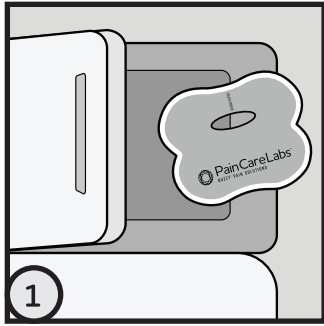


Directions For Use:



Fold & place Ice Packs in freezer.

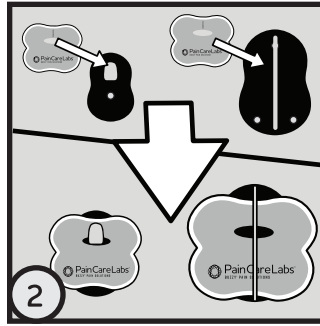
Remove just prior to use. (Do not freeze vibration unit). Gel inside ice may deteriorate if not stored properly and will dehydrate over time or in dry climates. Ice Packs will refreeze solid in approximately 30-60 minutes. Ice Packs do not contain Ethylene Glycol ("anti-freeze").

Ice Packs will stay frozen for approximately 10 minutes at room temperature and 5 minutes against skin. Buzzy® Ice Packs are reversible. Face the blue or smooth side of the Ice Pack toward the skin for more numbing power. If sensitive to cold, face the white or soft side of the Ice Pack against the skin.

Why Frozen? For best effect, the Ice Packs must be frozen solid to transmit vibration at the effective frequency and strength. Intense cold causes the brain to inhibit pain everywhere.

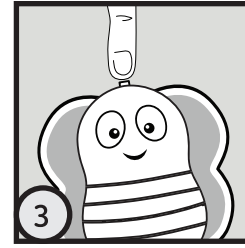
Tip: For icing larger areas, prepare additional Ice Packs (sold separately).

3

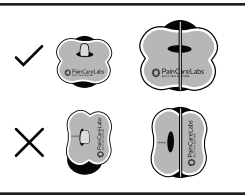


Attach Ice Packs to back of Buzzy® Personal.

Ice Packs fit with the hole placed horizontally on the hook, or horizontally under the silicone band. Do not orient hole/wings vertically as the hole will rip/band may snap.

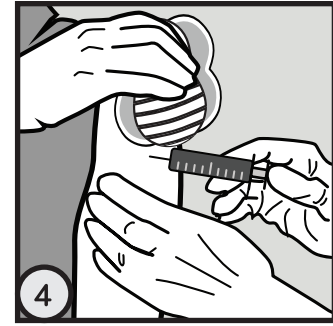


Activate vibration switch or press button firmly.



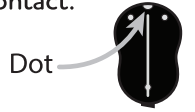
4

Buzzy® Placement:



Buzzy® Personal controls pain on contact.

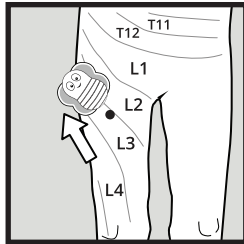
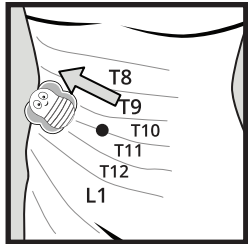
Place directly on injury or "between the brain and the pain" of needle procedures.



For Injections:

Activate vibration toggle switch. Place Buzzy® Personal directly on the injection site for 30-120 seconds. Leave on longer for larger volumes or more painful injections. During injection, move Buzzy® Personal proximally so the dot is 2-3 cm proximal (closer to the head) to the injection site in the same dermatome as the injection.

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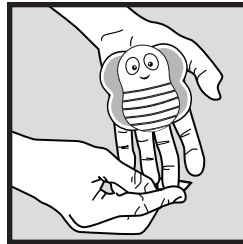


Place the dot (located at the bigger rounded end) as close as possible to the site of the procedure, with Buzzy's switch end farthest away. During the injection, move Buzzy® 2-3 cm toward the spine along nerve pathways/zones (dermatomes) as shown. **Note:** To transport, place Ice Packs between two commercial cold packs or Cold2Go Bag (sold separately) to maintain frozen temperature.

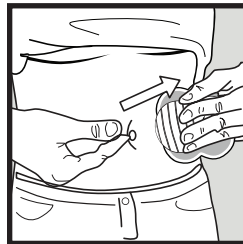
Why Does Placement Matter?

Vibration and cold are transmitted together to the same place in the spine as pain. To block pain, Buzzy® needs to be on the same nerve paths as the source of the pain.

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For additional placement information, please visit: PainCareLabs.com/Buzzy



For finger sticks or splinter removal:

Press Buzzy® onto the palm with the bottom end toward the finger. Activate vibration. Leave in place throughout cleaning and during the procedure.

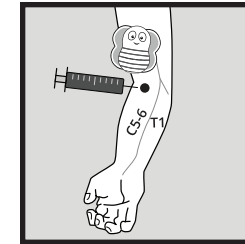
For stinging or itching sensations:

Place Buzzy® directly on the site. Activate vibration. Rub or press in place until the area feels better.

For stomach injections:

Place the Buzzy® on the surface of the abdomen on a horizontal line from the belly button to the side of the body. Activate vibration. Place the injection (proximal to the Buzzy® Personal) on a horizontal line between the belly button & Buzzy®.

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For IVs or phlebotomy:

Do not put directly on the site of access to avoid vasoconstriction.

Activate vibration toggle switch. Hold or tuck Buzzy® Personal under the tourniquet 2-3 cm above (proximal to) the access site. Clean the site and access without delay.

Optional: Pass tourniquet through the slot of Buzzy® Personal to secure Buzzy® Personal to arm. For instances where pain is anticipated to be ongoing (e.g., infusion of painful medication), Buzzy® may be left in place to block the pain. In most cases, when the IV access is completed, the clinician will remove the tourniquet and device. Hold the vibration unit to prevent the unit from falling.

For Children:

Let children hold Buzzy® in advance for familiarity and let them choose whether or not to use the ice pack. For vaccinating children sitting up, a parent can put an arm around the child's shoulders and hold Buzzy® Personal for them.

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