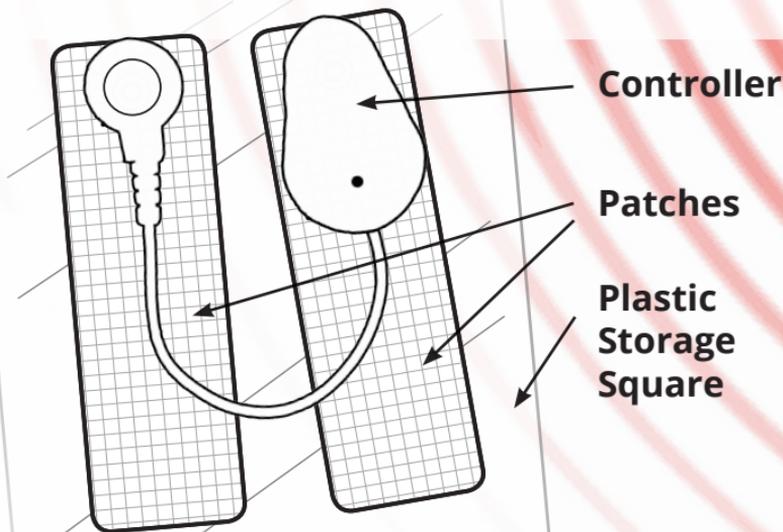


MICROLIEF®

Microcurrent Therapy

Microlief® Microcurrent Therapy is the application of very low-level electrical stimulation that increases circulation, provides pain relief, and promotes tissue healing.



Indications for Use: Microlief® is intended for the relief of pain associated with sore and aching muscles in the back, arms or legs due to strain from exercise or normal work activities.

Microlief® can also be used for the symptomatic relief of chronic, intractable pain.

Microlief® *Proven Pain Management Technology*

Microlief® Instruction Booklet

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Package Contents

Your Microlief® package contains: One Controller, Two pair of Patches, a Quick Start Guide and this Instruction Booklet.

For more information or to order supplies

Visit www.microlief.com

Email: [Microlief@gmail.com](mailto:microlief@gmail.com)

Is Microlief® Right for my Pain?

	YES	NO
Do you have a cardiac pacemaker?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have an implanted defibrillator?	<input type="checkbox"/>	<input type="checkbox"/>
Do you have any other implanted stimulator?	<input type="checkbox"/>	<input type="checkbox"/>
Have you recently had back surgery? (i.e. disc surgery, spinal cage implantation, etc.)	<input type="checkbox"/>	<input type="checkbox"/>
Are you pregnant?	<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to any of these questions, Microlief® is contraindicated for your use. **Do not apply the Patches.**

If you answered **NO** to all of the above questions, and you suffer from chronic pain or pain associated with sore and aching muscles in the arms, legs or back due to strain from exercise or normal work activities, then Microlief® may help you with your pain.

Please read this booklet before using Microlief® for the first time.



Remember, pain can be a symptom of physical illness or injury. Consult a physician for medical advice. This product is a non-medical method for treating pain and should never be used in place of seeing a doctor.

Safety Information



Caution:

This product should never be used by any person:

- With undiagnosed pain.
- Using a cardiac pacemaker.
- Using Transdermal Drug Delivery, such as heart medication delivery patches.
- Under the age of 12, unless under the continued supervision of a physician.
- Being monitored with electronic equipment, such as electrocardiogram (ECG) monitors or alarms.
- Undergoing a high frequency procedure, such as an MRI, electrosurgery or x-rays. If you are not sure whether a procedure is a high frequency procedure, remove the Microlief® Patches during the procedure.
- In areas where other high frequency devices may be in use, e.g., airport security systems or metal detection devices.

Safety Information

Please Also Note:

- If you are under the care of a physician, consult with your physician before using these Microlief® Patches.
- Do not place the Patches along the anterior neck region (carotid sinus).
- Do not place the Patches in a way that causes the flow of current through the head (trans-cerebrally).
- The safety of this unit during pregnancy has not been established.

