

ActiveCare+S.F.T.[®] Patient Manual

For any questions please contact your local
ActiveCare+S.F.T.[®] provider:

Name: _____

Tel: _____



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ActiveCare+S.F.T.[®] Patient Manual



What is D.V.T.?

Deep vein thrombosis is a blood clot that forms in a vein, deep in the tissues of the lower extremities. Blood clots commonly form in the deep veins of the calf or thigh following total joint replacement or prolonged immobilization if not treated prophylactically. Left untreated, these clots can cause disability or become life threatening if they become mobile (pulmonary embolism) and travel throughout the body.

How Does ActiveCare+S.F.T.® Help Prevent DVT?

The **ActiveCare+S.F.T.®** system is a safe and highly effective way to improve blood flow in the veins and to help prevent DVT. The system delivers continuous enhanced circulation therapy (C.E.C.T.®) to the lower extremities of the body. It works by applying intermittent, sequential compression to the legs in a systematic pattern, increasing the speed of blood flow in the veins and reducing the risk of clot formation.

Why has Your Doctor Prescribed ActiveCare+S.F.T.® for You?

- **ActiveCare+S.F.T.®** is the most safe and highly effective way to prevent DVT¹.
- **ActiveCare+S.F.T.®** has been proven equally or more effective than anticoagulation drug therapies WITHOUT producing side effects such as serious bleeding complications².
- The use of **ActiveCare+S.F.T.®** is less invasive than the use of expensive medications and eliminates the need for daily drug injections, prescribed pills or blood level monitoring.
- **ActiveCare+S.F.T.®** is small and portable, so it can be worn during normal daily activities and while you sleep, providing continuous therapy.

1. Colwell, C. "Thrombosis Prevention in Total Hip Arthroplasty: CECT vs LMWH", *Journal of Bone and Joint Surgery*, March 2010.

2. Gelfer Y, Tavor H, et al. "Deep Venous Thrombosis Prevention in Joint Arthroplasties", *Journal of Arthroplasty* Vol. 21 (2), February 2006.

Your ActiveCare+S.F.T.® System Includes the Following:

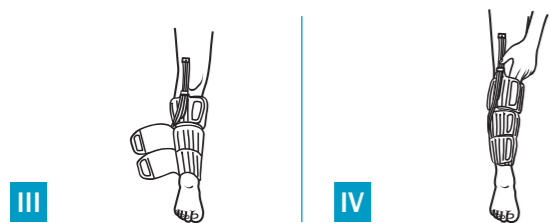
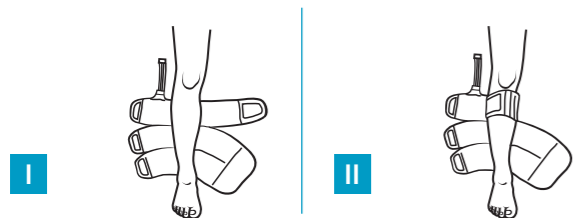
- Lightweight battery-operated device (with rechargeable battery)
- Leg sleeves
- Extension tubes



Directions for Patient Use

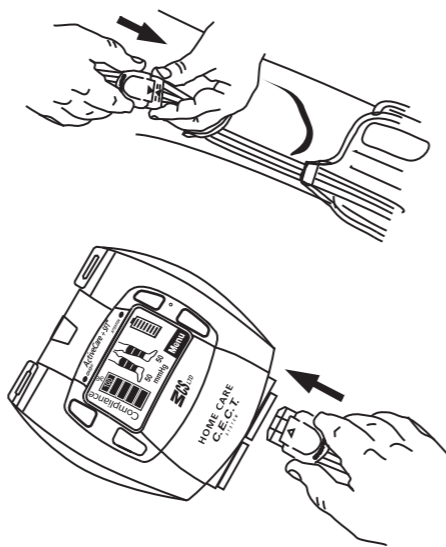
Step 1: Sleeve Placement

- A. Place the calf sleeve behind the leg with the upper cell flap close to the knee (one inch below the knee).
- B. Wrap the upper section of the sleeve first and work downwards.
- C. Ensure that the sleeve is snugly fit.



