

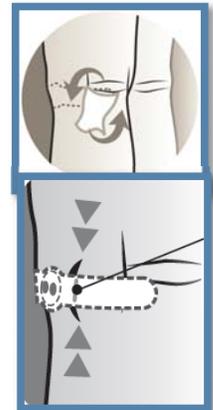
Patient Information Leaflet

For Canadian Use Only

Wear the device 6 hours a day for 6 days a week.
Follow any additional instructions from your healthcare provider.

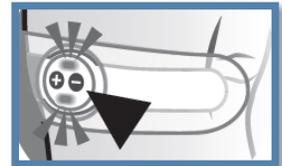
1. Prepare the skin and apply the device:

- Clean/ pat dry skin on the outside of the leg, below and behind the knee.
- The long white end goes behind your knee; the blue end goes to the front of your knee.
- Find the location mark that the nurse has drawn on your leg to position the geko™. The dotted line goes over the CENTRE of the round bone (fibular head).

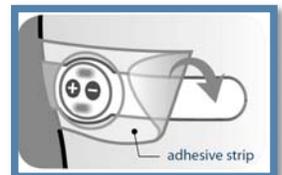


2. Turn the device on and choose the best setting:

- Press the '+' button. Each press of the '+' increases the power setting.
- Your foot should move slightly upwards and outwards when your knee is bent.
- Press the negative '-' button to reduce the setting. There are 10 stimulation settings indicated by the number of flashes of the green lights.

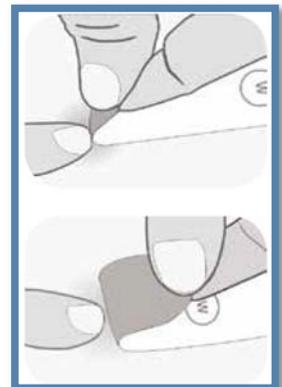


Adjust the setting for whatever you are doing: sitting, standing, walking, and lying down. Turn it off if you are driving a motorized vehicle (see #3 below) or operating machinery. Add the adhesive strip over the device for additional security if required.



3. Removing the device:

- The device stops automatically after 6 hours. Press and hold either button down until the light stops flashing to turn the device off before then. Peel the strip or adhesive back slowly at a 30° angle to the leg. Use one finger of the other hand to "push" the skin down as you remove it, rather than pulling the adhesive away from the skin. This will prevent damage to the skin.





- If this is the first day of using this device, store it on the backing card.
- The next day, reapply the device for the second treatment (as above). You must wait twelve hours after the start of the first treatment the day before, before the device will start again.
- After the second 6-hour wear time, the device should be discarded. Start with a new device for your next day of therapy, and use it for 2 days. Remember to take one day off per week!
- Please also see the Instructions for Use provided with the device for important safety information.



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Frequently Asked Questions & Answers (FAQs) For Wound Care

What is this geko™ device and what does it do?

Your health care professional has suggested the geko™ device because it increases blood flow which may help manage your wound and may also reduce your swelling. The geko™ will painlessly stimulate a nerve in the lower leg, causing muscles to contract, and then relax once per second. These muscles, which are also used in walking, pump blood back to the heart, and improve blood flow to the skin and wound, reducing swelling and helping wounds to heal. At first the geko™ device may feel odd, but this feeling usually subsides after a short while.

What are the contraindications or warnings?

There are no contraindications, but please see the package instructions for use for full information. In short, have your doctor's advice if you have a cardiac pacemaker, or a recently diagnosed deep vein thrombosis. DO not drive or operate machinery or any other activity where involuntary movement of your feet and legs could pose a risk to yourself or others. ONLY apply as instructed. Do not apply over sore, infected or inflamed areas, broken skin or skin eruptions, e.g. phlebitis, varicose veins or skin cancer etc. You may read that you should not bring close to microwave equipment. This does NOT refer to microwave ovens, which are a sealed unit when closed, tested to a high standard. You cannot microwave food with the door open; as such it will not interfere with our devices. Note that if you were exposed to short wave or microwave radiation, such as powerful radio transmitters or RADA, it would inactivate the device.

