

**embrace® Active Scar Defense™** is the only scar prevention therapy designed to relieve the tension that causes scarring and stop scars before they start. It's the only scar treatment of its kind that is clinically proven effective to significantly reduce the appearance of scars.



## Instructions For Use

### INTENDED USE

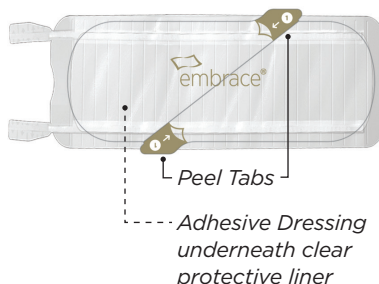
embrace® is intended for use in the management of closed hyperproliferative (hypertrophic and keloid) scars.

### CONTRAINDICATIONS

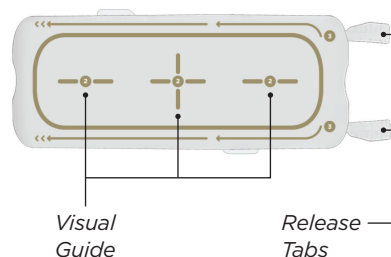
Not for use on open incision lines, injuries or abraded skin.

## embrace® Dressing/Applicator

**Adhesive Dressing** side that *faces skin*.



**Applicator** side that *faces away from 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 dressings.
- **DO NOT** pull quickly as skin irritation or tearing can occur.
- Keep out of the reach of children.

- **DO NOT** apply on the eyes, mouth, or nose.
- The embrace® dressing 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.
- Once pouch is open, keep unused applicator(s) closed and protected inside pouch until time of use.

### POTENTIAL SIDE EFFECTS

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

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

Any serious medical incident that occurs in relation to embrace® should be reported to Neodyne Biosciences and the Competent Authority of your member state.

### IMPORTANT

**It may be necessary to have assistance with application if you are unable to apply in the following manner:**

- 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 dressing is applied.
- A mirror may help you visualize placement of the dressing.
- Make sure you are standing upright or laying flat and still when you apply the dressing. **DO NOT** twist or contort your body during the application process.

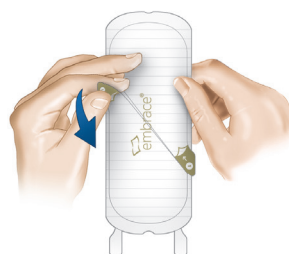
## Step 1 Preparation

- The scar is ready for embrace® once **stitches have been removed** and the area is **closed and dry**.
- **DO NOT** apply if an infection is suspected.
- Wash hands with soap and water.
- Clip any hairs near the application site that might prevent the dressing from adhering to the skin. **DO NOT** use a manual razor as it may cause irritation.

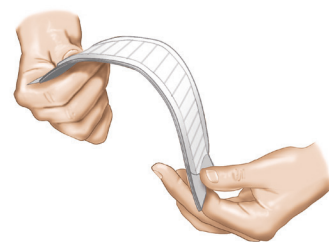
- **DO NOT** apply lotion or ointment, and remove all makeup, as this will prevent the dressing from properly adhering to the skin.
- Thoroughly clean the scar and surrounding area with soap and water, followed by isopropyl alcohol, allowing it to dry.
- **DO NOT** cut the dressing before or after application as it may cause irritation.

- 1a** Holding embrace® on its outer edges, use the Peel Tabs to peel off the clear protective liner that covers the Adhesive Dressing.

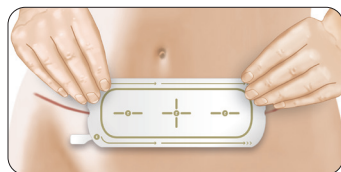
**DO NOT** touch the Adhesive Dressing with your fingers.



- 1b** Gently bow embrace® with both hands to remove any creases and pockets.



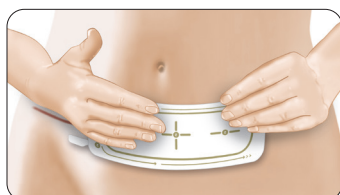
- 1c** Position embrace® over the scar so that the Applicator is parallel to the length of the scar and faces away from your skin.



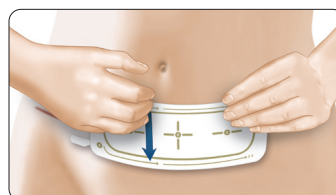
For horizontal scars, the Release Tabs should point to either side.  
For vertical scars, the Release Tabs should point down.

## Step 2 Application

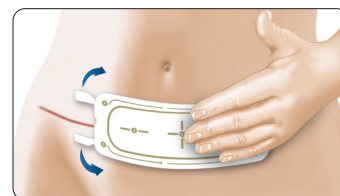
- 2a** Press and hold embrace® against the skin for **60 seconds**. Make sure to press down firmly on the edges and corners.



