

dpl[®] Flex Mitt

Powerful Pain Relief Using the Latest Science

Medically-Proven Pain Relief
Using the Latest Technology



USER GUIDE

INCLUDES IMPORTANT SAFETY INFORMATION.
READ ALL INSTRUCTIONS BEFORE USING DEVICE.
SAVE THESE INSTRUCTIONS.

Thank you for your purchase. We want you to be completely satisfied with the quality and performance of this product. Our goal is to discover new products for your health. We strive to provide exceptional customer service.
dpl® Flex Mitt

I. Product Description

The dpl® Flex Mitt is a therapeutic hand device. It delivers infrared light energy deep into the tissue of the hand, easing pain and repairing damaged nerves and tissue. The device contains infrared 880nm and Red 660nm LEDs. Treatment time is controlled by the operator. There are no user settings or adjustments other than the On/Off.



II. The dpl® Flex Mitt Indications for Use

The dpl® Flex Mitt is intended for the relaxation of muscles and relief of muscle spasms; relief of muscle and joint aches, pains and stiffness; relief of minor pain and stiffness associated with arthritis; and to temporarily increase local blood circulation.

III. Warnings

1. The dpl® Flex Mitt is an electrical device. To avoid electrical shock:
 - a. Do not wash electrical parts with water.
 - b. Do not touch the plug or device with wet hands.
 - c. Do not touch unit to wet skin.
 - d. Do not use if cord or plug appears to be damaged.
 - e. Do not use the unit if it has been dropped, damaged, left outdoors, or dropped into water.
 - f. Do not pull, lift, or carry unit by the power cord.
 - g. Do not use the cord as a handle, close a door on the cord, or pull the cord against sharp edges or corners.
 - h. Do not use near heated surfaces.
2. Do not operate the unit in areas where flammable or combustible products or vapors may be present. Explosion or fire may occur.
3. Do not allow children to use – this is not a toy. Do not leave small children unattended close to unit.
4. Not to be used by disabled, sleeping or unconscious persons.
5. Do not use the unit on an open wound, as heat may increase circulation and cause bleeding.
6. This product contains neoprene. If you are allergic to neoprene, do not use this product without first consulting a physician.
7. Do not use with liniments, salves or ointments that contain heat-producing ingredients as a skin burn could result.

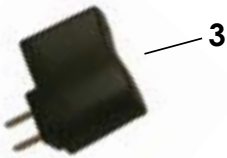
IV. Cautions

1. Consult your doctor prior to using, especially if you:
 - are pregnant,
 - are taking drugs known to cause sensitivity of skin to light,
 - have any suspicious or cancerous lesions, and/or
 - recently had a steroid injection or use topical steroids.
2. Individuals using aspirin, ibuprofen and other similar drugs for pain management or individuals with skin conditions may experience a mild “flare up” of their symptoms and should stop using dpl® Flex Mitt and consult their doctors.
3. Read all instructions and safety precautions before using the dpl® Flex Mitt.
4. Do not use on infants.
5. If you experience discomfort or have a concern about its use, stop use immediately and contact your doctor.
6. Use indoors only.
7. Use only the supplied power supply.
8. Unplug from outlet when not in use to avoid tripping hazards.
9. Do not unplug by pulling the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.
10. Do not exceed 40 minutes of use in one therapy session.

V. Product Details

The dpl® Flex Mitt comes completely assembled and ready to use. Your box will include the following:

1. Pain Mitt
2. On/Off Switch
3. USB Power Supply
4. User Guide and Operating Manual



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VI. Assembly Instructions

1. Insert USB plug from pad into provided USB power supply.
2. Plug USB power supply into electrical outlet.
3. Insert hand into dpl® Flex Mitt.
4. Press On/Off switch to the on position to start device.
5. Move On/Off switch to the off position to stop device.

VII. Instructions for Use

1. Insert USB plug from pad into provided USB power supply.
2. Plug USB power supply into electrical outlet.
3. Insert hand into dpl® Flex Mitt.
4. Press On/Off switch to the on position to start device.
5. You can only see the red LEDs; the other LEDs are in the infrared light spectrum and can't be seen with the human eye.
6. Recommended treatment time is 20 minutes. The device may be used multiple times per day.
7. Move On/Off switch to the off position to stop device.

VIII. Technical Specifications

- Model No: DPLPNMITT
- ONLY USE SUPPLIED USB Power Supply.
- Device includes on/off switch; all settings are set at the factory.
- The dpl® Flex Mitt is NOT user serviceable.

- Operating Temperature: 0°C to +27°C (32°F - 80°F)
- Relative Humidity: 85%
- Storage Temperature Range: -30°C to +55°C (-22°F to +130°F)
- Wavelengths: Infrared LED 880nm, RED LED 660nm
- Electrical Ratings: AC to USB Adapter; Input 100-240V, 50/60Hz 0.1 A.
Output: 5.0V 1000mA

IX. Cleaning Instructions

- Clean LEDs monthly with rubbing alcohol and a cotton cloth.
- Allow system to cool before applying rubbing alcohol.
- DO NOT pour alcohol on the unit. Pour a small amount on the cloth.
- Allow alcohol to dry before use.

X. Frequently Asked Questions

When will I feel positive results?

You may feel better or experience positive results after your first treatment. Some individuals may need treatment over days or weeks before noticing results.

My hands hurt and are stiff. Will this help?

The dpl® Flex Mitt is designed to ease the pain, swelling and stiffness that affects many individuals' hands. It is especially effective for pain and stiffness associated with arthritis.

How do the LEDs ease pain and stiffness?

The LEDs penetrate deep into the tissue, increasing circulation which in turn eases pain, accelerates healing, and repairs damaged tissue.

Is the treatment safe?

Yes, the Flex Mitt is all natural, non-invasive, and has no side effects.

XI. Disclaimer

This product is not intended to diagnose, cure or prevent disease. dpl® makes no claims, representations or warranties regarding the ability of this product to cure any physical, skin, or mental conditions. A qualified health professional should be consulted with regard to any condition requiring medical attention.

XII. Equipment Classification

- Type BF Patient Applied Part
- Ordinary Equipment (not protected against harmful ingress of moisture)
- Equipment not suitable for use with flammable anesthetics
- Complies to EMC Standard IEC 60601-1-2
- Complies to Medical Electrical Equipment Safety Standard 60601-1-1

XIII. Warning Symbols



*Attention
Consult
Accompanying
Documents*

The operator must read, understand, and follow all instructions in the accompanying documents including all warnings, cautions, and precautions before using the medical device.



*Type BF
Equipment*

This symbol indicates that the patient applied part is Type BF (floating from electrical ground), which offers a specific level of safety.



Standby/On

This symbol indicates that the switch electronically cycles the DC power On and Off for part of the equipment.
Note: To disconnect the power, unplug from electrical outlet.

XIII. Limited Warranty

dpl® warrants that your Flex Mitt will be free from defects in materials and workmanship for one year from the date of purchase by the original owner and is not assignable or transferable to another party.

The product must be used in a manner as presented in this user guide and only with the provided power supply.

What to Do If You Need This Warranty Service

To initiate warranty service, please contact Customer Service to receive an RMA (Return Merchandise Authorization) and further instructions. Proof of original purchase is required.

How to Register Warranty

LED Technologies, Inc warrants that this product will be free from defects in materials and workmanship for 1 year from the date of purchase by the original owner. This warranty covers the original purchaser only and is not assignable or transferable to another party. Register your warranty online at revivelighttherapy.com/warranty