



Therapy Lights Australia

## INSTRUCTION MANUAL

2021 Edition TLA Red 635 & NIR 850 Wearable LED Light Band



### To Begin

1. Plug your Band into the remote,
2. Plug the remote into the wall socket or battery pack.
3. Turn either the wall socket or battery pack on.
4. Turn the Band on with a 3 second hold of the power button.
5. Adjust the power to comfort (1-low to 3-high) by tapping the power button.
6. Adjust the time from 10-60 mins depending on usage.
7. The band will turn off once the timer reaches 0.
8. Power off manually by holding the power button for 3 seconds.

## Product Specifics

Name:	2021 Edition TLA Red 635 & NIR 850 Wearable LED Light Band LED PDT
Rated Power	18W
Rated Voltage	12V
LED Lit Area	54.5cm x 13cm
Product Total Size	112cm x 20cm
Wavelengths	635nm/850nm 1:1

## Description

Our 2021 Edition Wearable LED Light Band comes with a plug-in cord, a battery pack for easy use on the go, and a remote to control both timing and power functions. We have changed the PCB to our traditional diagonal or checkerboard pattern to gain optimal Red 635nm and NIR 850nm light exposure to larger areas more consistently.

You can set the power from 1-3 depending on your comfort, and the time from 0-60 mins. With Velcro on each end, this product is easy to fasten into a comfortable position almost anywhere on the body. You can also simply lay it over any part of the body. Our easy access zip makes this product easier to clean as you can remove the LED panel and wash the strap component separately. Please make sure any intended usage area is clean and dry before using this product.

As always with TLA products, DO NOT stare into the LEDs for any reason. They are incredibly bright and may damage your eyes if stared into for prolonged periods.

## Battery

The battery is designed to charge using the same cord as you would normally use to power your band. Simply plug the power cord into the in socket on your battery pack. When 4 lights are flashing, it is charging. When only 2 lights flash, it is full and should last around 2 hours depending on what power setting you use. You can turn your battery pack on and off using the button underneath the lights to conserve power between uses.

## WARNING

1. This is an electrical device; to avoid electric shock:
  - a. Do not stand on device.
  - b. Do not touch the plug or device with wet hands or skin.
  - c. Do not use the unit if the band is wet.
  - d. Do not use if cord or plug appear to be damaged.
  - e. Do not use if the unit is damaged, torn, or has come in contact with water.
  - f. Do not lift or carry unit by power cord.
  - g. Do not use the cord as a handle or pull cord against sharp edges.
  - h. Do not use near hot surfaces or flammable items.
2. Do not allow children to use, this is not a toy.
3. Do not use on open wounds, heat may increase circulation and cause bleeding, and warmth may increase infection in some climates.

4. Do not use if you are allergic to neoprene.
5. Do not use with liniments, salves or ointments that contain heat producing ingredients as skin burns or irritation may occur.
6. Do not use this device if you are sensitive to light, or you are currently taking medications that increase light sensitivity. Doing so may result in a photosensitive reaction. Discontinue use immediately if you experience any discomfort or sensitivity.
7. Contact your doctor before purchasing or using this device if you have any concerns about using this device in general or while taking any current medications.

### Eye Protection

TLA advises the use of eye protection with all TLA products that may come into your direct vision. **DO NOT STARE INTO THE LED'S FOR ANY REASON** as they are incredibly bright.

### How to Test for Light Sensitivity

1. Power on your device
2. Place within 1cm of the skin on your forearm for 3 minutes.
3. Check the area, if the area has turned red, and redness lasts for more than 2 hours, you have symptoms of light sensitivity and should discontinue use of this product.

### Care

To preserve the life and functionality of the device, always store in a cool, dry place when possible. For proper use and safety, please be sure to read this manual and follow all instructions and do not do any of the following with the device:

- λ DO NOT let children use the device without adult supervision.
- λ DO NOT use this device on infants.
- λ DO NOT let sleeping, disabled (unable to move away from or operate the light), or unconscious persons use the device.
- λ DO NOT exceed 20 minutes of use in one therapy session.
- λ DO NOT use on open, fresh wounds.
- λ DO NOT use in combination with liniments, salves, ointments, or balms that contain heat producing ingredients. A skin burn could be the result of doing so.
- λ DO NOT modify or attempt to repair this equipment. There are no parts that are serviceable by the user. The TLA light is an electrical device. To avoid electric shock and other electricity-related dangers, adhere to the following instructions:
  - λ DO NOT wash electrical parts with water or other liquids.
  - λ DO NOT drop your device in water or other liquids or place it where it may fall into water or other liquids. Do not expose to running water. If your device comes into contact or becomes submerged into water or other liquid, unplug it immediately from the electrical power outlet. If device is to be

used in the vicinity of water, we recommend using an electrical outlet protected by Ground Fault Circuit Interrupter.

λ DO NOT directly touch the device or touch the plugs or switches with wet hands.

λ DO NOT apply or touch the device to, or with, wet or damp skin.

λ DO NOT pull, carry, or lift the device by its cord. If the cord is damaged, don't use the device.

λ DO NOT use on or near heated surfaces.

λ DO NOT operate this device in areas where it could be exposed to flammable or combustible products or vapours. Explosion of fire may occur.

λ DO NOT store your device in hot temperatures exceeding 140 degrees Fahrenheit.

λ DO NOT use your device if it is damaged. Continuous use of a damaged device may result in electric shock or injury.

λ DO NOT use extension cords unless they are designed to carry the total wattage of the device being powered.

λ DO NOT unplug by pulling directly on the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.

λ DO NOT cover the cooling fans while operating the device

#### Caution

TLA recommends consulting with your healthcare provider prior to use if you believe that you are sensitive to light. Some cold and allergy medications, pain medications, and medications used to treat infection may cause light sensitivity. We also recommend consulting with your healthcare provider prior to using the device if you are pregnant, have any suspicious or cancerous lesions, or have recently had a steroid injection or use topical steroids. If you experience discomfort or have a concern about the device, stop use immediately and contact your healthcare provider. Unplug from outlet when not in use to avoid tripping hazards.

Disposal directions; found on the device or within its packaging, indicates that this device may not be disposed of with other household waste. This device requires disposal via a designated collection point for the recycling of electrical waste. Please recycle your equipment at the time of disposal to help conserve natural resources and protect human health and the environment.

#### Disclaimer

This product is not intended to diagnose, cure, or prevent disease. TLA makes no claims or representations or otherwise warranties regarding the ability of this product to cure any physical, skin or mental conditions from using this product. A qualified health professional should always be consulted prior to using this product with regards to any condition that requires medical attention