

GB

IDROSTAR



Indications

Treatment of hyperhidrosis of the hands, feet and armpits

Contra-Indications

- Pregnancy
- Cardiac pacemakers & similar devices
- Metal orthopaedic implants

SET UP GUIDE

Please see full instructions overleaf

Your idrostar machine is for the maintenance treatment of hyperhidrosis and is made to be transportable. The unit comes complete with:

- 2 baths
- 2 stainless steel electrodes
- 2 leads
- 2 plastic meshes
- 2 crocodile clips which connect the machine to the electrodes via the leads

DVD

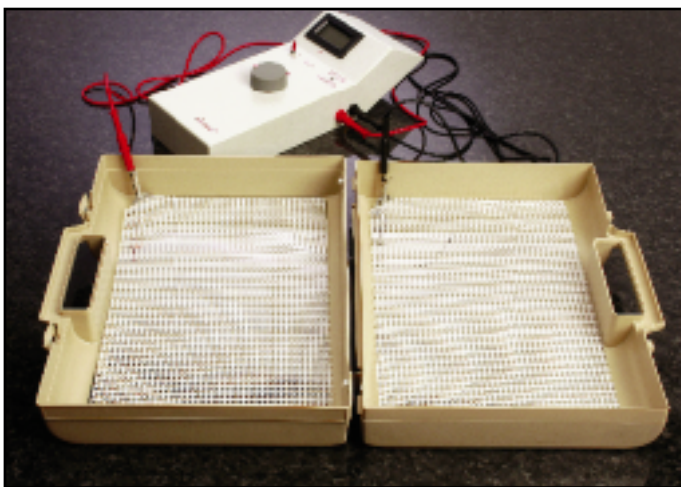
Forearm Protectors

4 LR6 AA 1.5V batteries

Instruction manual

Insert 4 LR6 AA 1.5V batteries into the battery carriage according to the “+” and “-” symbols. Slide the carriage into the battery compartment on the side of the machine, ensuring the carriage is fully clicked into place. 4 alkaline batteries should last for 3 sessions, depending on their quality. It is always best to remove the batteries after each treatment to avoid leakage. A “low batt” (low battery) warning will appear on the display if the batteries do not have sufficient power. If using rechargeable batteries we would recommend a minimum strength of 1600mAh.

- Place the machine on the table.
- Place the baths on the table in front of the machine (or on the floor if treating feet) and place a stainless steel electrode into each bath, ensuring that the upturned corner is placed in the upper left quadrant of the bath. Then place the plastic meshes on top of these. (Picture 1)



