

BEFORE *your first use*

Perform a light-sensitivity test

1. Power on your device.
2. Insert your hand into the opening of the device for three minutes.
3. After three minutes, check the area. If area has turned red, and redness lasts for more than two hours, your skin is light-sensitive.
4. If your skin is light-sensitive, discontinue use and contact Customer Service at support@ledtechnologies.com

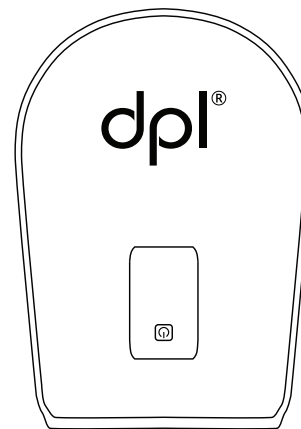
dpl[®]



THANK YOU FOR YOUR PURCHASE!

Check out ledtechnologies.com for our social channel links. Share your routine or results by tagging us on Instagram at [@dpltherapy](https://www.instagram.com/dpltherapy) for a chance to get featured.

Quick Start Guide



Flex Mitt

HAND PAIN RELIEF

BEFORE *you power on*

Charge device

Your device may come with a charge. If so, fully deplete the battery before next charge. Otherwise, before your first treatment, fully charge your dpl® Flex Mitt for 2–4 hours.

Read the User Guide

User Guide includes important safety information. Read all instructions before using device. For more information, visit our website at ledtechnologies.com



SCAN FOR VIDEO
on how to use the dpl® Flex Mitt

4 STEPS TO *pain-free*

1) *Prep*

Wash and dry hand(s) to start with clean skin, free of any light-blocking ingredients.

2) *Power*

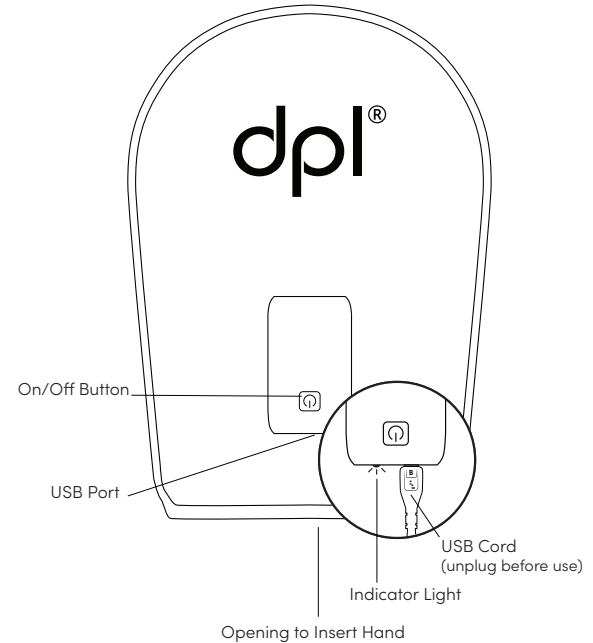
Press the On/Off button to turn on the device. Slide hand into opening in Flex Mitt.

3) *Relax*

Leave hand in the device for the full 20-minute treatment. The device will shut off automatically.

4) *Repeat*

If desired, move the Flex Mitt to the other hand and repeat the steps above.



RESULTS

Optimal results are achieved with regular use. Depending on the nature of your pain, relief may require multiple treatments. For maximum results, use up to 3x per day, per area. Do not exceed recommended number of treatments.