

ESTS

PATIENT INSTRUCTIONS

EXTENDED SHORT THUMB SPICA

GIVE TO PATIENT

EXOS™ DAUMENORTHES LANG

EXTENDED SHORT THUMB SPICA (ESTS)
FÉRULA SPICA CORTA AMPLIADA PARA PULGAR
EXOS™ DAUMENORTHES LANG
TUTORE SPICA CORTO CON POLICE ESTESO
ATTELLE SPICA COURTE AVEC EXTENSION POUR POUCE
VERLENGDE KORTE SPICA ORTHÈSE VOOR DE DUIM
ORTÉZA – PREDLŽENÁ SPICA NA PALEC
ORTÉZA – PRODLUŽENÁ SPICA NA PALEC
APOYO SPICA CURTO ESTENDIDO PARA POLEGAR
加長型短臂拇指人字形護具
伸長性小型人字形護具

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1430 Decision Street,
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P 800.336.6569
F 800.936.6569
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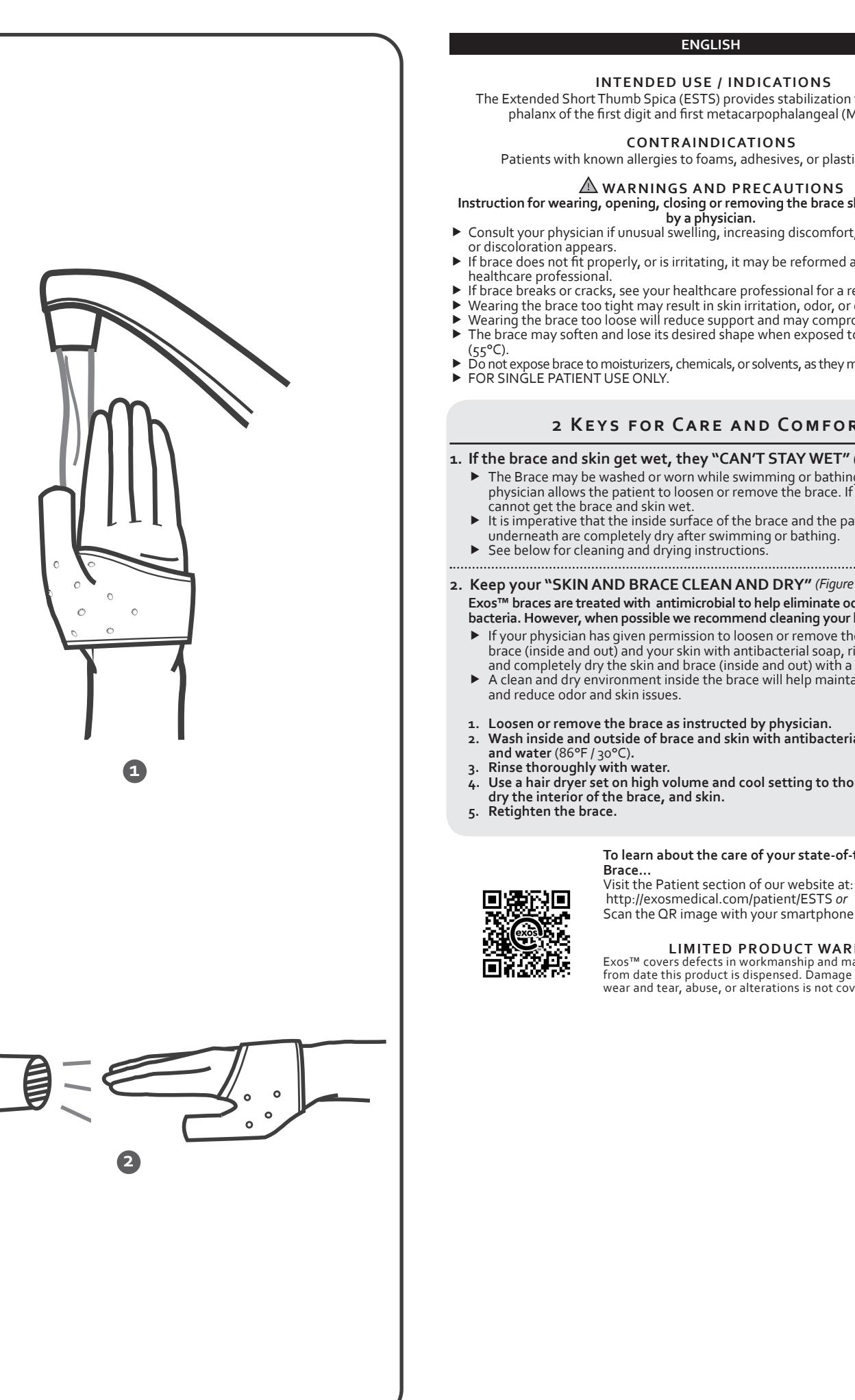
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DJO GLOBAL

