

How to Use Your Benepod

The Benepod is applying controlled localized contrast (hot and cold) stimulation to a specific area of the body. Please read these instructions carefully before using your device. The Benepod controls its temperature precisely (unlike hot/cold packs).



Getting the Benepod ready to use

- Connect your Benepod to the power adapter through the USB-C cable.
- Plug in the power adapter to an outlet.
- Once the LED indicator (Green Light) stops flashing, the Benepod is ready to use. (Do not unplug your Benepod from your power source while you are using it)

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Using the Benepod

- When the Benepod is ready for use (LED green light stopped flashing) place its treatment surface on the area where you are experiencing pain.
- The Benepod must be used for a minimum of 10 to 20 minutes in the same area of pain before an effect is felt.
- If you feel an intense sensation, this is normal and indicates your Benepod is working.
- It is normal for the outside of your Benepod to warm up during use. Please avoid covering the top vent during use to allow your Benepod to properly cool.

Indications (Recommended use):

- Relieves chronic pain by applying hot and cold stimuli to the skin. Hot and cold together create an intense sensation that temporarily blocks pain signals going to the brain.
- Recommended for osteoarthritis of the hands, tennis elbow, shoulder and knee pain, neck and lower back pain, neuropathic pain, headaches and more.

Contraindications (Caution):

- Do not use in fresh injuries (first 72 hours of injury).
- Avoid using on an open wound, immediately after surgery, or if the area in question is either bruised or swollen.
- Check your skin every 20 minutes when using the device on the same area. If you feel burning, move the device around (expand the area that you are treating).

Precautions:

- Check your skin every 20 minutes when using the device on the same area. For your safety, the unit automatically shuts down after 20 minutes use.
- Do not apply to broken or sensitive skin. If you suffer from hyperesthesia (hypersensitivity) please consult your physician before use.
- The Benepod is not a sterile device. Caution should be exercised when sharing amongst multiple users.
- Wipe treatment surface with alcohol swab.