

PermaPowerSculpt



EM muscle sculpt operation manual



Safety and Warnings

Dear user:

Please read the manual carefully to become accustomed to the safety requirements and operational requirements before commencing use of the device.

Please note long term effects of magnetic stimulation are unknown

- 1) Please do not change or removal any part of the machine.
- 2) Only a designated engineer should open or remove the mainframe.
- 3) Please contact Optilight for any service or maintenance issues.
- 4) Please note this is not a medical device.
- 5) Ensure patient has a constant dialogue with user when in use.
- 6) Before starting any treatment check the machine and handles for any damage or malfunction. Report to Optilight if issues are found **before use.**
- 7) Do not use within one meter of the device the following:
Medical devices, Mobile phones, Laptops, Tablets, Watches, Credit or debit cards, USB drives or Any other data carrying device
- 8) Remove handles from holders before using the machine
- 9) Always use fixation belts to secure handles during treatment
- 10) Ensure handles are not use close mainframe during use
- 11) If paddles need to be unplugged from machine (back of device) ensure device is turned off.
- 12) To remove paddles, press firmly on white buttons at top on bottom of connector
- 13) To connect paddles, push firmly until buttons on connector are securing device

- 14) Prior to use ensure correct parameters are set in place
- 15) Do not use device if there is danger of water intrusion to the device
- 16) The device is not intended for use outdoors
- 17) The device must not be in contact with any flammable material
- 18) Do not use device near any strong electromagnetic fields such as diathermy and x-ray
- 19) Ensure device is not used in direct sunlight or near direct heat sources. Cooling vents are located on the device and need be able to have enough space between them and any fixed surface to ensure air circulation
- 20) Do not place objects on the machine, especially producing heat or containing water
- 21) If the device is moved between environments i.e. cold to warm, ensure the device has time to equilibrate temperature (1 hour)
- 22) Paddles will heat up during treatment, leave device running after treatment to ensure water circulation can cool handles
- 23) IF any error messages are shown refer to Optilight and stop use immediately
- 24) Keep device away from children and pets
- 25) Do not transport machine without water is first drained from system.
- 26) Exclusion of liability - The Company is not responsible for the following circumstances: fire, earthquake, war, fault of operator, damage caused by misuse, Operation outside guidelines
- 27) After using the machine for over 40 hours, please take off the dust filter and clean it

Contraindications

- 1) Treatments for anyone with electric implants is strictly prohibited
- 2) Ensure no one with a pacemakers fitted is either treated or in the same room when the device is in operation
- 3) Ensure no one with metal implants is treated
- 4) Do not use the device on the areas below
 - a. Carotid
 - b. Neck or mouth
 - c. Trans cerebrally
 - d. Over swollen or infected areas
 - e. Inflamed areas or skin eruptions (such as varicose veins, phlebitis)
 - f. Over or in proximity of cancerous lesions
- 5) Do not use on people with diagnosed or suspected heart conditions
- 6) Do not use on epileptic patients
- 7) Do not use post-surgery when muscle contraction may affect healing
- 8) Do not use over the uterus during
 - a. Menstruation
 - b. Pregnancy
- 9) Do not use on implants
- 10) Do not use on pulmonary insufficient people
- 11) Do not use if someone is using a drug pump
- 12) Do not use on anyone with fever
- 13) Do not use if patient is severely hypertensive
- 14) Do not use if inebriated
- 15) Do not use if patient suffers from renal failure

- 16) Do not use on children
- 17) Do not use on immunosuppressive patients
- 18) Do not use of someone numb or heat sensitive

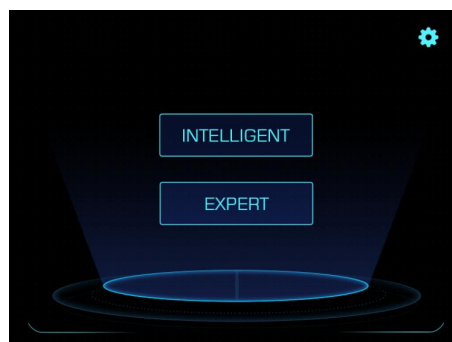
The Device

The **PermaPOWERSCULPT** consists of:

- 1) Main unit
- 2) Mains cables connector
- 3) Water filling kit
- 4) Vent plug
- 5) Applicator holders
- 6) Securing straps
- 7) User manual
- 8) Keys
- 9) Emergency stop button (red button)
- 10) Patient emergency stop button
- 11) 4 Paddles A, B, C and D

Note - Please not when using all paddles, they should not overlap or be facing each other directly at any stage.

