

				
<p>Step 1: Open the box and take out the included strips of hypoallergenic adhesive tape. Note that the packaging may look different or have wording in another language.</p>	<p>Step 2: Take out the included aluminium packaging enclosing the patch. Let the product stay 5 minutes in room temperature and in horizontal position before use.</p>	<p>Step 3: Let the Patient lie face down and the back pointing upwards.</p>	<p>Step 4: Based on MRI and other findings, locate the spinous process of herniated disk with fingertips along the spine and then mark it with a suitable pen (such as felt-tip pen) so as not to hurt the Patient. This point will be the centre of patch application.</p>	<p>Step 5: Mark also the locations in the direction of spine on both sides of the centre of application and 5cm away from it. Then draw a straight line to combine all 3 marked points, which will guide you when placing the patch.</p>
				
<p>Step 6: Hold the aluminium packaging upright and tear open at the slit.</p>	<p>Step 7: Take the patch out of packaging.</p>	<p>Step 8: Hold one of the sides of the transparent protective cover and pull aside.</p>	<p>Step 9: Tear off the transparent protective cover of the patch carefully by pulling laterally.</p>	<p>Step 10: Place the patch by paying attention to centre the herniated disk but do not fix it yet.</p>
			<p>NOW THE PATIENT MUST START 24 HOURS OF STRICT BED REST, LYING FLAT ON BACK.</p>	
<p>Step 11: After placing the patch, by carefully and slightly lifting one of the longer sides, check that it is centred. Few centimetres of mistake in centring is tolerable but the drawn line should completely be covered by the patch.</p>	<p>Step 12: Remove paper cover on adhesive side of each strip of hypoallergenic adhesive tape and use it to secure the patch in correct position.</p>	<p>Step 13: Repeat using strips of hypoallergenic adhesive tape, one by one and partly overlapping, in such a way that the patch is firmly stuck all around.</p>		