OHMED

Quick Start Guide

vertica® | verticaplus

ATTENTION! Make sure to read the *Instructions for Use* before using this product. It contains important safety information. **Do not only read this Quick Start Guide.**

ATTENTION! The Vertica® device is designed for personal and intimate medical treatment at home. The device left our factory clean and ready for use. The device will be considered as "used" after removing or damaging the tamper-evident seal on the device.

This document refers to both the Vertica device and the VerticaPlus device.

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Scan the QR code to watch an instructional video on how to use Vertica or VerticaPlus.

1 Important Notes

Congratulations on your new Vertica® device. For your safety and the success of treatments:

- Read and understand the entire Instructions for Use before using your Vertica device. Keep the Instructions for Use and Quick Start Guide for future reference.
- Pay special attention to the instructions, warnings, precautions, and safety instructions.

2 Contraindications

Please consult your doctor if you have any concerns regarding medications or health conditions not listed.

Do not use the Vertica device if any of the following conditions apply to your situation:

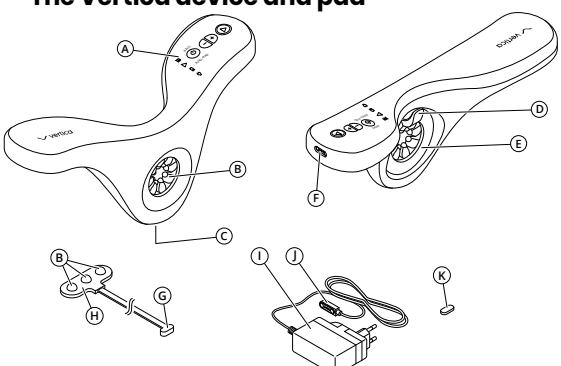
- A cardiac pacemaker implant
- Any implanted devices, including body piercings located around the area of treatment
- Any type of skin damage / lesions to the area of intended treatment
- Any blood clot disorder requiring anticoagulant therapy
- Any neurostimulator implant
- A current diagnosis of urothelial or colorectal cancer

3 Description of the user

- This document is intended for the home-user of the Vertica device.
- The Vertica device is intended for adults only.

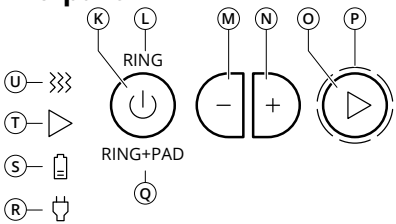
4 Product elements

4.1 The Vertica device and pad



ID	Name	ID	Name
A	Control panel	**G**	Pad plug (magnetic)
B	RF electrodes (metal domes)	**H**	Pad
C	Pad port (magnetic)	**I**	Charger
D	Ring handle	**J**	Charger plug (magnetic)
E	Ring	**K**	Charging port cap
F	Charging port (magnetic)		

4.2 The control panel



ID	Name	Function
K	Power/treatment mode button	Sets the device to on or off and select the RING mode or RING+PAD mode
L	RING mode indicator	Indicates the RING mode is selected
M	Energy level button (-)	Decreases the energy level
N	Energy level button (+)	Increases the energy level
O	Energy button	Activates and deactivates the treatment mode
P	Energy level indicator	Indicates the energy level (1 to 6)
Q	RING+PAD mode indicator	Indicates the RING+PAD mode is selected
R	Charging cable indicator	Indicates the charging cable is connected to the power port
S	Battery indicator	Indicates charging is in progress and the battery status
T	Treatment indicator	Indicates the treatment is active
U	RF energy indicator	Indicates the delivery of RF energy

5 Safety instructions

WARNING! Read and understand the *Instructions for Use* and the safety instructions before using this device. Failure to observe the safety instructions can result in physical injury, damage, or harm to the environment. The manufacturer accepts no liability for injury or damage resulting from failure to observe the safety instructions.

6 Learning the basic operation of the Vertica device

6.1 Setting the device to on and off

To set the device to on:

- Push the **power/ treatment mode button**.
  The RING mode indicator and energy level indicator Illuminate. The device is on and in standby mode.

To set the device to off:

- Push and hold the **power/ treatment mode button** for 3 seconds.
  The device vibrates for a short moment and all indicator lights are off. The device is off.

