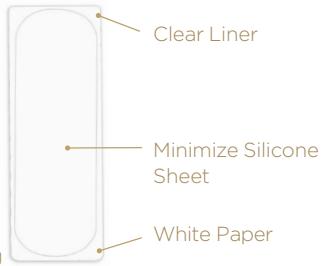


## Instructions For Use

### embrace MINIMIZE®

By combining the restorative properties of silicone with the benefits of Stress-Shield™ Technology, this unique scar treatment softens, flattens, and fades old scar tissue to drastically improve a scar's appearance.

### embrace MINIMIZE®



#### INTENDED USE

embrace MINIMIZE® is intended for use in the management of closed hyperproliferative (hypertrophic and keloid) scars.

#### CONTRAINDICATIONS

- Not for use on open incision lines, injuries or abraded skin.

#### WARNINGS & PRECAUTIONS

- **DO NOT** use on scars if infection is suspected.
- Not a sterile device.
- For external (topical) use only.
- **DO NOT** use if you have known adverse reactions to medical adhesives or skin diseases that would preclude the use of adhesive sheets.
- MINIMIZE is water-resistant. Short term exposure to water, (such as showering) is OK. **DO NOT** expose to water for prolonged periods of time.
- Wear time may be reduced in high mobility areas.
- **DO NOT** pull quickly as skin irritation or tearing can occur.
- Keep out of reach of children.

#### POTENTIAL SIDE EFFECTS

Application of any surgical tape or adhesive sheet may strip the skin upon removal. *Consult with your physician should any of the following occur:*

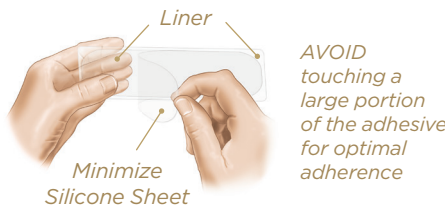
- Skin irritation, redness, or pain
- Infection and/or fever
- Allergic reaction

#### BEFORE APPLYING MINIMIZE

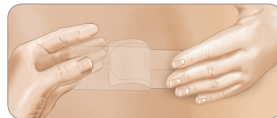
- Position yourself in a way that ensures the area around the scar is as flat as possible, allowing for a natural range of motion once the sheet is applied
- Thoroughly clean and dry the scar and surrounding area

## Applying MINIMIZE

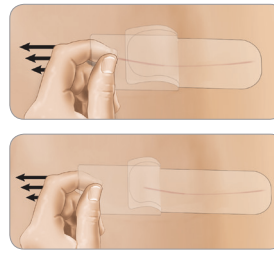
- 1 **Peel open packet and remove product.** There are 3 silicone sheets on the tri-fold liner.
- 2 **Separate one sheet** by tearing along perforation.
- 3 **Peel off the white paper backing** from the clear liner.
- 4 **Hold the liner with one hand and partially peel** one corner of the minimize silicone sheet to expose the adhesive side.



- 5 **Place exposed sheet onto scar site with adhesive side on the skin.** Next press and hold sheet down to adhere to the skin.



- 6 **Gently peel** the remaining clear liner.



*DO NOT stretch dressing, as this may cause irritation or blistering*

- 7 **Pat and roll out** second half of the sheet so it firmly adheres to the skin, covering the entire scar site.



- 8 Smooth out any air bubbles and **apply pressure onto entire sheet for 60 seconds** to ensure adherence to the skin.



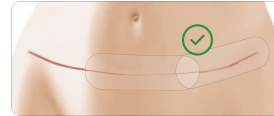
*Smooth out with fingers to release air pockets*

- 9 Once applied, embrace MINIMIZE® can last up to 10 days, and is then discarded and replaced with a new sheet.



#### SCARS REQUIRING MULTIPLE DRESSINGS

For scars longer than a single dressing, dressings should overlap. Avoid gaps between dressings, and ensure scar is completely covered.



## Removing MINIMIZE

- It is helpful to remove the sheet in the shower using warm water and soap.
- Gently peel the sheet back at 180°, rolling it back upon itself. Use your other hand to apply slight pressure on your skin as you remove the sheet.

- Do not pull quickly as skin irritation or tearing can occur.
- If any adhesive remains, remove it with an oil based product such as baby oil or over-the-counter adhesive remover.

