

TighterNow®

Please read these instructions carefully prior to use

1. Introduction

The TighterNow® device is a state-of-the-art vaginal and pelvic muscle stimulator designed to increase muscular tone through the use of comfortable electrical currents. It allows you to increase the tone of your vaginal and pelvic muscles naturally and effortlessly, all in the comfort of your home. It is designed for use for those who feel their vagina has lost its optimal tone, as is common after childbirth, age, or frequent penetration by a large partner or toy.

2. Medical precautions and contra-indications

WARNING

The following individuals should not use the TighterNow® device without consulting their doctor:

- Persons with a cardiac pacemaker implant.
- Persons with metal staples or implants in or around the pelvic area (note: hip replacements are not a problem)

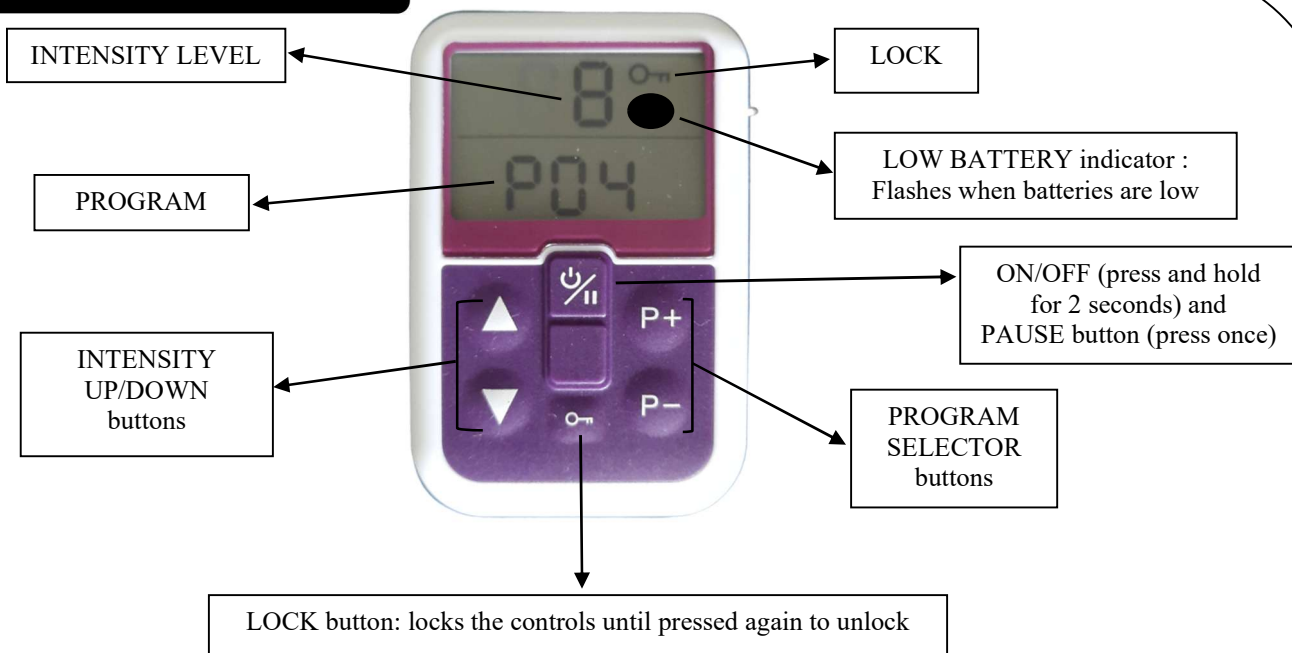
Do not use the TighterNow® device in suspected or known cases of:

- Use of a barrier contraceptive device such as a diaphragm, cervical cap or copper IUD.
- Pregnancy, and within the first 12 weeks of giving birth.
- Vaginal or urinary infection.
- During menstruation or any other vaginal bleeding.
- If you have, or have ever had, epilepsy.
- Tuberculosis, malignant or local cancers, high fever or undiagnosed pains.

3. General precautions

- Do not immerse the unit in liquids. For instructions on properly cleaning the Vagi-Comfort adapter, consult section 5.
- The unit should be kept dry and away from any source of heat. Do not operate in the presence of flammable gas.
- The device should not be dropped onto a hard surface.
- The TighterNow® unit should only be opened in order to replace the batteries.
- Do not use if any of the components appear to be damaged.
- Do not use while driving or operating heavy machinery. Avoid moving around while the unit is in use.
- The unit has been adapted for vaginal use only. Do not place the Vagi-Comfort adapter anywhere else. The only exception is for anal use, when directed to do so by a medical practitioner.
- Do not use the Vagi-Comfort adapter by more than one person. It is for single-client use only and may be re-used by the same person but not shared with others. Additional adapters may be purchased from our website.

