



OSALIS

Health & Wellbeing

**3 Years
Warranty**
on all Osalis
Electricals

Instructions for Use

**Osalis Laser Light Therapy
(LLLT) Pain Relief Device**

THANK YOU

for choosing the Osalis LLLT Pain Relief Device.

Low-level laser therapy (LLLT) is a safe and effective method of pain relief. It stimulates and enhances cell function, thereby promoting healing.

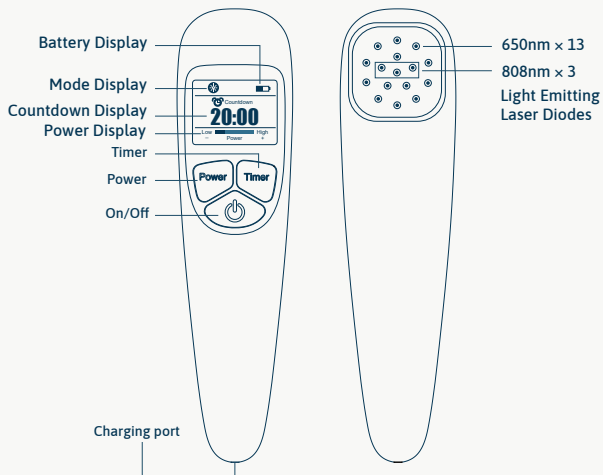
Please take the time to read through this user manual before using your LLLT Pain Relief Device.

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WHAT'S INCLUDED

- » LLLT device (also known as Cold Laser Therapy Device)
- » USB Cable
- » Charger
- » Operating Manual
- » Protective eyewear



DIRECTIONS FOR USE

Turning the device on

To turn the device on and off, hold the **ON/OFF** button for 3 seconds. Pressing the **ON/OFF** button once during use will pause treatment. Simply press the button once to start treatment again.

Power:

Press the **POWER** button to switch between Low, Medium, and High power settings.

Time:

Press the **TIMER** button to change the treatment time; choose from 5 min, 10 min, 15 min, 20 min

Treatment instructions

1. Clean your skin to ensure it is free from lotions before use.
2. Turn the device on and select your power level and treatment time. For first time users, we recommend that you use Power Level LOW for only 5 or 10 minutes, to gauge your tolerance and reaction to LLLT. If you feel it is necessary you may, over time, build up the Power Level and Treatment Time to fit your own pain relief needs.
3. Hold the device steady over the affected area, no more than 1 inch away from the skin, for the duration of the treatment time. You may move the device back and forth slightly to ensure the affected area is treated evenly.

Treating larger areas

For large joints such as shoulders and knees, it may be necessary to treat the entire joint area in sections.

1. Treat one section at a time, by holding the device steady in place for 5 to 20 minutes. Move the light to different angles around the painful/injured area. For example, if treating a knee or a shoulder, point the light at different angles around the circumference of the joint, as you feel necessary.
2. Allow a day for the treatment to have its full impact. For chronic pain, you may repeat treatment 2 to 3 times daily for at least 3 weeks. Do not treat the same area twice within 30 minutes.

Treatment duration

To ensure optimum results, use two or three times daily for three weeks. Many people feel relief almost immediately, but for some it can take a few days.

Treatments can be ongoing. Treatment periods can be as short as a single session for post-exercise muscle relaxation, or as long as several months to promote relief for more long term and chronic conditions.

Consult your healthcare professional if the pain or symptom persists or is severe.

SAFETY PRECAUTIONS

- » Do not use unit around water. Contact with water could cause electric shock. This unit is not waterproof. Do not place or store where the unit could come into contact with water.
- » Do not stare directly at the laser.
- » Do not lay unit (with power On) flat onto a plastic, wood or other heat sensitive surface. Heat from the unit could cause damage.
- » Do not apply to wet or damp skin. Electronics may be damaged if exposed to water.
- » Do not use the device over moles or freckles.
- » Consult your healthcare professional before using this device to relieve chronic pain, and/or if you wish to wean yourself off your pain medication.
- » Do not use: -
 - If you have cancer (unless specifically advised for pain relief by a healthcare professional).
 - If you are pregnant
 - To treat a child under the age of 13
 - If you have a fever (body temperature higher than 100.4 /38)
 - To treat body areas near a pacemaker. If you have a pacemaker consult your Healthcare Professional.
 - If you have light triggered seizures.

- » Laser medium: GaAlAs Semiconductor
- » Laser wavelength:
650nm \pm 20nm
808nm \pm 20nm
- » Number of laser diodes:
3 \times 808nm laser diodes
13 \times 650nm laser diodes
- » Maximum output power per 808nm
laser diode: 90mW \pm 20%
- » Maximum output power per 650nm
laser diode: 5mW \pm 20%
- » Battery capacity: 2200mAh
- » Charger voltage: DC 5V
- » Voltage: 100-240V

Cleaning your device

Use only a soft dry cloth to clean the exterior. Never use an abrasive cleanser or submerge in water or any other liquid. This device **cannot** be autoclaved.

Storage

Store your device in a cool dry place.

10% OFF
your next order!*

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www.stressnomore.co.uk

Can we help?

Our friendly team are happy to answer any questions you have.

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