- 12) Color touchscreen with expert and intelligent modes



- 13) Intelligent mode has present parameters for treatments of all areas both male and female.
- 14) Expert mode allows the users to set individual settings for

- Frequency of pulses within cycle in Hz
- intensity
- time
- Paddles

The Device Installation

The device should be installed by a qualified and designated installer.

If in the event of moving the machine or overseas installation, the procedure is all follows.

- Place all the paddles labelled A, B, C and D into the correct connectors at the back of the machine and in the applicator holders.
- Before using the device, deionized water must be used to fill the device as the system is water cooled.

Method of filling:

- 1) Place the filling kit funnel into the water in connector at the back of the machine
- 2) Place the vent plug into the water overflow connector.



- 3) Fill with water until the system begins to overflow.
- 4) Remove both plugs, turn on the machine and allow the water to circulate.
- 5) Turn off the device and repeat the process.

The system is now ready for use

- 1) If there are any leaks from the handles check to see all o rings on internal prongs are fitted.
- 2) Water is removed by placing vent plug into drain water connector.
- 3) Water should be replaced at regular intervals or during service visit.

General information

The PermaEMMUSCLESULPT uses high intensity focused electromagnetic energy to active muscle contractions

This process strengthens muscles and creates a metabolic reaction to breakdown fat.

This technology builds muscle and destroys fat at the same time.

How the technology works

The treatment unlike formal exercise works with the patient lying on a bed. The paddles are then place directly on the skin (or over light clothing).

The procedure is generally a 30-minute treatment and during this time the device produces supramaximal contractions equivalent of doing around 20,000 sit-ups/crunches/squat (depending on area treated)

The treatments intensity is increased gradually according to patient's tolerance.

The machine stimulates muscle and then relaxes to flush lactic acid from the muscles to avoid muscle pain and fatigue.

There is no downtime, little or no swelling just stronger muscles fibers in a record time.

The system can be used on both men and woman and can target multiple areas at ones with the four paddles.

The areas that can be treated are

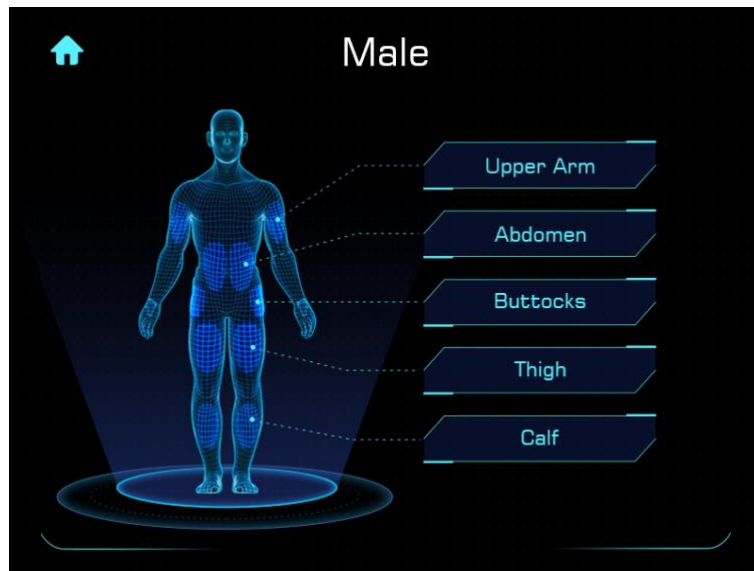
- Upper arm
- Abdomen
- Buttocks
- Thighs
- Calf's

The device is designed for use on adults only and the patients must have none of the contraindications before commencement of treatment.