6.2 Setting the energy level

Each time the device is set to on, the energy level is automatically set to energy level one.

To set the energy level:

1. Push the **energy level button (-)** to decrease the energy level.
2. Push the **energy level button (+)** to increase the energy level.

The energy level indicator shows the following conditions, based on the set energy level:

Energy level indicator						
Energy level	1 (minimum)	2	3	4	5	6 (maximum)

6.3 Locking the energy button

WARNING! Activating the treatment mode only prepares the device for the treatment.
The actual treatment with RF energy is indicated by the **RF energy indicator** (≋)

What happens in the treatment mode:

1. The device automatically checks for contact with the penile shaft.
2. Only when contact with the penile shaft is detected, the **RF energy indicator** ( ) comes on and RF energy is delivered (the erectile tissue is receiving treatment).

NOTE: The treatment is only in progress when the RF energy indicator is on. There is no treatment when the RF energy indicator is off.

The treatment mode can be activated in two ways:

- Push and hold the energy button continuously.
- Activate auto-delivery locking the treatment mode *(see the Instructions for Use - Activate auto-delivery locking)*.

6.3.1 Activate auto-delivery: Locking the energy button

To activate the locking function:

1. Make sure the device is set to on.
2. Push and hold the **energy button** continuously for 5 seconds.
3. Double-click the **energy button** to lock the device into auto-delivery mode. The treatment indicator changes from flashing to continuous.

To unlock and deactivate the treatment mode:

Push any button on the device to cancel auto-delivery mode. The device will enter stand-by mode. The treatment indicator and the RF energy indicator are off.

7 Getting started

WARNING!

- Make sure you have read the safety instructions.
- Make sure the Vertica device is fully charged. See *Charging the Vertica device* for instructions.
- Charging a wet device can damage the device. Thoroughly dry the charging port and surrounding area before charging to prevent corrosion.
- Do not conduct the treatment while standing. Make sure you are in a comfortable seated position to conduct the treatment.
- When treatment is set to on:
  - always move the device toward the glans (head of the penis) and not toward the body.
  - all RF electrodes must be continuously in contact with the skin.
- Make sure the charging cable is not connected to the Vertica device.
- Always make sure there is sufficient gel on the penile shaft during the treatment and add gel when needed.
- You may feel a warm sensation on the skin during the treatment, this may be an indication to add more gel.
- Lower the energy level with the energy level button (-) if the temperature sensation is uncomfortable.
- If you do not experience any heat during treatment, see Troubleshooting for more information.

7.1 Preparation

It is recommended to

- make sure you are in a comfortable seated position, for example on a chair or the edge of the bed
- make sure you have enough gel for the full treatment
- make sure you have a towel to wipe the gel off your hands
- Remove excess hair from the perineal area (the area between the anus and scrotum), before applying the **pad**.

7.2 Treatment

The full treatment with the Vertica device is divided into two parts:

- Treatment of the penile shaft in the RING mode, duration 15 minutes of RF energy delivery.
- Treatment of the penile shaft and the perineum area in the RING+PAD mode, duration 15 minutes of RF energy delivery.

- **15 minutes of RF energy delivery**

During each treatment session, the Vertica device automatically tracks the cumulative duration of RF energy delivery - this is the total time the RF energy indicator is active. Once the accumulated energy delivery time reaches 15 minutes, the device emits a vibration alert to signal that the treatment is complete.

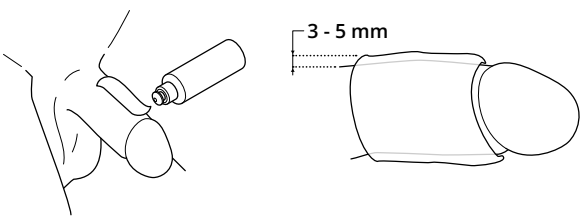
- **Recommended treatment schedule**

During the first month of treatment, complete the full treatment three times per week. During the second month of treatment, complete the full treatment at least two times per week. From the third month and onwards, we generally recommend one full treatment at least one time per week (or as needed). Personal requirements may vary.