Exos™ Corporation
1122 Red Fox Road
Timperley, Cheshire.
WA15 7SN United Kingdom

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ENGLISH

INTENDED USE / INDICATIONS

The Extended Short Thumb Spica (ESTS) provides stabilization to the proximal phalanx of the first digit and first metacarpalphalangeal (MCP) joint.

CONTRAINDICATIONS

Patients with known allergies to foams, adhesives, or plastic products.

WARNINGS AND PRECAUTIONS

Instruction for wearing, opening, closing or removing the brace should be provided by a physician.

- ▶ Consult your physician if unusual swelling, increasing discomfort, pain, numbness or discoloration appears.
- ▶ If brace does not fit properly, or is irritating, it may be reformed and adjusted by a healthcare professional.
- ▶ If brace breaks or cracks, see your healthcare professional for a replacement.
- ▶ Wearing the brace too tight may result in skin irritation, odor, or other skin issues.
- ▶ Wearing the brace too loose will reduce support and may compromise healing.
- ▶ The brace may soften and lose its desired shape when exposed to heat over 130°F (55°C).
- ▶ Do not expose brace to moisturizers, chemicals, or solvents, as they may affect durability.
- ▶ FOR SINGLE PATIENT USE ONLY.

2 KEYS FOR CARE AND COMFORT

1. If the brace and skin get wet, they "CAN'T STAY WET" (Figure 1)

- ▶ The Brace may be washed or worn while swimming or bathing, only if the physician allows the patient to loosen or remove the brace. If not, the patient cannot get the brace or skin wet.

► It is imperative that the inside surface of the brace and the patient's skin underneath are completely dry after swimming or bathing.

► See below for cleaning and drying instructions.

2. Keep your "SKIN AND BRACE CLEAN AND DRY" (Figure 2)

Exos™ braces are treated with antimicrobial to help eliminate odor causing bacteria. However, when possible we recommend cleaning your brace.

► If your physician has given permission to loosen or remove the brace, wash the brace (inside and out) and your skin with antibacterial soap, rinse thoroughly, and completely dry the skin and brace (inside and out) with a hair dryer.

► A clean and dry environment inside the brace will help maintain healthy skin and reduce odor and skin issues.