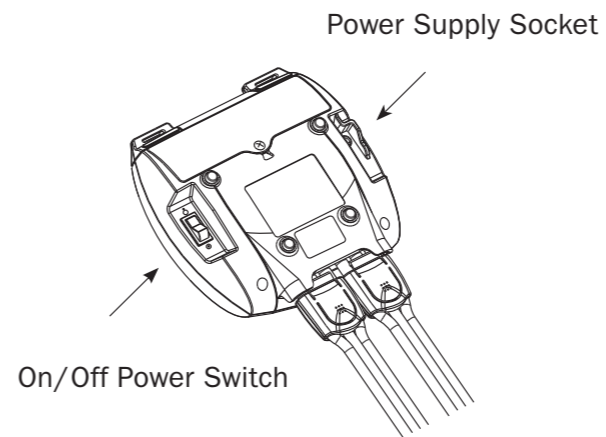
Step 2: Sleeve to Device Connection

- A. Connect one end of the extension tube to the sleeve connector (white arrow to white arrow).
- B. Connect the other end of the extension tube to the device (white arrow facing upwards).



Step 3: Operating the ActiveCare+S.F.T.® Device

- A. Flip the power switch located on the backside of the device to the ON position.



- B. The opening screen should appear, followed by a "Configuration Setup Screen". A reminder will appear for "New Patient" selection (no action is needed on your part).

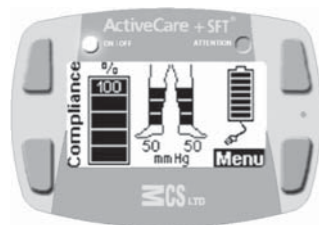


C. Your device will automatically identify the sleeve number and type and will select the correct mode of operation. Check that the correct icon mode matches the sleeve(s) being used. Your sleeve should begin to inflate sequentially, starting from the lowest sleeve cell to the highest.

D. After the treatment mode is automatically selected, the "main screen" will appear.

The four Main screen components are:

- Compliance Bar
- Treatment Mode
- Battery Status
- Menu

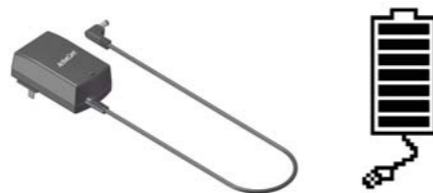


NOTE: If it is necessary to add, remove or change a type of sleeve, press the power switch to OFF, then add, remove or change the applicable sleeve and repeat sections A, B, C in Step 3.

Step 4: Charging the ActiveCare+S.F.T.®

The battery recharges when the device is connected to the main power source. While the battery is charging, the battery-charging indicator is active. It will stop when the battery is fully charged or when the AC/DC adapter is not plugged in.

A. The "power cord" indicator will display on the screen together with the battery icon when the device adapter is plugged into a power source.



B. Battery Status Indicator



C. The battery may also be charged when the device is turned off, when plugged into the power source. A battery-charging indicator will display on the screen and the message display will read:



D. When the battery charging is completed (while the device is turned off and plugged into the power source), the message display will read:



A fully charged battery will work for approximately 4-6 hours.

What is the Duration and Frequency of Use?

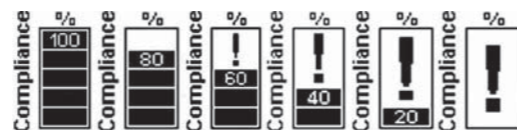
Your doctor will advise you how many days you will be required to use the **ActiveCare+S.F.T.**® system. The device has a display that will help you keep track of your personal usage and closely follow your doctor's instructions.

ActiveCare+S.F.T.® is a lightweight mobile device powered by a rechargeable battery, allowing you to quietly and comfortably move while wearing it for extended periods of time. You may take it off during self care (i.e. showers) or for brief periods.

NOTE: Your doctor needs to be able to track your actual compliance. Therefore, the device should be turned off when not in use or not worn.

Step 5: Monitoring Your Compliance Level

Your compliance level is easily monitored through the compliance bar on the main screen.



A compliance level of 80% or higher should be maintained throughout the duration of your treatment (the goal is to use the device for at least 20 hours within a 24 hour period).