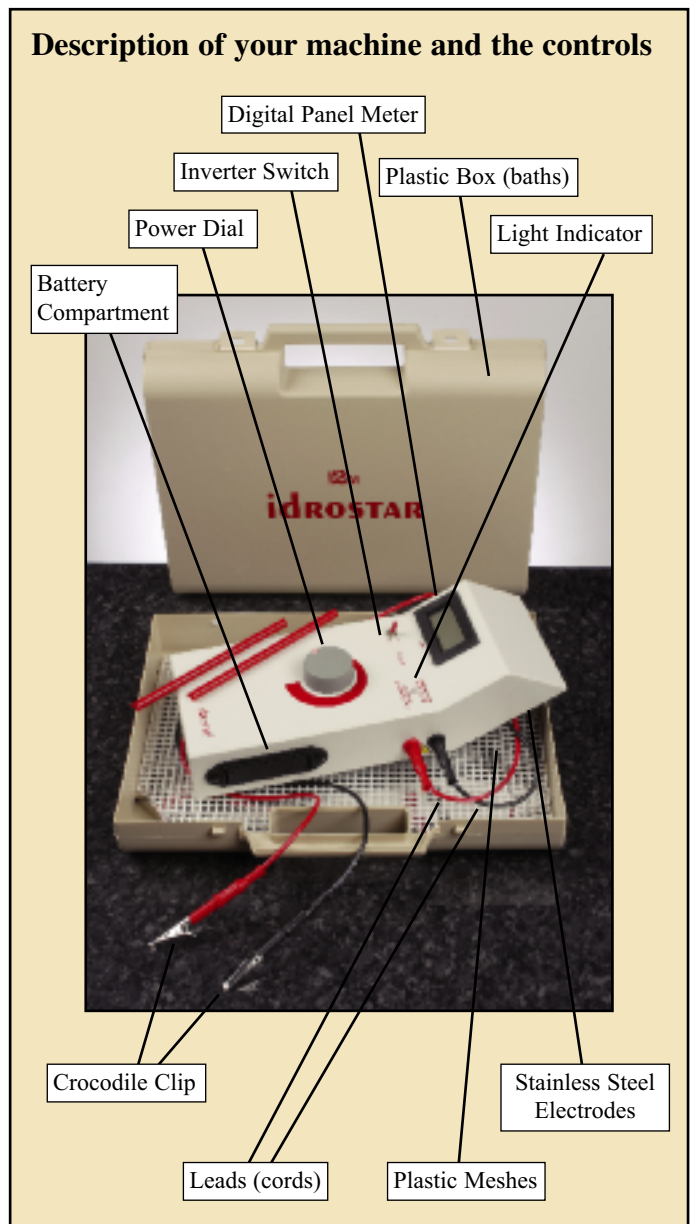
1. PLACE ELECTRODES & GRILLS INTO BATHS

- Plug the colour leads into the corresponding sockets on the machine. Attach the crocodile clips to the other end of the leads and attach these to the upturned corners of the electrodes (one clip per electrode). (Pictures 2, 2a and 2b)



2. ATTACH LEADS TO MACHINE

Description of your machine and the controls

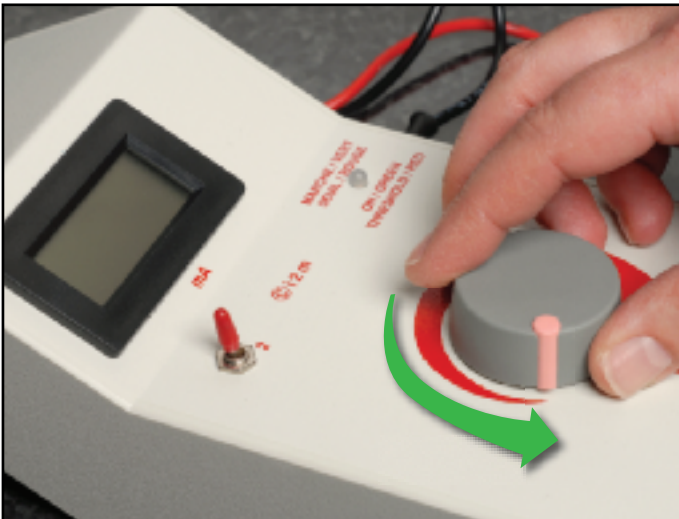


TREATMENT



2a. ATTACH LEADS TO ELECTRODES USING CROCODILE CLIPS. **2b.**

- Ensure that the machine is turned off by checking that the power dial is turned fully anti-clockwise. (Picture 3)



3. POWER DIAL

- For added comfort, a forearm protector can be placed on the edge of the bath during treatment of the hands. (Picture 4)



4.

- Pour approximately 400mls of warm tap water into each bath.

Treatment may start with a hand and foot on one side (e.g. right hand and right foot) for those with hyperhidrosis of the hands and feet; or for hyperhidrosis of the hands only, both hands can be treated at the same time; likewise, both feet.

The treatment of both hands simultaneously necessitates someone else to be present throughout. It is important **never to remove** your hands or feet from the baths during treatment, when the power is turned on. See side effects and precautions.

When the feet alone are treated, the total time is 30 minutes (two sequences of 15 minutes). For the hands only and 1 hand and 1 foot, the treatment time is 20 minutes (two sequences of 10 minutes).

- **It is essential that the hands and/or feet are placed in the baths to create a circuit. The current display will remain at zero until the circuit has been completed.**
- **Please note that the power may increase without help by approximately 1-3 mA every 2 minutes or so. If you are relying on someone else to turn on the power and increase the current, please ensure that they are at hand, in case you need to reduce the current if both hands are in water.**
- Ensure all jewellery and body piercings are removed. The current does not travel above the neck, so amalgam fillings, dental braces and earrings do not pose a problem with tap water iontophoresis.
- The skin surface to be treated **must** be free of **all** cuts/lesions (if any are present, cover with a small amount of petroleum jelly such as Vaseline).
- The inverter switch must be at position "1". (Picture 5)



- The inverter switch controls the direction of flow of current.

5.