A medical history of the patients should be done on consent of treatment

Treatment

- 1) The recommend treatment therapy time is 30 minutes with session separated by at least 2 days and performed in a series of 8 sessions
- 2) Before any treatment commences patients should remove jewelry and ensure no electrical devices are within vicinity of machine.
- 3) Whilst clothes do not need to be removed it is advisable. If clothes are worn, then light clothes only.
- 4) The paddles should be placed on the area to be treated a guide can be seen on screen

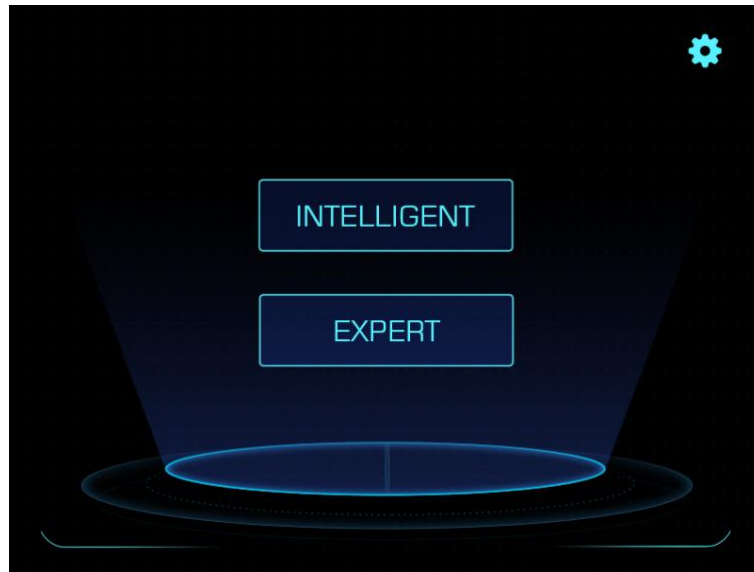


a.

- 5) The Larger A.B paddles should be used on Abdomen and buttocks/Thighs ie the larger areas to be treated.
- 6) Paddles should be positioned and held in place for fixation straps. These should be tightened to avoid movement during treatment
- 7) Do not place directly over bones as this can cause discomfort.

Machine operation

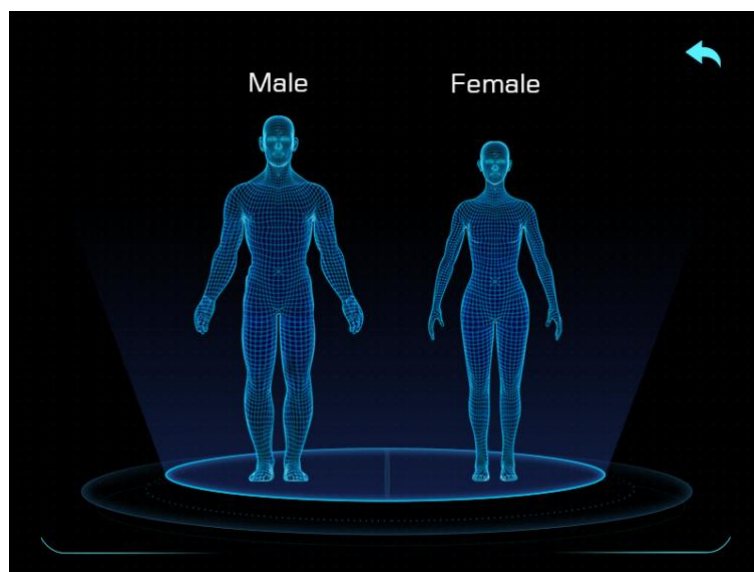
- 1) Plug the machine into mains supply with the cable provided and turn on the machine with the key provided 90 degrees clockwise.
- 2) The system now powers up and shows PermaPOWERSCULPT briefly before entering into the first screen.



a.

