



Type BF Applied Part



### Environmental conditions:

Transport and storage  
between uses: -25 to 70 °C.  
0-95% RH. 700-1060 hPa

### Operating conditions:

5-40 °C. 15-95% RH  
700-1060 hPa. 2000m altitude

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Developed by a physician, Buzzy® is a

reusable device for minor aches and pains.

Buzzy® Healthcare is for use in a professional healthcare facility by trained operator. Reusable pain relief product intended for multiple users. Thoroughly clean and disinfect Buzzy® and its accessories between patients following your facility's infection control protocol for reprocessing non-critical equipment.

**BuzzyHelps.com**

For Buzzy® Mini Healthcare (Striped, Black, and LadyBuzzy) and Buzzy® XL Healthcare (Striped, Black, and LadyBuzzy) BKM1, BKM2, BKM3, BTH1, BTH2, BTH3  
IFU-001 Rev 00 Buzzy Healthcare Instructions for Use  
09.08.2021



## Indications For Use:

Controls pain associated with injections (venipuncture, IV starts, cosmetic procedures) and the temporary relief of minor injuries (muscle or tendon aches, splinters and bee stings). Also intended to treat myofascial pain caused by trigger points, restricted motion and muscle tension.

## Warnings:

For intended use only • Direct or prolonged application of ice could vasoconstrict or alter lab values.

## Contraindications:

Do not use in the presence of unexplained calf pain. Consult a physician. • This device should not be used over swollen or inflamed areas or skin eruptions. • Do not place directly on a thermal burn • Do not use ice pack with underlying sensitivities to ice or cold (e.g. Sickle Cell Disease, Reynaud's Disease).

## Cautions:

Store wings in a cool, dry place. • Wings must be frozen solid for best effect. - Do not use dry ice to freeze wings unless supervised by a healthcare professional • Do not puncture ice pack chambers. • Discard if leaking. • Do not ingest gel. • Keep out of reach of children or pets. • Do not use with neuropathy, CRPS, or sensitivities to ice.

Previous medical history and intrinsic physiologic differences may make Buzzy® less effective for some people. If not completely satisfied, return within 30 days to place of purchase for a full refund, or contact us at the address below.

## Guarantee:

Please visit our website buzzyhelps.com for a complete list of FAQs, other pain management tips, how-to videos, accessories, replacement parts, and more!

## How To Order/Additional Information:

With proper care, your Buzzy should last for at least 1 year. With heavy use or extreme temperature fluctuations, batteries may need to be replaced more frequently. If device stops working, replace batteries. Press switch firmly for 1/2 second to activate or turn off.

## Troubleshooting:

MMJ Labs, LLC dba Pain Care Labs  
322 Sutherland Place • Atlanta, GA 30307, U.S.A.  
buzzyhelps.com • info@paincarelabs.com  
877.805.2899  
CS Lifesciences Europe Limited  
The Black Church, St. Mary's Place  
Dublin 7, D07 P4AX, Ireland



US Patented British Patent No. 2455695  
RM-1910, 1248-064-5002-00, 1248-064-5001-00

## DO NOT SERVICE WHILE IN USE

Please contact your local authorities to determine the proper method of disposal of potentially biohazardous parts and accessories.

## Disposal:

Unscrew the back using a Phillips-head screwdriver to remove back panel. Buzzy® is powered by 2 alkaline AAA batteries. Remove batteries if Buzzy® is not being used for extended period of time.

## Batteries:

Do not immerse in liquid.  
Such as stethoscopes or patient monitors. Do not autoclave.

Buzzy® is a reusable medical device that should be thoroughly cleaned and reprocessed following your facility's infection control protocol for non-critical equipment. All accessories must be cleaned and disinfected with your facility's disinfecting wipes or method used to reprocess non-critical equipment.

## Cleaning:

## Model Differences:

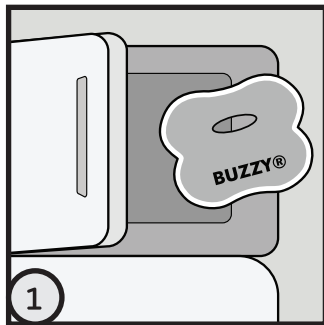
**Buzzy® Mini:** Comes with Buzzy® vibration unit with button switch and energy saving automatic 3-minute shut-off, four reusable ice wings and 1 Comfort Strap, and instructions. Press and hold button firmly until vibration activates.

**Buzzy® XL:** Comes with Buzzy® vibration unit with toggle switch, four reusable ice wings and 2 Comfort Straps, and instructions. Keep the tape on the switch during transport to avoid accidental activation. Activate with the on/off toggle switch.



- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.
- "Please note that changes or modifications of this product is not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment."
- NOTE: This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:
  - Reorient or relocate the receiving antenna.
  - Increase the separation between the equipment and receiver.
  - Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
  - Consult the dealer or an experienced radio/TV technician for help.
- This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) this device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. Pain Care Labs, 195 Arizona Ave • LW08 NE Atlanta GA 30307 • 877-805-2899 (Pain Care Labs Responsible Party in USA.)

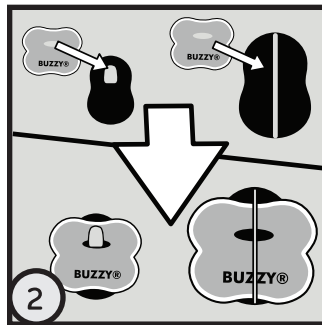
## Directions For Use:



### Place wings in freezer.

(Do not freeze vibration unit). Leave in until frozen solid (~30-60 minutes). Remove wings from freezer just prior to use. Wings stay frozen for ~10 minutes at room temp.

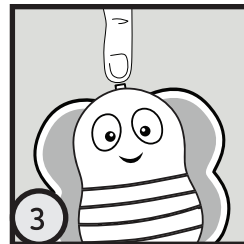
**Note:** To transport, place between 2 commercial cold packs (sold separately) in an insulated environment to maintain frozen temperature.



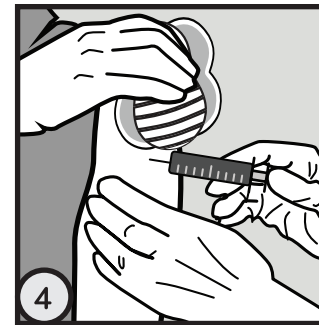
### Attach wings to back of Buzzy®.

#### Why Frozen?

Our unique formula freezes solid to transmit vibration; commercial gels absorb the specific vibration frequency needed for pain. Ice provides up to 60% of the numbing, because intense cold causes the brain to inhibit pain everywhere.



Flip switch or press button firmly to activate.



## Buzzy® Placement:

### Buzzy® controls pain on contact.

Place directly on injury or "between the brain and the pain" for procedures.

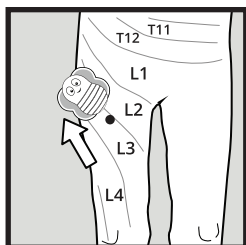
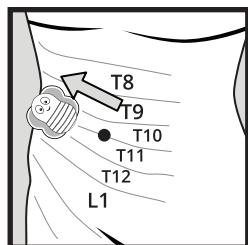
#### For Injections:

Place Buzzy® directly on the injection site for 30-120 seconds. Leave on longer for larger volumes or more painful injections. Move 2-3 cm proximal during injection and press in place. Closer to the injection is better.

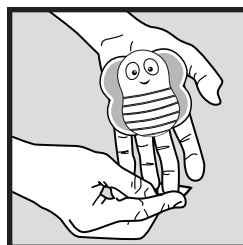
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**TIP:** Place Buzzy®'s bigger rounded end as close as possible to the site of the procedure, with Buzzy®'s switch end furthest away. During the injection, move Buzzy® 2-3 cm toward the spine along nerve paths (dermatomes) as shown.



### For finger sticks or splinter removal:

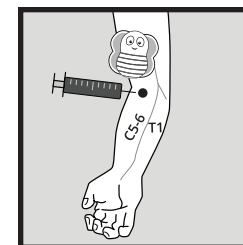
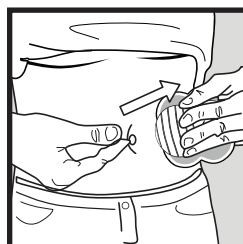
Press Buzzy® onto the palm with the bottom end toward the finger. Leave in place throughout cleaning and during the procedure.

### For burning or itching:

For insect bites or medications that cause burning or itching, put Buzzy® directly on the site. Rub or press in place until the area feels better.

### For injections in the stomach:

Place the injection on a horizontal line between the belly button and Buzzy®.



### For IVs or phlebotomy:

Do not put directly on the site of access.

Activate, then hold or tuck Buzzy® under the tourniquet 3-5 cm above (proximal to) the access site. Clean site and access without delay. Optional: Pass tourniquet through the slot of Buzzy® XL to secure Buzzy® to arm.

For additional placement information, please visit: [bzy.fyi](http://bzy.fyi)

#### Why Does Placement Matter?

Vibration and cold are transmitted together to the same place in the spine as pain. To block pain, Buzzy® needs to be on the same nerve paths as the source of the pain.

### For children:

Let children hold Buzzy® in advance for familiarity, and let them choose whether or not to use the ice pack. For vaccinating children sitting up, a parent can put an arm around the child's shoulders and hold Buzzy® for them.

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