



**B E D R  C K**

**B I O S C I E N C E**



# **BEDROCK BIOSCIENCE LIGHTPAD SYSTEM**

## **USER GUIDE**

## I. Product Description

The Bedrock Bioscience Lightpad System is a flexible red light device designed to increase circulation, decrease pain and promote healing. It delivers infrared light to tissues resulting in therapeutic effects. The device contains Infrared 880nm and Red 660nm LEDs.

## II. Bedrock Bioscience Lightpad Indications for Use

The Bedrock Bioscience Lightpad is intended to provide pain relief and to increase blood flow to the area being treated. This device is designed to easily be applied to the feet, legs, hands and arms. It will also help provide relaxation of muscles and relief of muscle spasm as well as relief of minor muscle and joint aches. It also can relieve pain and stiffness associated with arthritis.

## III. Contraindications

1. Do not use this device if your skin is light sensitive or you are currently using medication that may cause skin sensitivity to light. Doing so may result in photosensitive reaction. Discontinue use immediately if you experience sensitivity.
2. Contact your doctor prior to using device if you are or suspect you are taking drugs known to cause light sensitivity.

## IV. Warnings

1. The Bedrock Bioscience device is an electrical device. To avoid electrical shock:
  - a. Do not STAND on Device
  - b. Do not wash electrical parts with water.
  - c. Do not touch the plug or device with wet hands.
  - d. Do not touch unit to wet skin.
  - e. Do not use if cord or plug appears to be damaged.
  - f. Do not use the unit if it has been damaged, torn, or has come in contact with water.
  - g. Do not pull, lift, or carry unit by the power cord.
  - h. Do not use the cord as a handle, close a door on the cord, or pull the cord against sharp edges or corners.
  - i. Do not use near heated surfaces.
  - j. Do not crease or fold the device.
  - k. Use the provided round packaging for storing the device to protect from potential creases and folds.
2. Do not allow children to use – this is not a toy.
3. Do not use the unit on an open wound, as heat may increase circulation and cause bleeding.
4. This product contains neoprene. If you are allergic to neoprene, do not use this product without first consulting a physician.
5. Do not use with liniments, salves or ointments that contain heat-producing ingredients as a skin burn could result.

## V. Cautions

1. Consult your doctor prior to using, especially if you:
  - Are pregnant.
  - Have any suspicious or cancerous lesions.
2. Read all instructions and safety precautions before using.

3. Do not use on infants.
4. If you experience discomfort or have a concern about its use, stop use immediately and contact your doctor.
5. Use only the supplied power supply.
6. Unplug from outlet when not in use to avoid tripping hazards.
7. Do not unplug by pulling the cord. Grasp the plug itself, not the cord, when unplugging from an outlet.
8. Do not exceed 20 minutes of use on one area per therapy session.
9. In rare instances people can get light or heat sensitivity from the Bedrock home LED therapy system. Each person using this device for the first time should only use it for 5 minutes for each area that it's applied. If you have any pain or discomfort then discontinue immediately. If not then repeat 5 minute therapy for first 3 days. After 3 days if there are no negative effects then increase time to 10 minutes for each area for the next 3 days. Then increase to 15 minutes for each area for the next days. If still no pain or discomfort then increase to full treatment time, 20 minutes per area.

## VI. Product Details

The Bedrock device comes completely assembled and ready to use. Your box will include the following:

1. Light Pad (Soft Neoprene)
2. 2 adjustable support straps
3. Power Supply
4. User Guide and Operating manual

## VII. Light Sensitivity

Test your skin for light sensitivity prior to initial treatment:

1. Power on device.
2. Place device on or within 1/4" of the skin on your forearm for 3 minutes.
3. After 3 minutes, check the area. If area has turned red and redness lasts more than 2 hours, your skin is light sensitive.
4. Discontinue use and contact customer service at [info@bedrockbioscience.com](mailto:info@bedrockbioscience.com)

## VIII. Operating Instructions

1. Place the Bedrock Bioscience device on body area (foot, leg, arm, etc.) and secure straps.
2. Plug power supply into electrical outlet.
3. Press on/off switch for 3 seconds to start device.
4. You can only see the Red LEDs; the others are in the Infrared light spectrum and can't be seen with the human eye.
5. Treatment time is 15 minutes, it will automatically shut off after 15 minutes. The device may be used multiple times per day. 6. Move on/off switch to the off position to stop device.

## IX. Technical Specifications

Model No: BBS-LLP-120-BLK

All settings are set at the factory. This device is NOT user serviceable.

Operating Temperature: 0°C to +27°C (32°F - 80°F) Relative Humidity: 85%

Storage Temperature Range: -30°C to +55°C (-22°F to +130°F)

Wavelengths: Infrared LED 880nm, RED LED 660nm Power: DC12V 1A

## X. Cleaning Instructions

Clean LED clear cover monthly or as needed with rubbing alcohol and a cotton cloth. Allow system to cool before applying rubbing alcohol. Allow alcohol to dry before use.

## XI. Frequently Asked Questions

**Q: How long before I can expect results?**

A: Every person is unique.

**Q: The system gets warm. Is that okay?**

A: The LED's cause the system to warm the skin. This is normal, and the system is designed to handle this.

**Q: Do the LED's ever need to be replaced?**

A: The LED's are designed to last years for the average consumer.

## XII. Disclaimer

This product is not intended to diagnose, cure or prevent disease. Bedrock Bioscience, LLC makes no claims, representations or warranties regarding the ability of this product to cure any physical, skin, or mental conditions. A qualified health professional should be consulted with regard to any condition requiring medical attention.

## XIII. Equipment Qualification

- FDA Registered Device
- Ordinary Equipment (not protected against harmful ingress or moisture)
- Complies to EMC Standard IEC 60601-1-2
- Complies to Medical Electrical Equipment Safety Standard 60601-1

## XIV. Limited Warranty

Bedrock Bioscience, LLC warrants that your device will be free from defects in materials and workmanship for one year from the date of purchase by the original owner and is not assignable or transferable to another party.

The product must be used in a manner as presented in this user guide and only with the provided power supply. For warranty service contact distributor where you purchased.



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