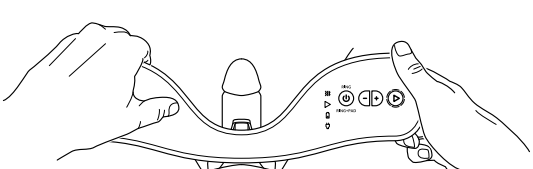
7.2.1 Treating with RING mode

1. Apply a thick layer of gel (ultrasound or RF conductive gel) on the penis shaft. Make sure to cover the full surface of the penis shaft.

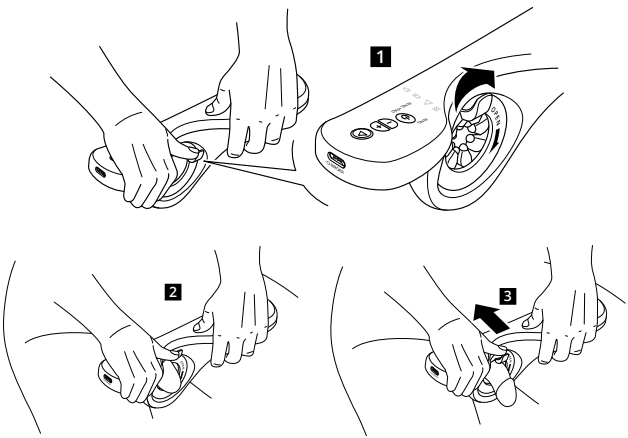
> *i* To achieve optimal treatment, the domes of the RF electrodes on the ring need to be covered by the gel. Add gel during the treatment when needed.



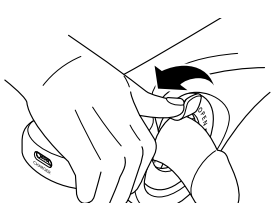
2. Press the **power/treatment mode button** to set the device to **on**.
   The device is in standby mode. The RING mode indicator comes on and the energy level indicator shows energy level one.
3. Make sure you hold the Vertica device with the control panel on the right-hand side.



4. Push the **ring handle** to the left to open the **ring** and insert the penis through the **ring**. Slide the Vertica device as close to the pelvis as possible.



5. Gently release the **ring handle** to let the **ring** make comfortable and tight contact of all the RF electrodes with the penile shaft.

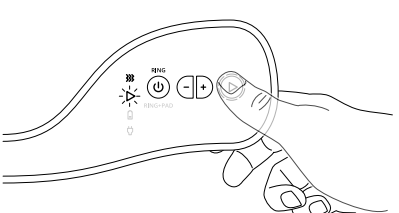


6. Select the desired energy level with the **energy level buttons (+/-)**.
   The energy level indicator shows the set energy level.

> It is recommended to start every treatment at level one for at least 1 minute and increase based on the sensation of heat that you desire. Vertica treatment is effective at all RF power levels. You can increase or decrease the energy level during the treatment. Choose the energy level that you feel comfortable with during treatment. Stop the treatment if you feel pain during the treatment session.

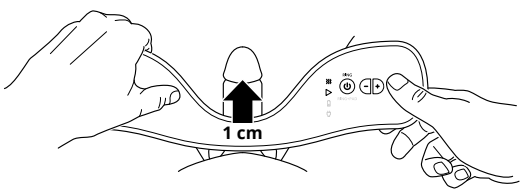
7. Press and hold the **energy button** to activate the treatment mode. The treatment indicator flashes. The RF energy indicator comes on and the device delivers RF energy.

> The treatment does not start when the RF electrodes are not in contact with the penile shaft. When the RF energy indicator does not come on, see *Troubleshooting in the Instructions for Use* for information.



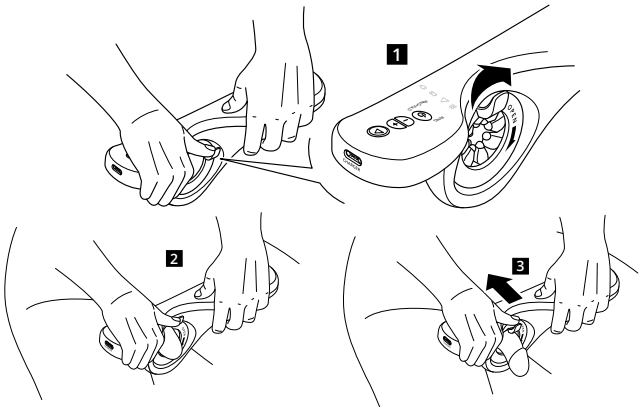
8. Wait 30 seconds or wait until the **RF energy indicator** is off for at least 3 seconds and move the device about one centimeter toward the glans (head of the penis).