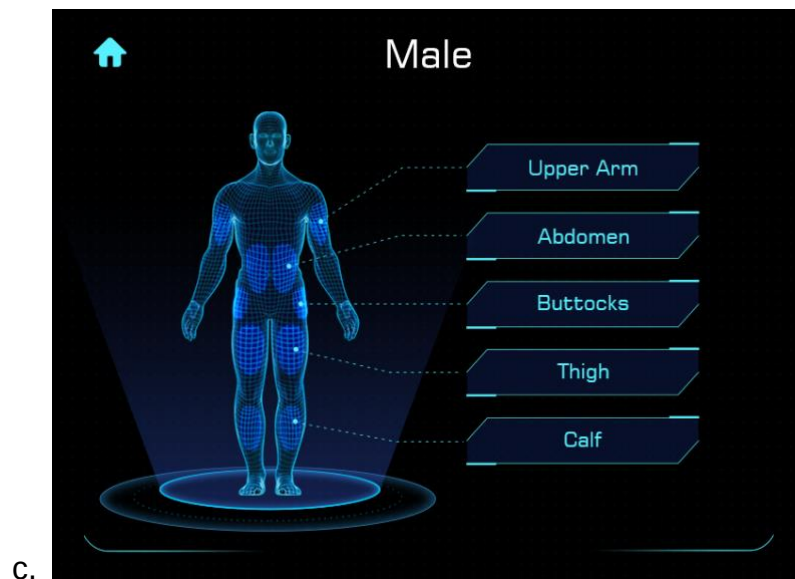
- 3) Intelligent Mode is for pre-set parameters for new users
- 4) Expert Mode is for those who are very familiar with the device

a. Press intelligent mode which then opens up a new screen

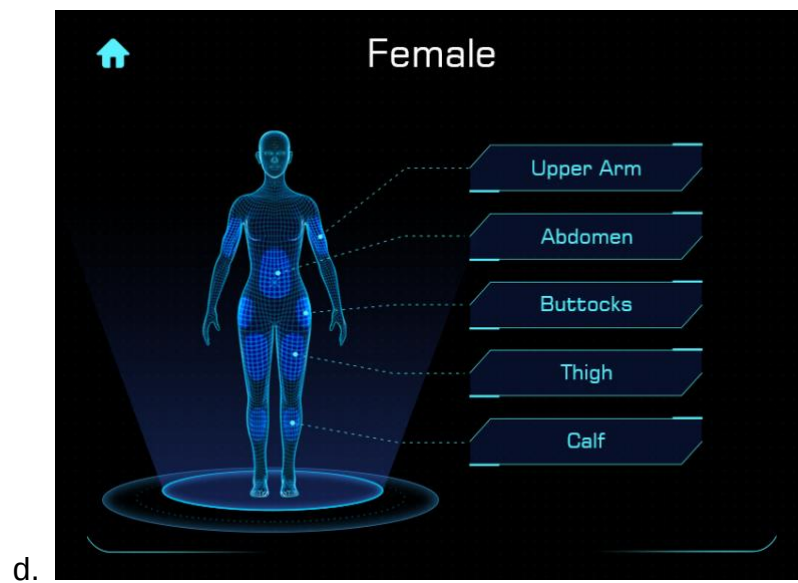


b.

- 5) Chose male and this enters into the next screen where the operator chooses the areas the machine will work with pre-set parameters



- 6) This is the same screen if you select female as well



- 7) Next chose the area you wish to treat with paddles AB (Large paddles)
- 8) This leads to a further treatment screen.

