

lontocure iD-200 Instruction Manual

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PRODUCTION INFORMATION

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Warnings

Do not apply electrical current through the cardiac or brain areas, or over the sinus area. Introduction of electrical current into the heart may cause arrhythmia.

Avoid use in areas exhibiting potentially malignant lesions or acute localized infections or over swollen, broken, or inflamed areas.

The long-term effects of chronic electrical stimulation have not been established

Do not allow liquids to get into the controller

Do not dismantle the controller as there are no serviceable parts and only a qualified technician should do this.

Although the controller is electro-magnetically compatible, we recommend that you do not use it in the immediate proximity (within 1 meter) of applications that could generate significant electromagnetic fields or generate short waves, such as your TV monitor, mobile phone, computer, radio or microwave, as such proximity may cause the machine to malfunction.

Get the controller charged at least one time each month if it was leave unused

Only use accessories recommended for use with the iD-200 as other accessories may cause damage to the machine.

Contraindications

Do not use this device if you have a suspected or diagnosed heart problems or epilepsy.

Do not use this device if you have a cardiac pacemakers, electrically sensitive support systems, or

with an ICD (implantable cardioverter/defibrillator)

Do not use this device if you suffer from cancer or if you are electrically sensitive.

Do not apply electrical current through or across the chest, brain, or sinuses.

Do not use this device with metallic jewellery around hands and feet.

Do not use this device if you have a metallic implants within the current path (arm or leg)

Do not use this device during pregnancy.

Do not use over areas exhibiting phlebitis, thrombo phlebitis, or varicose veins.

Avoid treatment in areas where sensation is absent or impaired.

Do not use if you have potentially malignant lesions, acute localized infections, denuded skin, skin eruptions, or swollen, broken, or inflamed areas.

Do not use if you have with impaired sensibility in your hands or feet (e.g.

Possible adverse effects

Hyperhidrosis iontophoresis treatment is a safe and painless procedure. Some people may experience the following temporary side effects:

1. Irritation, skin reddening (erythema), burning sensation, small blisters (vesiculation), and itching (pruritus). Wait until symptoms disappear completely before starting your next treatment.
2. Tingling and stinging sensations.
3. Muscle numbness (paresthesia) may occur.
4. Slight pain could be felt at the beginning of the treatment or after the polarity alternating sequence.

If you feel any of the above side effects, reduce intensity during next treatment.

5. Increased sweating: After the first few treatments, you may experience an increase in sweating. This symptom will subside after a few treatments.

6. Skin dryness: Skin may become dry, small lesions or scaling may occur. To reduce these symptoms, use a moisturizing cream after treatments.

If you experience other side effects, please stop using the device and contact Iontocure customer service.

Indications for Use

The iD-200 unit is indicated for use in the reduction of excessive sweating, not related to exercise or resulting from another underlying condition.

Important Notice

Iontocure assumes no liability for use of this equipment by untrained or non-licensed personnel. If used under a prescription, the patient must obtain instructions on safe and proper use from the prescribing physician. A schedule of regular follow-up visits with the physician should be maintained during and after sessions.

CONTENT

The following accessories are including with the unit:

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iD-200 Controller

Specifications:



Built-in 1000mAh li-polymer battery, 4 to 6 hours battery duration

Variable tension, adjustable current: Hands model from 2mA to 10mA, Feet model from 4mA to 20mA

Real time Voltage and Current display

Built-in timer

Soft Start function: The electric current will be increase from 0mA to the target current while the treatment starts.

The output current polarity will be switch automatically once hands or feet out of water, make sure take hands or feet out of water half way on each treatment session.

Long touch power button for 3 seconds to get the controller power off. Controller will be power off automatically if there is no operation in 5 minutes to save energy

Remember always to set output level carefully. Make intensity changes slowly and avoid use of excessive or intolerable current levels, or session duration

Aluminum electrodes



The iontocure iD-200 use 5052-grade aluminum plates as electrodes.

Note that discoloration of the metal plates is normal and it does not alter the treatment.

After a treatment, always dry the plates promptly.

Plastic briefcase



The plastic briefcase is made of robust polypropylene. It is big enough to fit all sizes of hands and feet. You can transport the iD-200 units inside the case which doubles as dual water bath trays for treating the hands and feet.

Banana plug cable



2.1mm*5.5mm male connector connects to the Controller, banana plugs connect to the electrode's connectors

The output current polarity was designed to switch automatically once hands or feet out of water, no need to switch polarity manually like iD-100 device

Universal adapter charger



The USB output for this charger is 5Vdc 1000mA. It will take about 2 hours to get the controller full charged.

The controller can be charged by any 5V USB output power.

SESSION SCHEDULE

Most of the time, complete stop of sweating can be achieved after 7 days, but it may take up to 30 days.

