

Instructions For Use

embrace® Active Scar Defense is the only scar prevention therapy designed to relieve the tension that causes scarring and stop scars before they start. It's the only scar treatment of its kind that is clinically proven effective to significantly reduce the appearance of scars.

embrace® Sizes



embrace® Device



Picture shown for reference only

INTENDED USE

embrace® is intended for use in the management of closed hyperproliferative (hypertrophic and keloid) scars.

CONTRAINDICATIONS

Not for use on open incision lines, injuries or abraded skin.

WARNINGS & PRECAUTIONS

- **DO NOT** use on scars if infection is suspected.
- Not a sterile device.
- For external (topical) use only.
- **DO NOT** use if you have known adverse reactions to medical adhesives or skin diseases that would preclude the use of adhesive dressings.
- The embrace® dressing is water-resistant. Short term exposure to water, (such as showering) is OK. **DO NOT** expose to water for prolonged periods of time.

POTENTIAL SIDE EFFECTS

Application of any surgical tape or adhesive dressing may strip the skin upon removal. Consult with your physician should any of the following occur:

- Skin irritation
- Infection, pain, and/or fever
- Allergic reaction

IMPORTANT

It may be necessary to have assistance with application if you are unable to apply in the following manner:

- Position yourself in a way that ensures the area around the scar is as **flat** as possible, allowing for a natural range of motion once the dressing is applied.
- **A mirror** may help you visualize placement of the dressing.
- Make sure you are **standing upright** and **still** when you apply the dressing. DO NOT twist or contort your body during the application process.

Preparation

- The scar is ready for embrace® once **sutures have been removed** and the area is **closed and dry**.
- Do not apply if an infection is suspected.
- Wash hands with soap and water.
- Clip any hairs near the application site that might prevent the dressing from adhering to the skin. Do not use a manual razor as it may cause irritation.
- Do not apply lotion or ointment, and remove all makeup, as this will prevent the dressing from properly adhering to the skin.
- Thoroughly clean the scar and surrounding area with soap and water, followed by isopropyl alcohol, allowing it to dry.
- Do not cut the dressing before or after application as it may cause irritation.

- **POSITION** the applicator over the scar as shown, with the visual guide dark stripe facing away from the body. Use the notched area between the tabs and the visual guide to help center the dressing over the scar.



For horizontal scars, the tabs should point toward the side of the body.

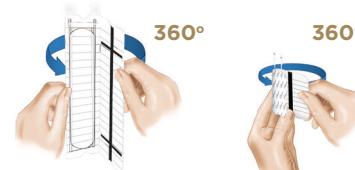


For vertical scars, the tabs should point downward.

Note: Make sure scar is completely covered. The dressing should extend at least one half inch beyond each side of the scar. If you need to apply more than one dressing to completely cover the scar, see **SCARS REQUIRING MULTIPLE DRESSINGS** on the back of this insert.

Applying embrace®

- **OPEN** the applicator, then fold the side of the applicator with the visual guide dark stripe all the way back.



Hold the applicator on the outside to AVOID touching the adhesive

- **EMBRACE® 6.3IN and 4.7IN ONLY:** Hold the applicator (adhesive dressing side up) on the ends so that it sits between the thumbs and fingers. Gently bow the applicator as shown below. This will ensure the dressing has no pockets or creases before you apply it to the scar.



- **PRESS and HOLD** the applicator on the skin for 30 seconds. As pressure is applied, the dressing will adhere to the skin. Make sure to press down firmly on all edges and corners.



Apply pressure to back of dressing

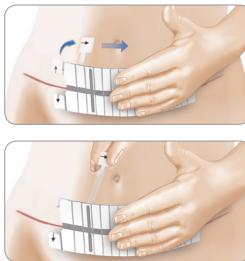
- **EMBRACE® 6.3IN ONLY:** With the other hand, press and slide fingers downward over the vertical bands, beginning with the band closest to the tabs. This will help ensure the dressing is evenly applied and sits smoothly over the scar.



Secure dressing by rubbing with fingers

Applying embrace® cont.

- 4 Continue to hold the applicator **FIRMLY** in place with your fingers along the visual guide dark stripe. With the other hand, **PULL** one tab to the side and along the edge of the applicator. While maintaining pressure, repeat this step for the second tab to release the dressing from the applicator.



Maintain pressure on the applicator to ensure the dressing remains flat as it is detached and deployed onto the skin



- 5 **LIFT** the applicator from the skin. The dressing will remain in place over the scar. Check the dressing to make sure it is evenly attached. Use hands and fingers to help smooth out any uneven areas, release any air pockets, and ensure all corners are adhering to the skin.



Dressing should fully adhere to skin

- 6 **DISCARD** the applicator and tabs.

Wearing embrace®

- Each dressing lasts an average of 10 days and is then discarded. For best results, continue treatment for 2 months.
- Certain applications may involve more frequent changing due to high mobility, cleansing routine, hair growth, or oil level on the skin.
- The embrace® dressing does not offer protection from the sun.

SCARS REQUIRING MULTIPLE DRESSINGS

For scars longer than a single dressing, additional dressings may be used for complete coverage.

Apply first dressing in the middle of the scar. Working outward, center the next embrace® dressing over the uncovered part of the scar. There will be an overlap of the two dressings. Repeat these steps until the scar is completely covered.



Removing embrace®

- Remove embrace® the evening prior to your appointment or dressing change, or when the edges begin to lift.
- It is helpful to remove the dressing in the shower using warm water and soap.
- Gently peel the dressing back at 180°, rolling it back upon itself. Use your other hand to apply slight pressure on your skin as you remove the dressing.
- Do not pull quickly as skin irritation or tearing can occur.
- If any adhesive remains, remove it with an oil based product such as baby oil or over-the-counter adhesive remover.

- Do not apply any lotions or ointments to the area, and keep hairs in the bikini area trimmed.
- BETWEEN APPLICATIONS** check the treatment area for skin irritation, rashes or possible infection. Consult a health care provider if an infection is suspected.
- Make sure there is no adhesive remover left on the skin before applying a new dressing.
- The next dressing can be applied immediately. For best results, we recommend allowing skin to rest 12-24 hours before the next application.

Helpful Hints

IMPORTANT THINGS TO REMEMBER

- Do not shower 4 hours after application.
- Do not apply compression garments or binders for 1-2 hours after application.
- Minor redness is OK.
- Moisture or condensation under the dressing is OK (such as after showering).
- After application, a minor wrinkly or wavy appearance in the dressing is normal.



Wavy/wrinkly appearance is OK and dressing is still effective. Redoing the application is NOT necessary.

Resources

1.855.722.7879
Customer Service Telephone

Help@EmbraceScarTherapy.com
Customer Service E-mail

www.EmbraceScarTherapy.com
Product Website

youtube.com/EmbraceScarTherapy
Application/Removal Videos

www.EmbraceScarTherapy.com/_Universal-Uses
Digital Instructions (this document)

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