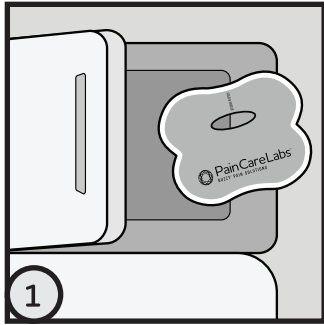




## Directions For Use:

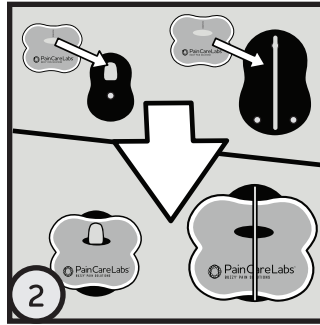


### Place wings in freezer.

Store Ice Packs in freezer or freeze for approximately one hour until solid. Remove just prior to use. Ice Packs will stay frozen for approximately 15 minutes at room temperature and 5 minutes against skin. (Do not freeze vibration unit). Ice Packs will refreeze solid in approximately 30-60 minutes. Wings 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.** Buzzy® Healthcare Ice Packs are the same intensity on both sides. If single patient ice packs (sold separately) are used, face the blue or smooth side of the Single Patient Ice Pack toward the skin for more numbing power. If the patient is sensitive to cold, face the soft side of the Ice Pack against the skin. **Tip:** For icing larger areas, prepare additional Ice Packs (sold separately). Ice Packs do not contain Ethylene Glycol ("anti-freeze"). Gel inside ice may deteriorate if not stored properly and will dehydrate over time or in dry climates. **Note:** To transport, place between two commercial cold packs or Cold2Go Bag (sold separately) to maintain frozen temperature.

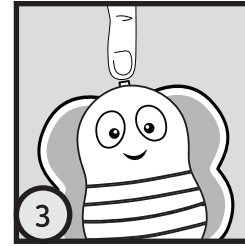
3




Attach wings to back of Buzzy® Healthcare.

### Why Frozen?

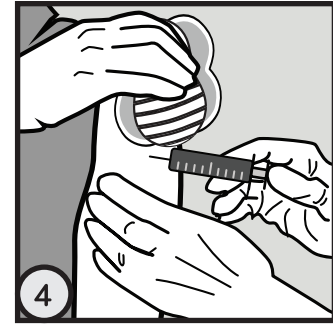
For best effect, the Ice Packs must be frozen solid to transmit vibration at the effective frequency and strength. Commercial gels absorb the specific frequency needed for pain. Ice provides up to 60% of the numbing because cold causes the brain to inhibit pain everywhere.



Flip switch or press button firmly to activate. 

4

## Buzzy® Placement:



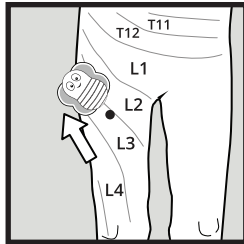
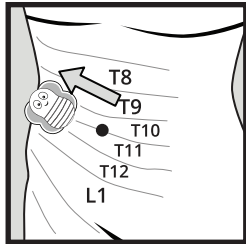
Buzzy® Healthcare controls pain on contact.

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

### For Injections:

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

5



Place Buzzy®'s bigger rounded end as close as possible to the site of the procedure, with Buzzy®'s switch end furthest away. During the injection, move Buzzy® 2-3 cm toward the spine along nerve paths (dermatomes) as shown.

### 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.

6

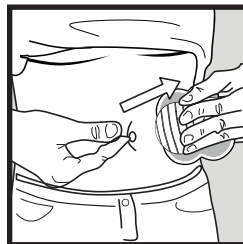


### For finger sticks or splinter removal:

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

### For dental procedures:

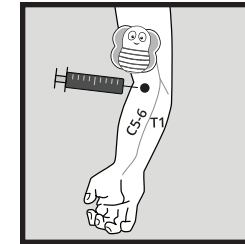
Press Buzzy® against the mandible or maxilla of the injection side, close to the ear. Activate vibration toggle switch.



### For injections in the stomach:

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

7



### For IVs or phlebotomy:

Do not put directly on the site of access.

Activate vibration toggle switch. Hold or tuck Buzzy® Healthcare 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® Healthcare to secure Buzzy® Healthcare to arm.

For additional placement information, please visit: [bzy.fyi](http://bzy.fyi)

### For children:

Let children hold Buzzy® Healthcare 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® Healthcare for them.

8