

User Information Guide

For Health Care Professionals



Fitting Instructions - geko™ Wound Therapy Device

1

The geko™ Wound Therapy device is worn on the leg which has the ulcer(s). If the patient has ulcers on both legs, they will wear geko™ devices on both legs. It is normally activated for six hours per day, six days a week, with one day off each week. Each device is used for 2 treatments, on separate days, a minimum of 12 hours apart.

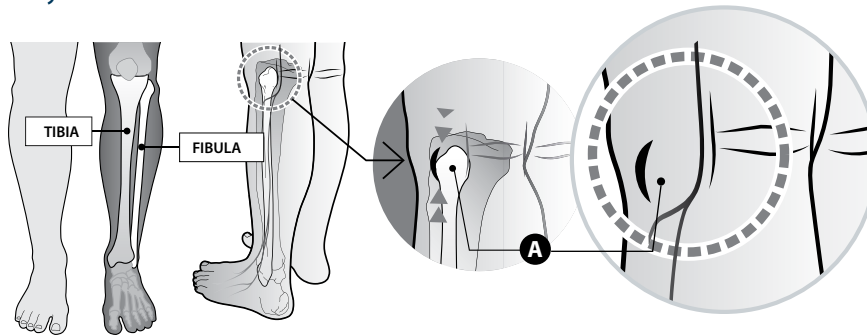
2

It is important that the geko™ is applied to clean, dry skin in order to achieve optimum muscle contractions. Wash the skin behind and just below the knee using a washcloth with mild soapy water, rinse well, and **pat dry** thoroughly. **Do not rub to dry or apply any moisturizer.** Any excess hair in the area of application may be removed using trimmers or clippers, but avoid shaving the skin just prior to use as this may increase the risk of skin irritation from the geko™ device.

3

Find the location where the device is to be secured. The fibula head can be felt as a hard protrusion just below the level of the knee at the very top of the fibula bone, at the outside of the leg. Less protrusion may be palpable in the presence of edema or fatty tissue.

- Start at the front of the knee cap and feel your way straight down to the tibial bone just below the knee cap.
- Working outwards, find the prominent piece of bone called the tibial tuberosity. Move over that bone towards the outside of the leg, moving slightly downwards. Feel your way to the **fibula head (A)**, a bony bump which is much larger and rounded compared to the tibial tuberosity.
- Draw a line down the center of the fibula head, position **(A)**, with an indelible marker for easy reference.

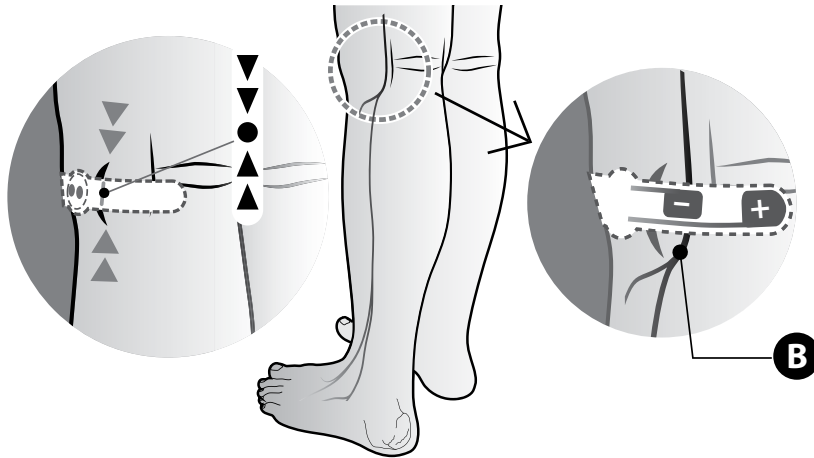


There is another way to find the fibula head. Place your fingers on the ankle bone on the outer ankle. Then run your fingers up the leg in the groove between the calf muscles and the muscles at the front of the leg, until you feel the round protrusion that is the fibula head (A).