In addition, the Microlief® Microcurrent Therapy Patch:

- Is for external use only.
- Should not be placed over an open wound.
- Use should be discontinued for a day if a rash appears.
- Should only be used by one person.
- Use should be limited to no more than three sets of Patches at one time.
- Should be kept out of reach of children.

About Microlief® Microcurrent Therapy

Microlief® delivers 24-hour-a-day pain relief using electronic Patches that can be worn under your clothing.

The Microlief® system consists of one microcurrent Controller that snaps on to one pair of hydrogel Patches. The Patches are placed on either side of the target painful area.

After applying the Patches to the targeted area, a very small amount of electrical current flows from one Patch through the pain center to the other Patch. A small blinking red light on one side of the Controller indicates that Microlief® is working.

The Controller does not have an on/off switch. The Controller is activated (turned on) when the Patches make good electrical contact through gel with skin. The Controller is deactivated (turned off) when the Patches are removed from the body and returned to their plastic storage square. The Controller provides 300 hours of contact treatment.

Relief can begin within moments of applying the Patches. The microcurrent is very gentle and the individual receiving the therapy does not feel any electrical sensation. The microcurrent penetrates inflamed cells and restores the essential blood supply necessary to re-establish normal cell activity and reduce inflammation and pain.

About Microlief® Microcurrent Therapy

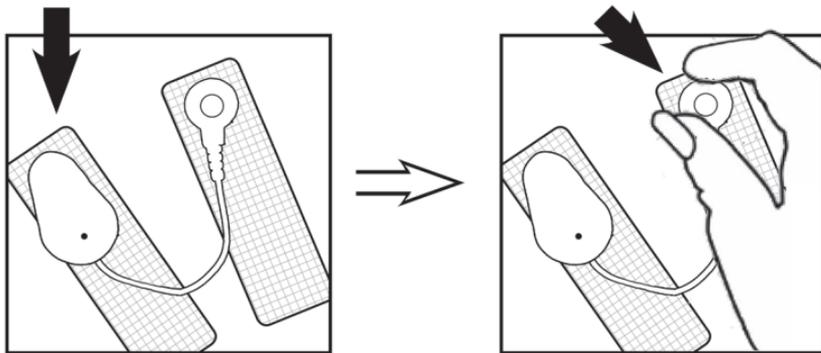
Microlief® relieves pain but does not cure pain. Microlief® is not effective for pain associated with Central Pain Syndromes.

Microlief® may not work for everyone. The effectiveness depends on personal conditions.

Minor skin redness is a normal reaction to electrical stimulation. This redness generally disappears within 30 minutes of removing the Patches.

Directions for Use

1. Snap the Controller on to the Patches.



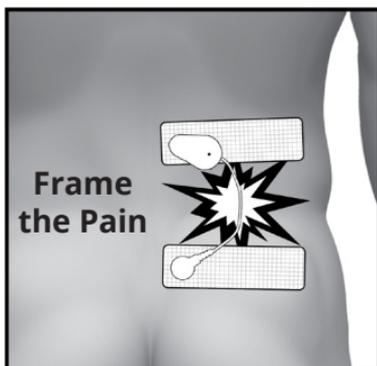
Directions for Use

2. Frame the Pain:

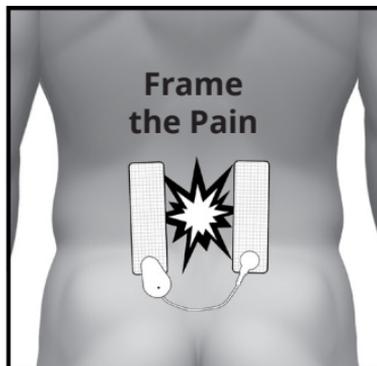
Plan to Frame the Pain or Problem area with the Patches. Make your decision based on visual inspection and manual palpation of the region.

