



# Application Instructions

## **Product: Premium Hernia Belt**

### **Model: 493, 495, 497**

- Removable and adjustable pads
- Discreet
- Double belt
- Retail box available

Order#	Size	Waist Circumference
493	Small	30" - 35"
495	Medium	35" - 41"
497	Large	41" - 46"



### **HOW TO APPLY:**

1. Fix the waist strap to the front using by placing the hoof and loop sections together.
2. Fasten the two vertical straps to their corresponding buckles found on the waist strap. You will now have created a truss in the shape of an underwear.
3. Step into the underwear-style truss and pull it up over your hips. You may undo the waist strap temporarily to aid in putting the truss on.
4. Insert the hernia pad into the truss, directly over the hernia. Insert a second pad if you have hernias on both sides.
5. Gently press the pads to push the hernias back into the abdominal cavity. Secure the straps, or tighten the belt, to hold the pads in place and maintain compression on the hernia.

### **CARE INSTRUCTIONS:**

Hand wash in cold water with mild soap. Wrap in a towel to remove excess water (do not twist or wring). Air-dry away from heat. Do not tumble dry. Do not bleach.

### **CAUTION:**

Wear as recommended. Always consult a physician when encountering persistent pain, discomfort, inflammation, or swelling.

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