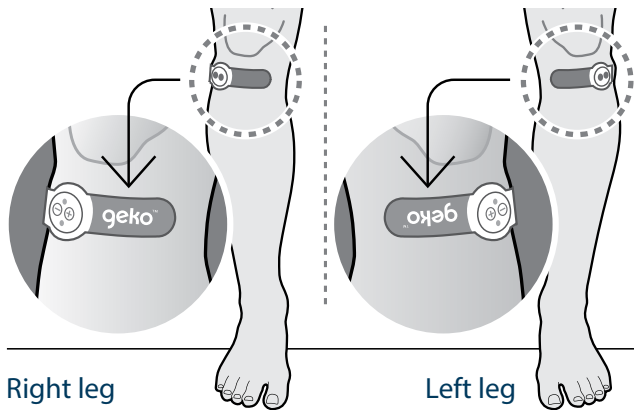
To aid accurate location, you can also watch the fitting video at www.gekodevices.com.

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If the patient is unsteady while standing, or cannot stand, please have them sit for this step. Peel the device off the backing card, and apply with the longer end towards the back of the knee, with the leg straight. When the **MARKER LINE** on the device is placed over the **CENTER** of the **FIBULA HEAD**, the negative electrode of the device will be over the **common peroneal nerve (B)** in the best position for stimulation.



No matter which leg they wear it on, the word 'geko™' will always be at the front of the knee.



The geko™ is applied to the affected leg or legs.

Save the backing card for device storage between uses.

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The setting required to achieve stimulation will be affected by how much the knee is bent. The common peroneal nerve is closer to the fibula head in the sitting position, and you will see the biggest muscle response then. Studies have shown the best response to the geko™ device happens when there is visible movement of the muscles in the lower leg, and the foot moves outwards and upwards (ankle dorsiflexion) with each stimulation, and then relaxes downwards (plantar flexion). You may need to teach the patient to increase the setting when they are standing or laying down, and reduce when they are sitting. We recommend adjusting the level to the maximum that can be easily tolerated.

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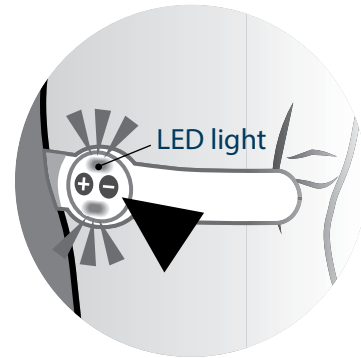
Use a short press (half a second) of the '+' button (towards the short tail at the front of the knee) to turn it on. Continue with short presses of the '+' button to set the appropriate level. To accommodate any variation in stimulation due to leg position changes, simply turn the setting up or down (see #5).

The geko™ Wound Therapy device has 10 levels indicated by the number of green flashes in sequence from the LED light while the device is operating.

To reduce the levels, one by one, use a short press (half a second) of the '-' button (towards the long tail at the back of the knee).

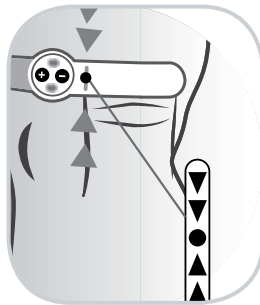
To turn the device off or pause the treatment, hold the '-' button down for 3-4 seconds until the light stops flashing.

Apply a device to the other leg as well, only if the geko™ Wound Therapy device has been ordered because of wounds on both legs.

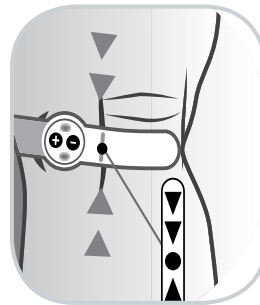


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If the original location does not produce movement of the muscles, or if the patient needs to use an alternate location, stimulation may be achieved using an alternative fitting location behind the knee; after preparing the skin, apply the device either slightly above or below the crease at the back of the knee with the markers aligned with the outer tendon.