What are the risks?

The most common, though still rare side effect reported has been a rash forming under the device, this is most likely to commence after a couple of weeks of use, particularly if the device is not removed between treatments. Therefore, it is important that you use the device as outlined by your healthcare professional. There should be no sensation of pain. If you put lotion on your skin before applying, you may feel a tingling, burning sensation. The lotion may interfere with the transmission of the electro-stimulation to the





nerve, and prevents the device from adhering well to your skin. Turn the device off, remove it, clean your skin and restart.

Do I need to continue with my other wound care regime whilst using the geko™?

The geko™ device does not replace other methods of treatment, it supplements the therapy. Follow the advice of your health care provider. For example, some patients who cannot tolerate prescribed levels of compression therapy are able to either start or increase compression with the use of the geko™ device, as their leg becomes more comfortable.

My leg is itchy/ I am getting a rash under the geko™ device. What should I do?

Stop using the device until you speak with your healthcare professional. Ask about alternate placements sites. They may suggest or prescribe medications to address the rash.

Can I stop and start the device during the treatment?

Yes, for showering, driving, bathroom breaks etc. with some limitations. You may only stop it for a maximum of two hours. For example, if the geko™ device is paused for up to 2 hours after 3 hours of use, the remaining 3 hours of the treatment will start once the device is switched back on. However, if the device is paused for more than 2 hours, you will lose whatever time is left for that treatment day. The second treatment will only start 12 hours after the start of the first treatment, which normally would be the next day.

Can I sleep with the geko™ device on?

Yes, you can sleep with the device on. The most effective position for device function is while your legs are bent, so you may need to adjust the setting.

What activities can I do while wearing the geko™ device?

It is easier to say what you cannot do: Do not use while driving, operating machinery, or during any activity in which involuntary muscle contractions may put the user or others at undue risk of injury. Do not shower, bathe or swim with the device; it may be temporarily removed and reapplied if necessary, to



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prevent the device from getting wet. Any strenuous activity could cause the device to loosen, which would be a problem.

Why can't I shower or bathe when I have the geko™ device on?

The device backing is water soluble. It will fall off if wet. Plan to shower after you remove or before you apply the new geko™ device. Avoid oily soaps, bath oils or moisturizing lotions that might interfere with the adherence of the geko™ device.

Where can I learn more about the geko™ device?

Further evidence and fitting videos can be reviewed at www.gekowound.com

If you still have questions, please feel free to contact your care provider or email us at info@perfusemedtec.com

If you would like a French language version of this document, please contact us.

Distributed in Canada by:



Manufactured by: Firstkind Ltd, Hawk House, Peregrine Business Park, High Wycombe, Buckinghamshire, HP13 7DL, UK

Email: info@perfusemedtec.com

Orders: 1-888-244-5579

For further information on the geko™ device and the clinical evidence, please visit our website: www.gekowound.ca

Supported by several peer reviewed papers and the recipient of multiple awards including best new product or service in Long Term Care, by the Ontario Long Term Care Association.

FKPIL01/R1



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My geko™ Wound Therapy Schedule Log:

Day of Week		# hours/day	# hours worn	Day of Week		# hours/day	# hours worn
Week 1	Day 1	New Device	6 hours	Week 7	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		
Week 2	Day 1	New Device	6 hours	Week 8	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		
Week 3	Day 1	New Device	6 hours	Week 9	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		
Week 4	Day 1	New Device	6 hours	Week 10	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		
Week 5	Day 1	New Device	6 hours	Week 11	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		
Week 6	Day 1	New Device	6 hours	Week 12	Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day 1	New Device	6 hours		Day 1	New Device	6 hours
	Day 2		6 hours		Day 2		6 hours
	Day Off				Day Off		