4. The TighterNow® unit



auto-off function: the unit will shut off automatically if, while the unit is turned on, the intensity level is at zero for more than five minutes.

CONTENTS :

- The TighterNow® unit, batteries included
- Vagi-Comfort adapter
- Tube of non-silicone conductive gel
- Lead wires
- Carrying case

5. Usage instructions

watch this video: <https://tighternow.com/video>

Prior to the first use, slide open the battery cover on the back of the TighterNow® unit, insert the appropriate size batteries, and replace the cover.

For each use:

1. Ensure that the unit is turned OFF.
2. Wash the Vagi-Comfort adapter prior to each use. To do so, remove the Vagi-Comfort adapter from its packaging and wash the adapter with soap and warm water, but do not soak it. Rinse the adapter with water and wipe dry with a clean cloth or paper towel.
3. Insert the ends of the wires of the Vagi-Comfort adapter into the black connection wire, and the other end of the black connection wire into the TighterNow® unit (see diagram in section 7).
4. Apply a thin coating of non-silicone transmission gel to the Vagi-Comfort adapter.
5. Sit comfortably or lie down. Avoid moving during the stimulation.
6. Insert the Vagi-Comfort adapter into your vagina until the flange at the base of the adapter is situated between your labia. The orientation of the adapter is of no importance, however most people prefer when the metal contacts are facing sideways.
7. Turn ON the TighterNow® unit by pressing the ON/OFF button for 2 seconds.
8. Press the PROGRAM keys to the desired setting. **P4** is the recommended setting to increase the tone of the muscles in and around the vagina.
9. Press the INTENSITY UP key. Each time you press this key, the intensity level will increase on the LCD screen. Gradually increase the intensity until you feel a comfortable contraction of your vaginal and pelvic muscles. If the sensation is too strong, use the INTENSITY DOWN key to lower it. During the stimulation, you may need to adjust the intensity up/down to continue to get a strong, comfortable contraction. DO NOT increase the intensity of the current during the OFF cycle.
10. Following the treatment, be sure that the unit is switched OFF, remove the Vagi-Comfort adapter by disconnecting the black wire from the TighterNow® unit (there is no need to disconnect the black wire from the vaginal adapter) and clean as directed. Be careful to not damage the wires.

Please note that if the Vagi-Comfort adaptor moves or slips out during the stimulation, you will get an unpleasant sensation as the current activates new areas. While this is unpleasant, be assured that it is totally safe. To avoid this, we recommend that you not move during the stimulation and that you place your legs close together to minimize any movement of the adapter.

6. Recommended protocols

1. vagina tightening and toning

P4 15-20min, 3-4 times a week, for 4-8 weeks

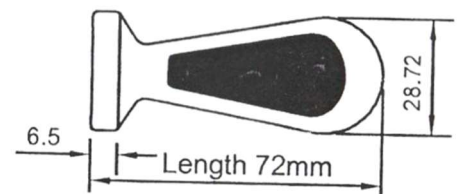
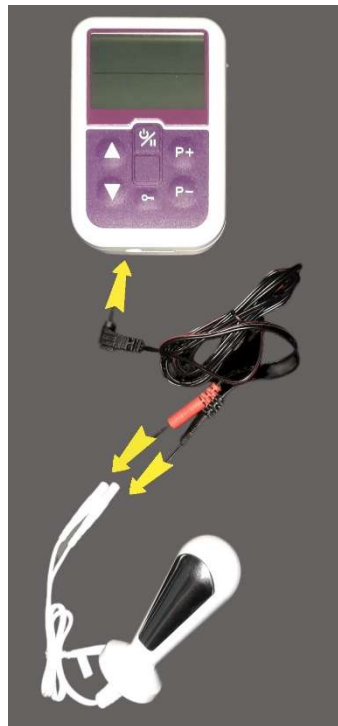
2. urinary incontinence treatment

- Stress incontinence: P2
- Urge incontinence: P3
- Mixed incontinence (stress more than urger): P1
- Mixed incontinence (urge more than stress) P5

30min (1x30 or 2x15) daily for 12 weeks

3. female orgasmic dysfunction and general pelvic health

20 min every other day for an average of 6-8 weeks, using all 5 programs, a different on at each use



The metal electrodes contain percentages of Nickel. This may cause an allergic reaction in those with an oversensitivity to Nickel.

TighterNow®

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Please read instructions carefully.

The information above is not intended to make a medical diagnosis or replace the advice of a medical professional. The TighterNow® device, www.tighternow.com, DNE Products Inc, their parent companies or any persons or companies associated with them are not subject to any liability or claims arising from any injury to the person resulting from the improper or abnormal use of the device.

If you have any questions regarding the use of the TighterNow® device, and any of the precautions or contraindications detailed above, speak to one of our doctors by calling or emailing us.