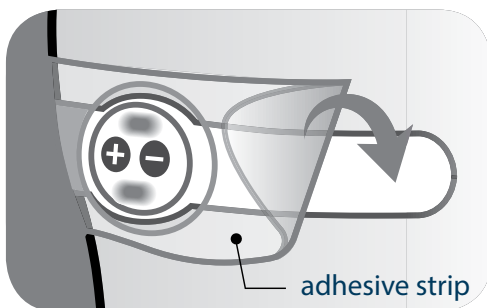


Above the knee



Below the knee

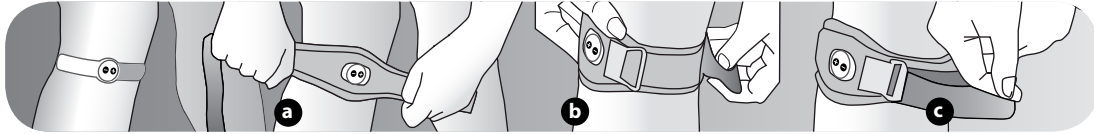
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Each package of 3 devices comes with 6 hypoallergenic adhesive strips that can be fastened over the device. This will adhere best to clean, dry skin when gentle, but firm, finger or hand pressure is applied to the adhesive strip, from the center outwards. Never apply under tension. This may induce blistering or skin tearing.

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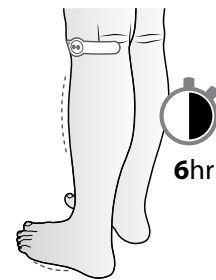
A neoprene knee strap is also available for securement of the device. If not funded with the geko™ devices, it can be purchased from orders@perfusemedtec.com or 1-888-244-5579.



- a Place strap over the geko™ device after it is in the proper position.
- b Ensure that the buckle is at the front of the leg. Bring the short tail up over the loop fastening material and secure.
- c Bring the long tail up through the buckle. Fold back over the loop fastening material to secure.

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The geko™ Wound Therapy device will turn itself off after 6 hours of stimulation.



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Remove the device by first removing the adhesive strip (if you have used it). To remove the adhesive strip, 'start' an edge by folding a small piece under the corner and lifting. Keep the strip close to the skin surface and pulled back over itself, in the direction of hair growth. Peel back slowly and progressively at an angle of about 30 degrees to the leg without bending it fully double, this will prevent damage to the skin.



As the strip is removed, continue to support the newly exposed skin. Support close to the 'peel edge' is particularly important for thin or easily distensible skin.

To remove the geko™ device, use one finger of the other hand to 'push' the skin down as you remove it, rather than pulling the adhesive away from the skin. This will prevent damage to the skin. **If this is the first day of using this device, the patient should store it on the shiny side of the backing card.**

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On day 2 the patient can reapply the device for the second treatment (Steps 2-9). They must wait 12 hours after the start of the first treatment from the previous day, before the battery will start again. For example, if they wear it from 3 p.m. to 9 p.m. on the first day, they cannot restart the device until after 3 a.m. the following day. The schedule log on page 6 may be helpful to record their treatments.

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After the second 6-hour wear time, the battery will expire and the device will stop functioning. It should be discarded. Batteries must be disposed of in accordance with local legislation. The battery can be removed by breaking open the housing and prying it out. Do not incinerate the device. The patient must start with a new device for their next day of therapy, and use it for two days. Remember that the patient needs to take one day off out of the seven, to take a break from the device!

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IMPORTANT INFORMATION

Please also see the Instructions for Use provided with the device for important safety information.



Manufactured by: Firstkind Ltd, Hawk House, Peregrine Business Park,
High Wycombe, Buckinghamshire, HP13 7DL, UK

Perfuse
Medtec

[Information](#) / [Demonstrations](#) / [Ordering](#):

T: +1 888 244 5579

Email: orders@perfusemedtec.com

My geko™ Wound Therapy Schedule Log:

This could be adapted to whatever the maximum number of weeks a CCAC would approve the product for.

Day of week		# Hours/day	# Hours worn
Week 1	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 2	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 3	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 4	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 5	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 6	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		

Day of week		# Hours/day	# Hours worn
Week 7	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 8	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 9	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 10	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 11	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		
Week 12	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	Day 1	New Device	6 hours
	Day 2		6 hours
	DAY OFF		