1. Loosen or remove the brace as instructed by physician.

2. Wash inside and outside of brace and skin with antibacterial soap and water (86°F / 30°C).

3. Rinse thoroughly with water.

4. Use a hair dryer set on high volume and cool setting to thoroughly dry the interior of the brace, and skin.

5. Retighten the brace.

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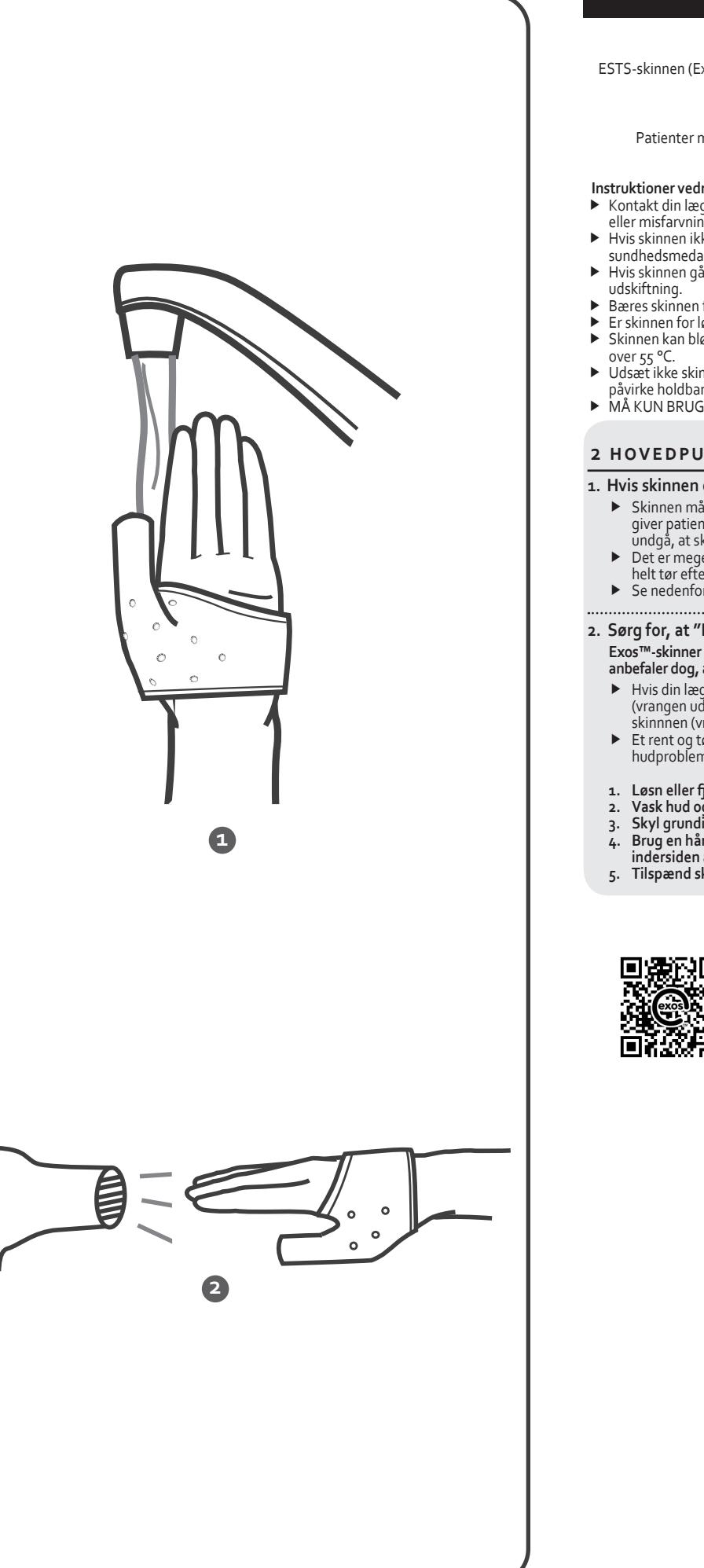
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DANSK

TILSIGTET BRUG / INDIKATIONER

ESTS-skinnen (Extended Short Thumb Spica) giver stabilitet til det første fingerbenet på det første grundled (MCP).

KONTRAINDIKATIONER

Patienter med kendte allergier over for skum, klæbemidler eller plastikprodukter.

△ ADVARSLER OG FORHOLDSREGLER

- Instruktioner vedrørende brug, åbning, lukning og fjernelse af skinnen bør oplyses af en læge.
- Kontakt din læge, hvis du oplever usædvanlig hævelse, øget ubehag, smerte, følelsesløshed eller misfarvning.
- Hvis skinnen ikke sidder korrekt, eller den irriterer, kan den omformes og justeres af en sundhedsmedarbejder.
- Hvis skinnen går i stykker eller revner, skal du kontakte en sundhedsmedarbejder for udskifting.
- Bæres skinnen for stramt, kan det resultere i hudirritation, lugt eller andre hudproblemer. Er skinnen for løst, reduseres støtten, og det kan gå ud over hælingen.
- Skinnen kan blædgøres og miste dens ønskede form, hvis den udsættes for varme på over 55 °C.
- Udsæt ikke skinnen for fugtighedscremer, kemikalier eller oplosningsmidler, da de kan påvirke holdbarheden.
- MÅ KUN BRUGES PÅ EN ENKELT PATIENT.

2 HOVEDPUNKTER I FORBINDELSE MED PLEJE OG KOMFORT

1. Hvis skinnen og håden bliver våde

DADE IKKE FORBLIVE VÅDE (figur 1)

- Skinne må kun væske eller anvendes i en svømmebel eller under badning, hvis lægen giver patienten tilladelse til at løse eller fjerne skinnen. I modsat fald skal patienten undgå, at skinnen og håden bliver våde.
- Det er meget vigtigt, at den indvendige side af skinnen og patientens hud nedenunder er helt tør efter svømming eller badning.
- Se nedenfor for instruktioner vedrørende rengøring og tørring.

