

INGUINAL HERNIA BELT

SUP3062BLKUNI



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QUICK START GUIDE

ADJUST THE LEVEL OF PRESSURE YOU NEED WITH THE 3 PAD SIZES WE OFFER:



0.6"
15mm
Small



1.2"
30mm
Medium



1.78"
45mm
Large

1. Insert your preferred pressure pad to the inguinal hernia belt pad pouch. We suggest to start with the small and increase slowly to where you feel comfortable.



2. Unstrap the lower strap and remove it from the buckle. Then unstrap the waist belt. The belt can be worn under or over clothes.



3. Wrap the inguinal hernia belt around the inguinal area with the pressure pad over the affected area.



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4. Locate the lower strap and put it through the buckle and adjust it to your preference.



5. Remove the plastic splint for less pressure.



CARE INSTRUCTION

- Spot clean belt, cover, and pads (if necessary) with a damp cloth. Air dry. Do not machine wash or dry.

WARNINGS ⚠

- Consult your doctor before use.
- Do not continue use if pain worsens.
- Do not overtighten.
- Do not machine wash or dry.