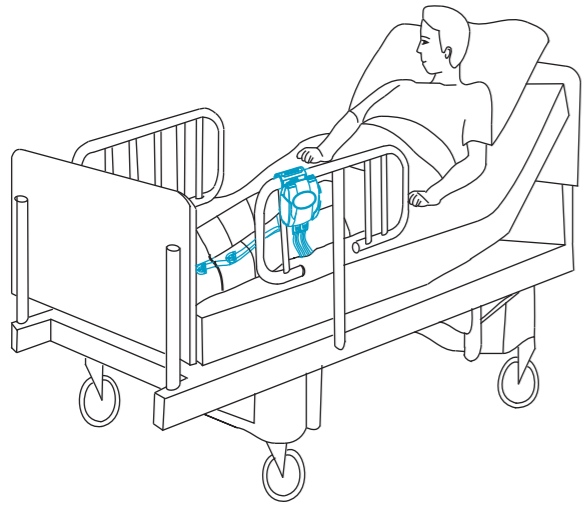
Recommendations for Use

- **ActiveCare+S.F.T.**® should be worn for at least 20 hours per day.
- It is recommended to wear cotton stockinettes under the leg sleeves for additional comfort.
- When fastening the leg sleeves, ensure that they are snugly fit.
- Remove the device and leg sleeves when bathing.
- While stationary (sitting in a chair or lying in bed), it is recommended to connect the device into the mains to assure that the battery is charged.
- If you are walking or leaving the room, disconnect the cable charger from the back of the device and use the carrying strap as instructed by your **ActiveCare+S.F.T.**® provider.

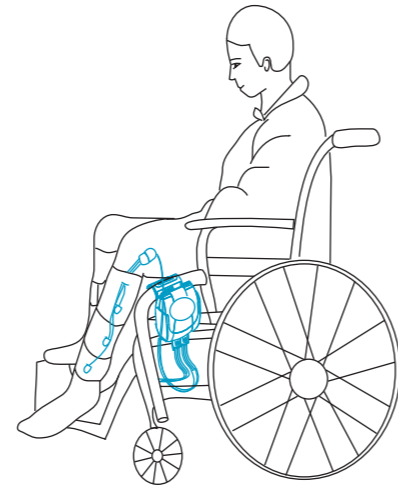
- Check the skin surface of your treated legs every 12 hours and if breakdown appears, consult your doctor.



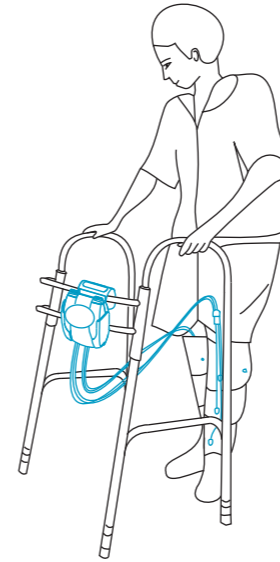
C.E.C.T.® SYSTEM PROVIDES
**CONTINUOUS
ENHANCED
CIRCULATION THERAPY**



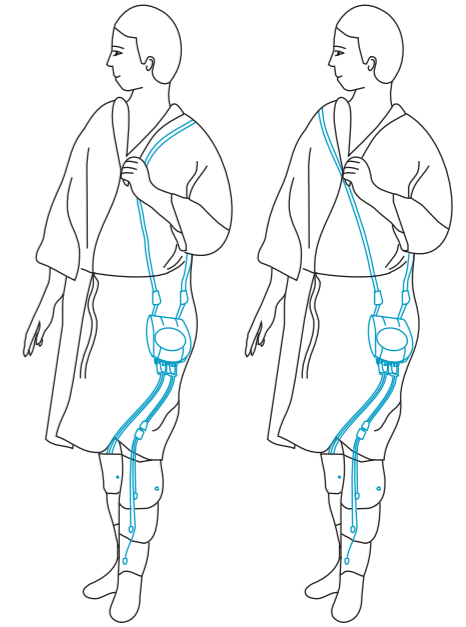
Bed



Wheelchair



Walker



Over or Across the Shoulder