- 2b** Use one hand to hold embrace® in place. Use the other hand to press firmly across the entire surface of the Applicator.

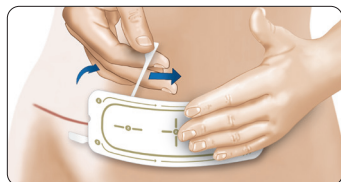


- 2c** Find the two Release Tabs at the end of embrace® and note the direction you will pull each tab.

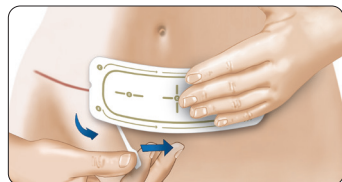


## Step 3 Release

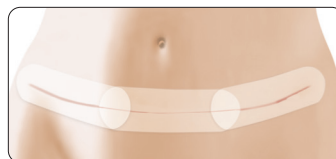
- 3a** Holding embrace® against your skin with one hand, use your other hand to pull one Release Tab to the side and along the edge of the Applicator.



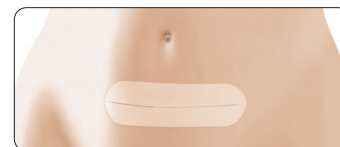
- 3b** Repeat this step with the other Release Tab. The Applicator will completely detach, leaving the dressing adhered to the skin. Smooth out any uneven areas, flatten any air pockets, and secure any raised corners or edges.



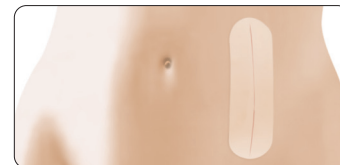
- 3c** For longer scars, you may need to apply more than one embrace®. After applying the first embrace® to the middle of the scar, apply the next embrace® to the middle of any remaining scar section, allowing the ends of the Adhesive Dressings to overlap. Repeat until scar is completely covered.



## Correctly Applied Dressings



Horizontal Scar



Vertical Scar

## Wearing embrace®

- Each dressing lasts up to 10 days after application and is then discarded. For best results, continue treatment for 2 months.
- Certain applications may involve more frequent changing due to high mobility, cleansing routine, hair growth, or oil level on the skin.
- The embrace® dressing does not offer protection from the sun.

## Removing embrace®

- Remove embrace® the evening prior to your appointment or dressing change, or when the edges begin to lift.
- Medical-grade adhesive is designed to last, so slow gentle movement is important.
- It is helpful to remove the dressing in the shower using warm water and soap.

- Using a corner or edge, very slowly peel back the dressing back over itself. Use your other hand to apply slight pressure on your skin as you remove the dressing.
- DO NOT** peel quickly as you would a band-aid. Peeling quickly can irritate the skin and cause blisters.
- If any adhesive remains, remove it with an oil-based product, such as baby oil or over-the-counter adhesive remover.
- DO NOT** apply any lotions or ointments to the area, and keep hairs in the bikini area trimmed.

- BETWEEN APPLICATIONS** check the treatment area for skin irritation, rashes or possible infection. Consult a health care provider if an infection is suspected.
- Make sure there is no adhesive remover left on the skin before applying a new dressing.
- The next dressing can be applied immediately. For best results, we recommend allowing skin to rest 12-24 hours before the next application.

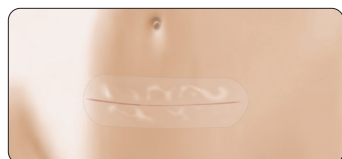
## Troubleshooting

### PROBLEM

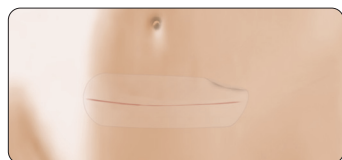
There are small sections or channels where the dressing is not sticking to the skin.

### SOLUTION

Use hands and fingers to help smooth out and release any air pockets. Place hand over the dressing for 30-60 seconds to help it adhere to the skin. If area is still not affixed, remove and discard the dressing and replace with a new one.



Smooth out with fingers to release air pockets.



Apply pressure and hold to help dressing adhere to skin.

## Helpful Hints

### IMPORTANT THINGS TO REMEMBER

- DO NOT** shower for at least 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 dressing is OK (such as after showering).

- After application, a minor wrinkly or wavy appearance in the dressing is normal.



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

## Resources

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/Universal-Uses

Digital instructions (this document)



Manufactured for:  
**Neodyne Biosciences, Inc.,**  
47801 Fremont Blvd.  
Fremont, CA 94538  
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<https://www.embracescartherapy.com/citations-patents/>