## Helpful Hints

#### IMPORTANT THINGS TO REMEMBER

- Trim to size with rounded corners to avoid irritation.
- After initial application, embrace MINIMIZE® can be worn on average 10 days.
- Do not shower for 4 hours after application.
- Do not apply compression garments or binders for 1-2 hours after application.
- Minor redness is OK.
- Moisture or condensation under the sheet is OK (such as after showering).
- After application, a minor wrinkly or wavy appearance in the sheet is normal.



*Wavy/wrinkly appearance is OK and sheet is still effective. Redoing the application is NOT necessary.*

1.855.722.7879

Customer Service Telephone

Help@EmbraceScarTherapy.com  
Customer Service E-mail

www.EmbraceScarTherapy.com  
Product Website

youtube.com/EmbraceScarTherapy  
Application/Removal Videos

www.EmbraceScarTherapy.com/how-to-use-minimize  
Digital Instructions (this document)

Manufactured for: Neodyne Biosciences, Inc. | 7999 Gateway Blvd, Suite 110 | Newark, CA 94560 | United States of America

Made in Mexico. Made with USA materials

EMERGO EUROPE | Prinsessegracht 20, 2514 AP | The Hague, The Netherlands

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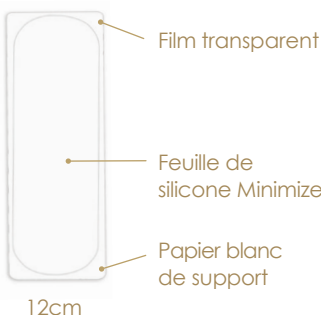


## Consignes d'utilisation

### embrace MINIMIZE®

En associant les propriétés réparatrices de la silicone aux bénéfices de la technologie Stress-Shield™, ce traitement unique de cicatrisation permet d'assouplir, d'aplanir et d'estomper les tissus cicatriciels afin d'obtenir de belles cicatrices.

### embrace MINIMIZE®



#### EFFETS SECONDAIRES POTENTIELS

L'utilisation de tout sparadrap chirurgical ou pansement adhésif peut abîmer la peau. *Veillez consulter votre médecin si l'un des symptômes suivant apparaît:*

- Irritation de la peau, rougeur ou douleur
- Infection et/ou fièvre
- Réaction allergique

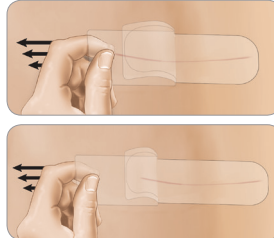
#### AVANT D'APPLIQUER MINIMIZE

- Positionnez-vous de manière à ce que la zone où se trouve la cicatrice soit plane, tout en permettant des mouvements une fois le pansement posé.
- Nettoyez soigneusement la cicatrice et la zone alentour puis laissez sécher.

## Appliquer MINIMIZE

- 1 **Ouvrez l'emballage et sortez le produit.** Il y a trois feuilles de silicone par film.

- 6 **Enlevez délicatement** le film transparent restant.



*NE PAS étirer le pansement puisque cela peut causer des irritations ou des ampoules.*

- 7 **Déroulez et appuyez légèrement** pour que la deuxième partie de la feuille adhère à la peau, recouvrant ainsi la totalité de la cicatrice.



- 8 Faites sortir les bulles d'air **et appuyez sur la feuille pendant 60 secondes** pour vous assurer que le pansement adhère correctement.



*Appuyez légèrement pour faire sortir les bulles d'air*

- Ne tirez pas rapidement sur la feuille, cela pourrait irriter ou déchirer la peau.
- Si la partie adhésive reste collée sur la peau, utilisez un produit à base d'huile, tel que de l'huile pour bébé ou de l'huile antiadhésive disponible sans ordonnance.

## Conseils pratiques

#### POINTS IMPORTANTS À RETENIR

- Coupez la feuille, avec des bords arrondis, afin d'éviter les irritations
- Après la première pose, vous pouvez porter embrace MINIMIZE™ en moyenne 10 jours.
- Ne pas vous doucher dans les quatre heures suivant la pose du pansement.
- Ne pas porter de vêtement de compression dans l'heure ou les deux heures suivant la pose du pansement.
- De petites rougeurs peuvent apparaître.
- De l'humidité ou de la condensation peut apparaître sous le pansement (par ex. après la douche).
- Une fois posé, il est normal que le pansement soit légèrement plissé ou ondulé.