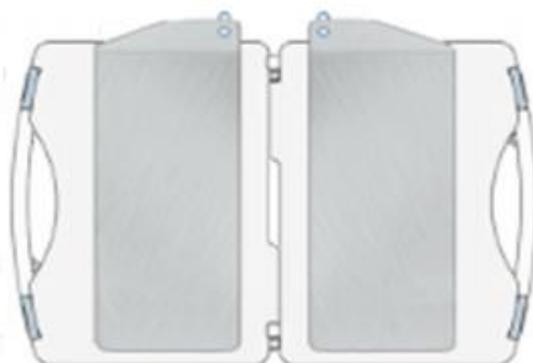
Start by doing a session of 10-15 minutes on each polarity every day at the highest comfortable level until you notice sweating has stopped. You can then stop treatments.

As soon as the sweating reappears, you can do another session. Do not wait until your hands and feet are completely sweaty before to restart the process.

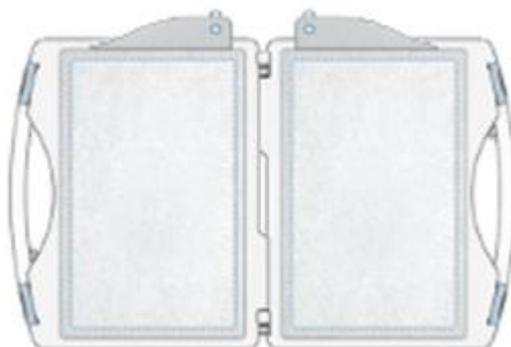
Depending on the severity of your sweating, you may have to do a 20 minutes session from daily to once every week.

SETUP MACHINE

Step 1: Place one electrode into each tray.



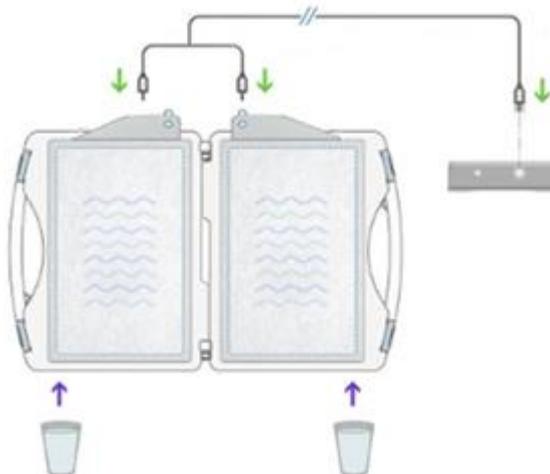
Step 2: Cover each electrode with a towel.



Step 3: Connect the banana plug to each electrode while plugging the other cable end into the controller.

Step 4: Carefully fill both treatment trays with enough tap water. Normally 500 ml (17 fl. oz.) per

tray. Ensure that the sweaty skin surface intended for treatment is in contact with water. Use water between room temperature and warm (20-40 °C / 70-105 °F) according to user comfort.



Step 5: Power on the controller, select a current (Normally 4 to 6 mA) to begin your treatment. The treatment will start while both of your hands or feet put into the water.

Step 6: Take your hands or feet out of water after 10 minutes treatment. And put your hands or feet into the water again for another 10 minutes treatment. The device is designed to automatically switch the current's polarity once your hands or feet is out of water. There is no need to manually reverse the cables.

Note: Using a higher (but still comfortable) current will help you attain results faster. Treatment effectiveness can also vary from one individual to another.

MAINTENANCE OF YOUR MACHINE

Lontocure device is only intended for single-patient use in home therapy. The cleaning procedure as per this section is sufficient.

The device should be cleaned after each use as per the following procedure:

1. Clean hands or wear gloves before installing and uninstalling the device.
2. Always use a soft cloth for cleaning.
3. Before cleaning, ensure the device is turned off and all the cables are disconnected from the controller.
4. Wipe the case and controller with a clean, moist cloth. For best results, use a mild regular dish soap. For difficult to reach areas, gently rub with a soft brush or toothbrush.
5. Air dry the case and controller.
6. Wash electrodes under running water. Use a soft cloth and a mild dish detergent.

Remove soap with a cloth.

7. Air dry the electrodes.

8. For towels: hand or machine wash with common detergent. Squeeze out water and air dry.

Do not use any other cleaning method to clean your device. The provided cleaning procedure was designed to maximize the lifespan of the device.

FAQ

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Treatment Sessions

How long does it take for the machine to make my hands and feet dry?

Treatments are cumulative and it will take time before results are seen. The normal time frame is 1-2 weeks of treatment before the user will start to see a reduction in sweating. Please continue treatments as recommended. If, after 6 weeks, there is no noticeable improvement, there is a chance the treatment is not working for you. In this case, please call us for further information.

How frequently should I use the machine?