For treatment of hands only (10 minutes on each polarity):

- Place both hands into the baths, pressing lightly on the meshes, but **avoiding all contact** with the metal electrodes. (Picture 6)

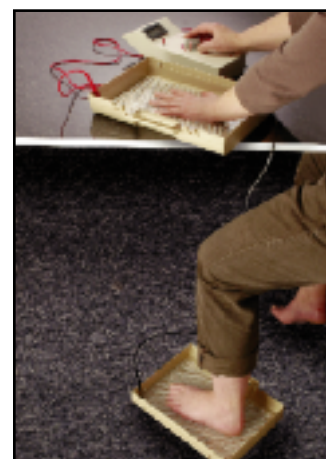


6. PLACE HANDS IN BATHS

- Enlist someone else to turn the power dial slowly clockwise to the maximum level **tolerable**, but not above 20mA. You should feel a 'pins and needles' type sensation, but this should **not be uncomfortable**.
- At a certain level you will feel a slight discomfort or pricking. Ensure that the current is not turned up too much, as this treatment should not be uncomfortable. During the early sessions the sensations may become difficult to tolerate; do not persist in maintaining any uncomfortable level. With repeated sessions the skin will improve and the current can be increased, but must never exceed beyond 20mA.
- After 10 minutes, ask your helper to turn the power dial anti-clockwise so the machine is turned off. **Ensure that the green indicator is off or the power is completely turned down. (Picture 3)**
- Change the inverter switch to the "2" position to change the polarity. (Picture 5)
- Restart the treatment again with your helper and after 10 minutes, very slowly turn the power dial anti-clockwise so the machine is turned off. **Ensure that the green indicator is off.** The treatment is now complete. Dry hands and completely dry machine and all parts of the unit.

For treatment of feet only (15 minutes on each polarity):

- Place 1 foot into each bath, pressing lightly on the mesh, but **avoiding all contact** with the metal electrode.
- Turn the power dial slowly clockwise to the maximum level **tolerable**, but not above 20mA. You should feel a 'pins and needles' type sensation, **but this should not be uncomfortable**.
- At a certain level you will feel a slight discomfort or pricking. Ensure that the current is not turned up too much, as this treatment should not be uncomfortable. During the early sessions the sensations may become difficult to tolerate; do not persist in maintaining any uncomfortable level. With repeated sessions the skin will improve and the current can be increased, but never exceed beyond 20mA.
- After 15 minutes turn the power dial anticlockwise so the machine is turned off. **Ensure that the green indicator light is off or the power is completely turned down. (Picture 3)**
- Change the inverter switch to the "2" position to change the polarity. (Picture 5)
- Restart the treatment again and after 15 minutes, very slowly turn the power dial anticlockwise so the machine is turned off. **Ensure that the green indicator light is off.** The treatment is now complete. Dry feet and completely dry machine and all parts of the unit.



For treatment of hands and feet (10 minutes on each polarity):

- Place your right hand and right foot into the baths, pressing lightly on the meshes, but **avoiding all contact** with the metal electrode.
- See treatment for hands only and ensure only 10 minutes on each polarity. You will be able to turn the power control dial with your free hand.
- Duplicate this procedure for the left hand and foot.

FREQUENCY OF TREATMENTS

This treatment protocol should always be adhered to when using the machine for the first time. For maintenance treatments, ensure that these are commenced before hands and/or feet become hyperhidrotic. It is best to do a maintenance session as soon as the hands and/or feet feel clammy and are not fully sweating. For some people this is necessary twice a week, for others, monthly sessions will be all that is required. With time, you will find that you are able to control your hyperhidrosis with frequent maintenance sessions.

First week	-	treatment on day 1, day 2 & day 4. (ie Tues, Wed, Fri)
Second week	-	treatment on day 7 & day 10. (ie Mon, Thurs)
Third week	-	treatment on day 15. (ie Tues)
Fourth week	-	treatment on day 22. (ie Tues)

For some people, an almost complete cessation of sweating can be achieved after the fourth treatment, but you should continue to the 7th session. After the seventh treatment session, further sessions will only be needed as soon as the sweating restarts. It is then best to commence therapy immediately. (At this stage, only one or two treatments may be necessary).

Please follow the prescribed advice, since multiplication or extended treatments beyond those recommended will not help improve your hyperhidrosis.

