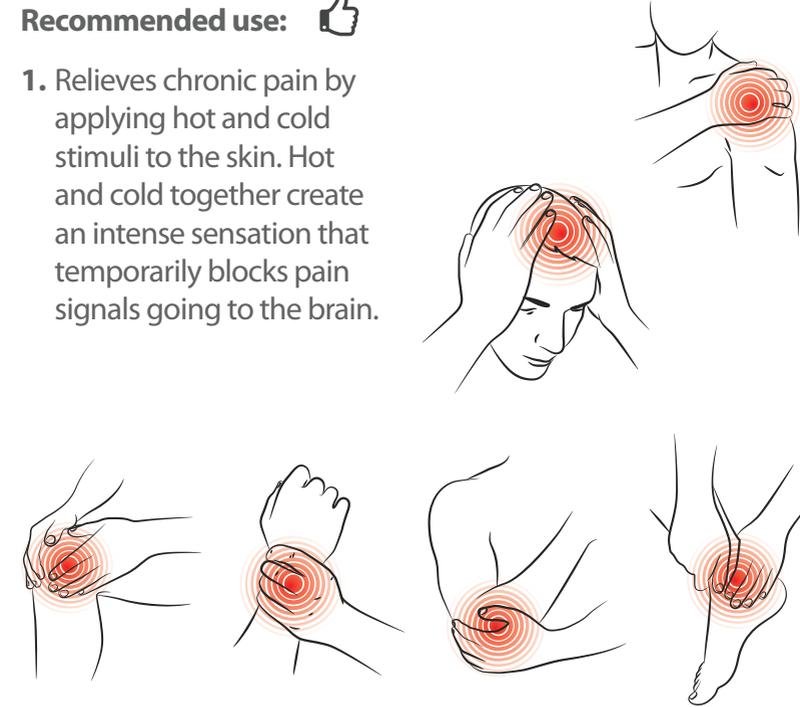
Figure 3: Device, power adapter and USB-C cable

For more information visit www.benepod.ca

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Recommended use:

1. Relieves chronic pain by applying hot and cold stimuli to the skin. Hot and cold together create an intense sensation that temporarily blocks pain signals going to the brain.



2. Recommended for osteoarthritis of the hands, tennis elbow, shoulder and knee pain, neck and lower back pain, neuropathic pain, headaches and more.



Precautions

Check your skin every 20 minutes when using the device on the same area. For your safety, the unit

automatically shuts down after 20 minutes of use. Do not apply to broken or sensitive skin.

If you suffer from hyperesthesia (hypersensitivity), please consult your physician before use.

The Benepod® is not a sterile device. Caution should be exercised when sharing amongst multiple users. Wipe treatment surface with an alcohol swab.



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