Use the machine **daily**, adjusting it to the highest current that you find comfortable, until your excessive sweating lessens. Once your hands and feet are consistently dry, you should use the machine less often, setting your own pace until you start to sweat again. After a continued use, you'll be able to gauge when it's time for a maintenance treatment.

Should I do my treatments in the morning or at night?

The time of day does not affect on the effectiveness of the machine, but you should pick a time that will help you maintain a consistent treatment schedule.

How long should each Lontocure treatment last?

Every use of the Lontocure machine should last at least 20 minutes up to a maximum of 30 minutes, making sure to take your hands or feet out of water on half time.

At what point should I reduce the number of sessions?

You should reduce the number of sessions once your hands or feet are dry. We recommend that you cease doing sessions once sweating has decreased by about 90%. Usually, after a week or two, you will begin sweating again. When you do, you should do a session again. If your condition is severe, you may have to do sessions twice a week. After a continued use, you'll be able to gauge when it's time for a maintenance session.

Is this treatment painful?

When done properly this treatment should not be painful. If you are experiencing pain during treatment you may have the intensity level set too high or increased sensitivity to the treatment. Be sure to cover irritated or cracked skin with a thin layer of petroleum jelly. Open cuts may be especially sensitive to the treatment so we recommend waiting until they heal before resuming treatments.

I feel like I'm sweating a little bit more. Is that normal?

That's actually a good sign! It means that your body is reacting to the treatment. You should feel the positive effects in a few treatments.

I feel the current in one hand more than the other, is this normal?

Everyone reacts differently. Often your strong hand will have thicker skin than your weaker one. This is because you favor it to do tasks that may build up the skin.

My hands and feet are dry, but the top of my fingers and toes are still sweating. What can I do?

To make sure the top of your fingers and toes are dry, make sure they're submerged under water. You can also wear cotton gloves or socks to help.

Why am I Still Sweating Excessively?

In some cases, you may not have completed enough treatments yet to notice results. Learn more about our recommended treatment schedule first.

Tap water iontophoresis treatment may not be fully effective if the treated skin is affected by a fungal infection. The most prevalent form of fungal infection is Tinea Pedis, commonly known as Athlete's Foot.

These types of infections affect a significant amount of hyperhidrosis sufferers. Fungal infections can occur on both the hands and feet. Symptoms might be apparent, but that is not always the case. Known symptoms are blisters, acute sensitivity to heat, itching, stinging, and burning sensations on the affected skin.

The easiest way to detect Athlete's Foot is by looking for small craters in the skin of the palms, soles, and particularly between the toes.

What to do? Treat the fungal infection first.

Please consult your pharmacist or physician to find a treatment that works for you. Once the fungal infection is completely healed, resume the treatments starting from the Initial Phase.

Controller

How long the device can be used for full charge?

The controller come with 1000mAh li-polymer battery. It can be used for 4 to 6 hours if the battery was full charged.

Does your device use pulsed or direct current?

It uses direct current. Direct current is inherently more efficient because the user is getting current or treatment ALL of the time. Pulsed current can be almost imperceptible at certain voltages, but is not as efficient, and typically requires more or longer treatment sessions.

How many currents should I be using?

You should use the highest current you are comfortable with. It's okay to start at 4mA. Note that **the results are dependent upon the current and duration of treatment.**

What is polarity? and How do I switch it?

The machine has two halves for each hand (or foot), each of which have an electric current running through them. You need to expose each of your hands (or feet) to both polarities for the treatment to work. To switch the polarity, just need take your hands (or feet) out of the water and put your hands (or feet) into the water again.

Why do I have to take my hands (or feet) out of water on half way treatment?

It helps you to switch the output current polarity automatically.

Water

How much water should I put in the case?

Put in enough water to wet the skin on the palms of your hands or the soles of your feet, ensuring that the sweating area is wet. The quantity should be around 500ml (17oz) in each half of the briefcase.

Should I add anything to the water to get better results?

You don't need to add anything to the water to make the treatment work. Although, some people have reported that adding a 1/4 teaspoon of salt or baking soda to the water has helped.

Can I use filtered, carbon filtered, or distilled water?

No. There must be minerals in the water for the iontophoresis treatment to work. If you are using any kind of filtered or distilled water, you should add 1/4 teaspoon of baking soda to one liter of your distilled or filtered water.

My water is going through a carbon filter. Can I use it?

No. There must be minerals in the water for the iontophoresis treatment to work. You can add 1/4 teaspoon of baking soda to one liter of your distilled or filtered water to ensure that it works.

Note: Always use tap water. Purified or distilled water does not conduct electricity. Therefore, you should only use tap water. Tap water's electrical conductivity relies on dissolved salts and minerals, which can vary from one location to the other. If necessary, adding a small amount of baking soda or salt to the water will improve water's conductivity.