Location Choices for Patch Placement:

- A. Above and Below the painful area.
- B. Left and Right to either side of the painful area.
- C. One Patch directly on the painful area, with the second Patch placed above, below or to the side.



Above and Below the Pain

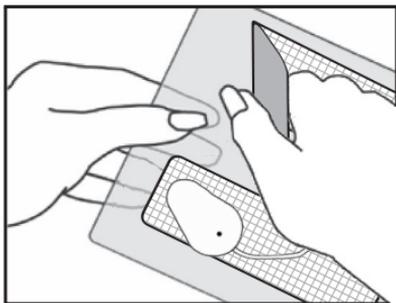


To Left and Right of the Pain

Two examples of Patch placement for low back pain

Directions for Use

3. Be sure the selected location for the Patches is clean, dry and free of topical applications.
4. Remove the Patches from the plastic backing and apply them to the selected location.



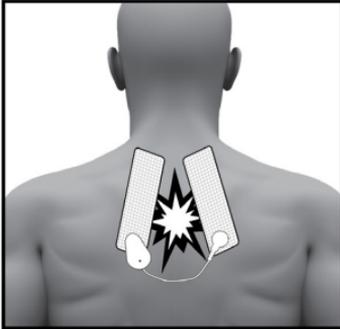
5. Smooth down each Patch by applying finger pressure to the full length of each Patch to ensure firm, full contact with the body.
6. Always leave slack in the wire to allow for comfortable movement.
7. Check for the blinking light. The blinking red light indicates that the Controller is working and that treatment is occurring.

Helpful Tips

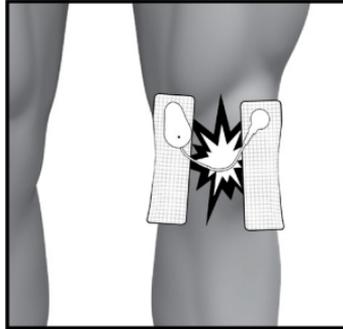
- Treatment can continue as long as necessary for pain relief.
- Remember to Frame the Pain with the Patches.
- Patches can be worn continuously, but should be periodically removed for bathing and to inspect the area underneath the Patches for irritation or redness.
- Many users are satisfied wearing the Patches only at night for treatment while they are sleeping.
- For maximum relief, if practical, it is suggested that Patches be kept in place for 72 continuous hours and removed only for bathing. Some users report only slight improvement the first day and dramatic results by the third day.
- If necessary athletic or medical tape can be used to keep Patches in place. Depending on the area you are treating, socks or stretchy snug clothing also work well to keep the Patches in place while you are sleeping.
- If the Patches are too long for a specific treatment area, they can be trimmed from the bottom with a pair of scissors.
- Any residue from the Patches on your skin after removal of the Patches can easily be cleaned up with warm soapy water or an alcohol wipe.

Examples of Placement

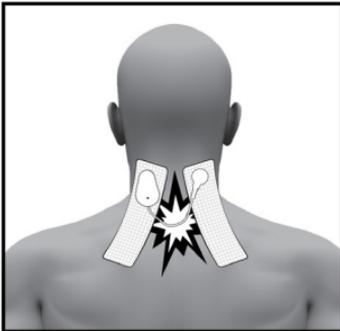
There are many ways to use the Patches to relieve pain. These are examples of the most commonly used protocols. For more options and examples of placement, please visit Microlief.com



Upper Back Pain



Knee Pain



Neck Pain



Warning:
Do not place Patches on
head, anterior neck, or face.

Adverse Reactions

Adverse Reactions: Isolated cases of skin irritation may occur at the site of Patch placement following long term application. The treatment should be paused and this condition, known medically as, erythema, will generally clear within a few hours to a few days.