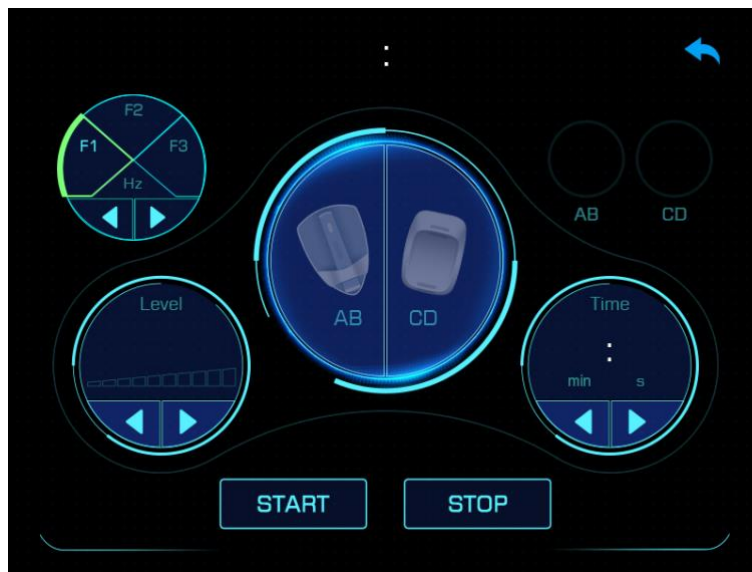


- 9) The time can be adjusted from 5 minutes to 60 minutes using arrows below the time display (30 minutes is a recommended treatment time) Bottom right.
- 10) Place paddles A and B on the treatment area and secure with straps. In this example, this would be the abdomen.
- 11) You can then place paddles C and D on another part of the body if you wish and secure with straps.
- 12) If you do not wish to treat another area, then simply press CD on screen to turn it off and this will no longer be highlighted.
- 13) Click start and this will start the paddles with the lowest intensity 1 which is displayed in the top right corner.
- 14) The paddle you are in control of is displayed with the level in the bottom left corner.
- 15) You can now increase intensity of each set of paddles by the left right arrows in the bottom left corner which is again displayed as well in the top right. This should be done to patient tolerance.
- 16) If you wish to turn off one set of paddles during the treatment, then you

will need to hit the stop button and then restart the process.

- 17) The timer at the top of the screen will count up until the treatment time has completed and then the machine will automatically stop.
- 18) If you press the home button this will take you back the male/Female screen.
- 19) Pressing the back button will take you back to intelligent or expert mode.

Press Expert mode which then opens up a new screen



- 1) Here you can choose independently all the settings for a treatment
- 2) The time can be adjusted from 5 minutes to 60 minutes using arrows below the time display (30 minutes is a recommended treatment time).
- 3) Choose which areas you wish to treat with which paddles and secure with straps
- 4) Click start and this will start the paddles with the lowest intensity 1 which is displayed in the top right corner.
- 5) The paddle you are in control of is displayed with the level in the bottom left corner.
- 6) You can now increase intensity of each set of paddles by the left and right arrows in the bottom left corner which is again displayed as well in the top right. This should be done to patient tolerance.

- 7) If you wish to turn off one set of paddles during the treatment then you will need to hit the stop button and then restart the process.
- 8) Within expert mode you can adjust the shots per second or frequency (Hz) shown in the top left of the screen.
 - a. The cycle will work for both paddles and is as follows:
 - b. F1 is the first cycle and will deliver 1 set of pulses to frequency you have set.
 - c. F2 is the second cycle and will deliver 3 set of pulses to frequency you have set
 - d. F3 is the third cycle and will deliver 1 set of pulses to frequency you have set
- 9) The timer at the top of the screen will count up until the treatment time has completed and then the machine will automatically stop.
- 10) If you press the back button this will take you back to the intelligent/Expert page.

Possible Side effects

Patients will sometimes have side effects from use this can include but are not limited to

- 1) Muscular pain
- 2) Muscle spasm
- 3) Tendon or joint pain
- 4) Local erythema
- 5) Skin redness

Technical Parameters

Technology:	High Energy Pulsed Electromagnetic
Output Channel:	4 Channels
Magnetic Power:	7.0Tesla $\pm$ 20%
Magnetic Frequency:	Symmetric Biphasic Pulse, Max 50Hz
Power Setting:	10~100%
Treatment Protocol:	Intelligent Mode and Expert Mode
Treatment Time:	20 Minutes
Pulse Width:	310 μ s $\pm$ 20%
Interface:	10' Touch Screen
Power:	3000W
Dimension:	89 $\times$ 59 $\times$ 119(cm)
Input Voltage:	AC220~230V 50/60Hz / AC110V 50/60Hz □

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Contact Details

Optilight Ltd
Grange Farm Business Park
Old Hurst Road
Woodhurst
Cambridgeshire
PE28 3BQ

Tel – 07843 349243
Email – info@optilight.co.uk