2. Sørg for, at "HUD OG SKINNE ER RENE OG TØRRE" (figur 2)

Exos™-skinnen er behandlet med antimikrobiel for at hjælpe til at eliminera bakterier

- Exos™-skinnen er behandlet med antimikrobiel for at fjerne lugt, der forårsager bakterier. Vi anbefaler dog, at du renger skinnen, når der er muligt.

- Hvis din læge har givet dig tilladelse til at løse eller fjerne skinnen, skal du vaske den (vrangen udad) og huden med antibakteriel sæbe, skyld grundigt og tørre huden og skinnen (vrangen udad) med en hårtørre.

- Et rent og tørt miljø i skinnen, er med til at bevare sund hud og reducere lugt og hudproblemer.

- 1. Løsn eller fjerne skinnen ved at følge lægens instruktioner.

- 2. Vask hud og skinde (med vrangen udad) med antibakteriel sæbe og vand (86°F / 30°C).

- 3. Skyl grundigt med vand.

- 4. Brug en hårtørre, der er indstillet på høj volumen- og koldindstilling, for at tørre indersiden af skinnen grundigt samt huden.

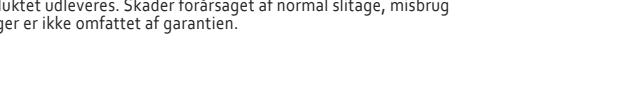
- 5. Tilspænd skinen igen.

Før yderligere oplysninger om pleje af denne avancerede Exos™-skinne...

Besøg patientavdelingen på vår webbplats på: <http://exosmedical.com/patient/ESTS> eller Scan QR-billedet med din smartphone

BEGRÆNSET PRODUKTGARANTI

Exos™ dækker defekter i fremstilling og materialer i op til 8 uger fra dato, produktet udeløver. Skader forårsaget af normal slitage, misbrug eller ændringer er ikke omfattet af garantien.



SVENSKA

AVSEDD ANVÄNDNING / INDIKATIONER

Tumskenen ESTS (Extended Short Thumb Spica) ger stabilitet till det första fingerbenet på det första grundledet (MCP).

KONTRAINDIKATIONER

Patienter med kendte allergier över för skum, kläbemedel eller plastikprodukter.

△ ADVARSLER OCH FÖRSIKTHETSREGLER

Instruktioner för hur man bär, öppnar, stänger eller tar bort sknen bör ges av en läkare.

Rädgor med läkaren om ovanlig svullnad, ökande obehag, smärta, avdomning eller missfärgning uppsträck.

Hvis skinnen inte sidder korrekt, eller den irriterar, kan den omformas och justeras av en sundhedsmedarbejder.

Hvis skinnen går i stykker eller revner, skal du kontakte en sundhedsmedarbejder for udskifting.

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2 NYCKLAR FÖR OMVÄRDNADE OCH KOMFORT

1. Hvis skinnen och håden blir blöta

DADE IKKE FORBLIVI VÅDE (figur 1)

2. Sörg för, att "HUD OG SKINNE ER RENE OG TØRRE" (figur 2)

Exos™-skinnen är behandlat med antimikrobiell för att hjälpa till att eliminera bakterier

Exos™-skinnen är behandlat med antimikrobiell för att fjärne lugt, der forårsager bakterier. Vi anbefaler dog, at du renjer skinnen, når der er muligt.

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SUOMI

KÄYTÖTARKOITUS / INDIKAATIOT

Extended Short Thumb Spica (ESTS) stabilisoi ensimmäisen sormilun ja ensimmäisen sormen tyvinivelin (MCP).

KONTRAINDIKATIOT

Potilaat, joilla on tunnettu allergia vaahdolle, liima-aineille tai muoviuotteille.

△ VAROITUKSET JA VAROITUSTAIKE

Instruktiot, joista tulee huolen, käännös ja fyrkäsi on käytettävä.

Ratkaisu on laikuttava.

Huomioon ottaen, että seuraavat ovat välttämätöntä.

Yritä käyttää kunnolla paikalleen tai aseen.

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