TREATMENT OF CHILDREN

The basic treatment is the same as for adults, but because the skin is thinner, the current level should not exceed 15 mA. Please seek medical advice before commencing treatment on children.

SIDE EFFECTS / PRECAUTIONS

- Lifting the hand or the foot out of water during the treatment will break the circuit; an unpleasant electrical surge (but not dangerous) will be felt. If this happens, the digital power indicator will go back to zero. Do not put your hand or your foot in the baths again; but turn off your machine (green indicator switched off), then place your hands and/or feet in the same baths and start the session again.
- Sensation of mild burning if the metal electrode is touched.
- Microbruising if the intensity of treatment is too great.
- Moderate hyperkeratosis if treatment sessions are too frequent. It is better to have a gap in between treatments, rather than have treatments too frequently.
- Itchiness of the treated area after treatment. Apply a good emollient or moisturiser post treatment if this occurs or hydrocortisone if extreme erythema occurs.

MAINTENANCE OF THE IDROSTAR

You can clean the baths, plastic meshes and stainless steel electrodes with a diluted disinfectant or detergent. However, the machine should just be cleaned with a soft cloth, lightly moistened with water and a mild detergent. Do not use solvents to clean the machine and never immerse the machine in water.

When the treatment is finished, never place the machine and accessories in the baths when they are still wet.

Always remove the batteries after each treatment to avoid corrosion.

TREATMENT OF THE AXILLAE (ARMPITS)

Iontophoresis Axillae Pads – for the treatment of hyperhidrosis of the armpits

These pads and electrodes are available from STD Pharmaceuticals on request and are sold separately.

**Only to be used in conjunction with the following iontophoresis machines:
Idrostar Pro – Iomax4 – i2ma – Idrostar**

1. Before use, rinse the sponge with tap water, ensuring that the pads are thoroughly soaked. **Please ensure any clothing containing metal is removed before commencing treatment** (eg underwire bra).

2. Insert the rubber electrodes into the sponge pads. **(picture 1)**

THE RUBBER ELECTRODE SHOULD NOT COME IN DIRECT CONTACT WITH THE SKIN DURING TREATMENT

3. The leads on the rubber electrodes attach directly to the electrode cables, by pushing the socket and plug together as shown in the picture opposite. **(pictures 2 & 2a)** Do not use the crocodile clips enclosed as these are only used for treatment of the hands and feet.

4. Soak the sponge pads again in water and insert into axillae (armpits), ensuring a good fit. **(pictures 3, 3a, 4 & 5)**

KEEP THE SPONGE AS WET AS POSSIBLE FOR THE TREATMENT

5. Once the pads are in place turn the power up. We recommend no more than 5mA initially and never exceed 10mA. **(picture 6)**

6. Maintain this power level for 10 minutes. Reduce power to zero and turn machine off. Change polarity of machine by clicking the inverter switch from 1 to 2, **(picture 7)** soak sponge pads again, insert into axillae (armpits) and increase power again for a further 10 minutes. Reduce power to zero and turn machine off.

7. Treat 7 times over a 4 week period as per hand and feet iontophoresis treatment protocol.

Try to ensure that the sponge pad is as wet as possible and remains so during treatment, ensuring a successful outcome.

Sometimes irritation can arise around the armpit after using tap water iontophoresis. If this becomes a problem, hydrocortisone cream 1% can be helpful and is available from your doctor on prescription and should be used immediately after treatment.

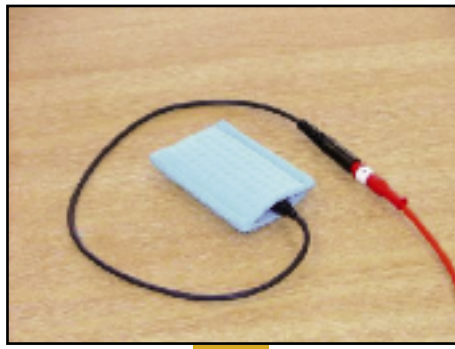
THE SPONGE CAN BE HAND WASHED AFTER USE, BUT SHOULD BE USED ONLY ON ONE USER OF THE MACHINE

WARNING

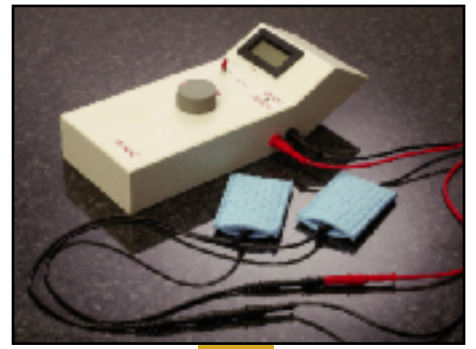
Treatment is not recommended in patients under the age of sixteen, without prior medical consultation.



