



## 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 on existing hypertrophic and keloid scars resulting from cuts, injuries, or surgical scars. Each sheet is designed to last an average of 10 days then discarded.

#### 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.

#### 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:*

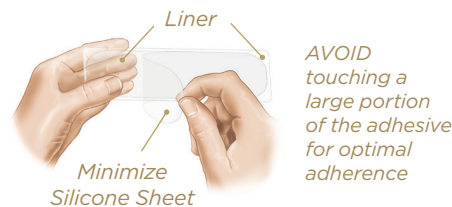
- Skin irritation, redness, or pain
- Infection and/or fever
- Allergic reaction

#### BEFORE APPLYING MINIMIZE™

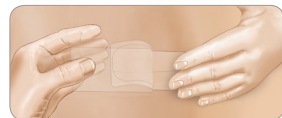
- Position yourself in a way that ensures the area around the scar is as flat as possible, allowing for a natural range of motion once the sheet is applied
- Thoroughly clean and dry the scar and surrounding area

### Applying MINIMIZE™

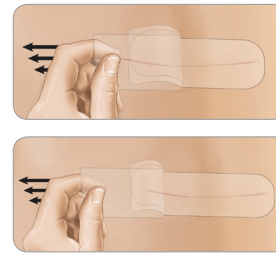
- 1 Peel open packet and remove product.** There are 3 silicone sheets on the tri-fold liner.
- 2 Separate one sheet** by tearing along perforation.
- 3 Peel off the white paper backing** from the clear liner.
- 4 Hold the liner with one hand and partially peel** one corner of the minimize silicone sheet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



- 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 30-60 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.



### 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/**

**Universal-Uses**

*Digital Instructions (this document)*