Occasionally, minor skin irritation at the patch site has been documented with certain hypersensitive individuals. If the skin under a Patch feels irritated or itchy or redness does not disappear 30 minutes after the Patches are removed, do not use the Patches until the skin irritation or excessive redness has disappeared.

Remove Patches if the stimulation feels unpleasant.



IF YOUR PAIN DOES NOT IMPROVE, BECOMES MORE THAN MILD, OR IF IT CONTINUES FOR SIX DAYS, STOP USING MICROLIEF® AND CONSULT YOUR PHYSICIAN.

Questions & Answers

Will I feel any sensation?

No. The microcurrent generated by Microlief® is very close to that of the body's own electric current. It is too low to be felt.

Is the position critical for treatment?

Yes. Frame the painful area with the Patches. The Patches may be placed either above and below the painful area, or to the left and right of the painful area. If relief is not experienced within two hours of applying the Patches, try a different placement arrangement.

Where should I not place the Patches?

Safety of use through the head and carotid sinus area of the neck has not been determined. Do not place in areas shown on the drawing on page 11.

How long will the battery last?

The battery will last for about 300 treatment hours. Battery life depends upon the individual usage of the product and the conductivity of the skin.

How long will the Patches last?

The number of times the Patches can be reused varies from person to person depending on skin conditions, climate, storage, use and care. The Patches generally can be reapplied 5-10 times before they are worn out.

Care and Use of Microlief®

The built-in battery provides up to 300 treatment hours and is not rechargeable. The treatment hours can be “saved” and used at different times. The battery is not drained unless the red light is blinking.

When not in use, you may store your Controller and Patches on the plastic storage square. Take care that the Patches are not touching each other and make sure that the red light is not blinking. If the Patches make contact with each other, the Controller will be activated and the battery will be drained.

The Patches have a shorter life span than the Controller. If the Patches lose their stickiness, you can extend their lifespan with this procedure:

Using your fingertip, lightly moisten the gel matrix side of the Patches with warm water. Place the Patches in a safe place to air dry with the gel matrix side facing up.

When one pair of Patches are worn out, you can easily detach them from the Controller and snap the Controller on to a new pair of Patches.

Additional Patches may be purchased at www.Microlief.com

Environmental Conditions that can Affect Use

Microlief® should only be used within the temperature range of 10°- 45°C (50°-113°F) and at a relative humidity range of 20%-90%. If the product has been stored or transported in conditions outside these ranges, keep it within recommended ranges for 30 minutes before using.

Disposal Information

This product does not contain any environmentally hazardous substances and can be disposed of normally. The battery used in the Controller should not be mistreated. Do not attempt to recharge, disassemble or dispose of in a fire.

Technical Information

- Microcurrent Therapy Patch Model #7500 v6.
- See safety information.
- Rated Output 0.5 Hz, pulsed DC waveform, 21mV@42µA under 500 ohm.
- Store Microlief® at room temperature in a dry place.
- Continuous operation.
- Internally powered equipment.



Type BF
Applied Part

Safety Testing

The **Microlief®** MCT Patch was tested and in compliance with:

IEC 60601-1 (Ed.3) and EN 6061-1: 2006 + CORR: 2010

Medical Electrical Equipment Part 1: General Requirements for Basic Safety and Essential Performance.

EN60601-1, 3rd Edition (2012) Medical Equipment, Part 1:

General Requirements for Basic Safety and Essential Performance.

EN60601-2-10 Medical Equipment, Part 2: Particular

Requirements for the Safety of Nerve and Muscle Stimulators.

CAN/CSA-C22.2 No. 6060-1 (2008) Medical Electrical Equipment, Part 1:

General Requirements for Basic Safety and Essential Performance.

CAN/CSA-C22.2 No. 601.2.10 (1992) Medical Equipment Part 2:

Particular Requirements for the Safety of Nerve and Muscle Stimulators.

EN60601-1-2 (2007) Electromagnetic Emissions and Immunity

Requirements for Medical Electrical Equipment.



Type BF
Applied Part



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