1



2



2A



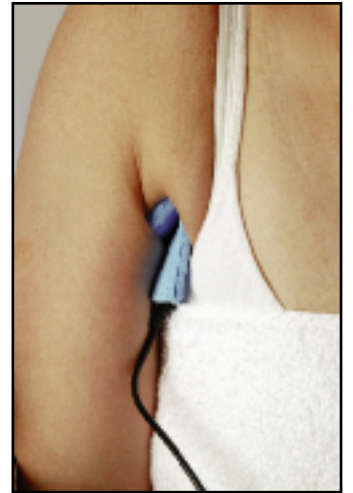
3



3A



4



5



6



7

GUARANTEE

The manufacturers of your machine, (i2m) guarantee that this product is free of faults at the time of purchase and during the following 2 years.

If a fault occurs during the guarantee period, the manufacturer will take responsibility under the following conditions:

1. The guarantee will only be valid on production of the original invoice with the following details filled in –
 - a) The name of the purchaser
 - b) The name, address and stamp of the distributor
 - c) The name of the model and the products serial number
 - d) The date of the purchase

i2m reserve the right to refuse this guarantee if all, or part of these details are missing or modified after the original purchase.

2. This product cannot be considered defective in material or manufacture if it is not used as recommended.

This guarantee does not apply with any adaptations or changes, whether or not correctly performed, or to any damage which may result from this.

3. This guarantee will not cover –
 - a) The repair or replacement of parts worn out by normal use
 - b) The cost and risk of transport to or from the place of repair
 - c) Damage to this product resulting from abuse or misuse, in particular, but not exclusively to
 - a) Negligence or fault by the user (used contrary to instructions or design, dropping, breakage or accidental cracking
 - b) Repairs by non-agreed personnel
 - c) Accidents, natural disasters or all other causes out of control of i2m, in particular, but not exclusively due to lightning, flooding, fire, public disturbance or battery damage to machine
4. This guarantee in no way limits the rights of the customer under the national laws in force. In the absence of such national laws, this guarantee, or its use within the EU, will be the sole and exclusive legal recourse of the customer and i2m will not be held responsible for damage whether directly or indirectly resulting from failure to abide by the above conditions.

FURTHER INFORMATION	
TIME FOR 4 EXTREMITIES	4 x 10 MINUTES
TIME FOR 2 EXTREMITIES	2 x 10 MINUTES or 2 x 15 MINUTES
MAXIMUM TREATMENT THRESHOLD	20mA
VISUAL THRESHOLD LIGHT	YES
BATTERY ENERGY	4 x AA BATTERIES
MINIMUM CHARGING TIME	N/A
CHARGING LIGHT	N/A
VISUAL AND AUDIO ALARM	NO
MAXIMUM SESSIONS WITHOUT CHARGING	3 SESSIONS
CHARGER	NO
POLARITY INVERTER	YES
REMOTE CONTROL OPTICAL FIBRE	NO
TIMER	NO
PLASTIC BATHS	2
PLASTIC MESHES	2
STAINLESS STEEL ELECTRODES	2
ELECTRICAL LEADS	2
CLIPS	2
BATHS FOR HANDS SIZE L x W x H	330 x 220 x 40mm
BATHS FOR FEET SIZE L x W x H	330 x 220 x 40mm
TOTAL WEIGHT	2kg
ELECTRICAL UNIT SIZE	300 x 120 x 75mm
FIBRE OPTIC SWITCH	NO

This machine conforms with the international standards: EN 60601-1/EN60601-2-10/EN55011/IEC 801-3/IEC 801-2

Please be advised to keep your original packaging for the duration of the guarantee should it be necessary to return the machine to:



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EMAIL: enquiries@stdpharm.co.uk

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Manufacturers: i2m, 16 Bis Fosses St-Julien, B.P. 200, 14011 Caen, Cedex, France.

i2m Ltd (capital 16,000 Euros) specialists in the innovation, production and distribution of medical apparatus