> Always move the device toward the glans (head of the penis) and not toward the body. You may select the desired energy level with the **energy level buttons (+/-).**

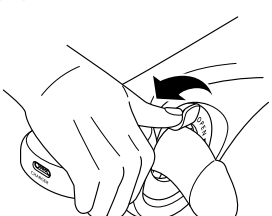


9. Wait for the RF energy indicator to come on again.
10. Repeat steps 9 and 10 until the device is at the glans and can not slide any further.
11. When you cannot slide the device any further, release the **energy button** to deactivate the treatment mode.
12. Push and hold the **ring handle** to open the **ring**. Slide the Vertica device as close to the body as possible to continue the treatment.

> The device should make contact with your pelvic area.



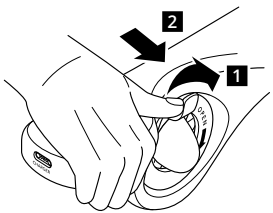
13. Gently release the **ring handle** to let the **ring** make a comfortable and tight contact of all the RF electrodes with the penile shaft.



14. Repeat steps 7 to 13 until a total treatment time of 15 minutes is achieved.

> *i* The device will vibrate multiple times and the **RING mode** and **RING+PAD mode** indicators will blink to indicate the treatment is finished.

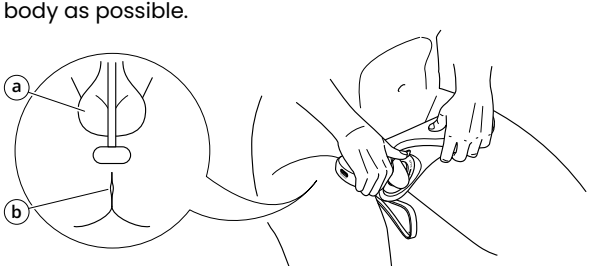
15. Push the **ring handle** to open the **ring** and slide the device off the penis.



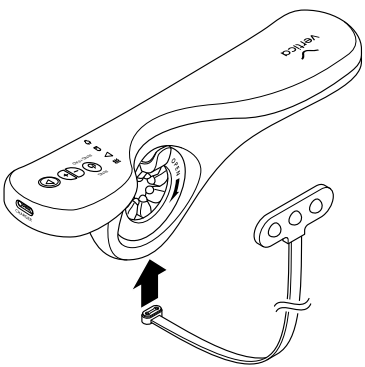
16. Press the **power/treatment mode button** to continue to the RING+PAD mode.

7.2.2 Treating with RING+PAD mode

1. Place the pad on the chair so that the electrodes are facing upward. Sit on the pad and position it against the perineum (the area between the scrotum ⓐ and the anus ⓑ).
2. Apply a 3–5 mm thick layer of gel (conductive gel or ultrasound gel) to the penis. Make sure the entire surface of the penis is covered.
3. Push the **ring handle** to the left to open the ring and insert the penis through the **ring**. Slide the device as close to your body as possible.

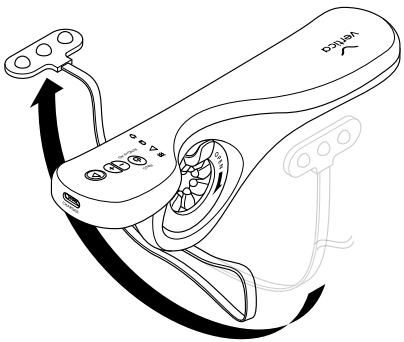


4. Gently release the **ring handle**, allowing the **ring** to make full and comfortable contact between all the electrodes and the penis.
5. Bend the **pad cable** underneath the device and connect the **pad plug** to the device.



The magnetic pad plug connects in only one direction. If it does not attach to the connector, change the orientation of the plug.

Keep the pad in contact with the area throughout the entire duration of the treatment. It is recommended to put a small amount of gel on the pad's electrodes before using it, and to remove any hair from the perineal area by shaving.



6. Perform the treatment according to steps 6 to 16 in the first part of the treatment (*Treating with RING mode*).
7. Press the **Power/Treatment Mode button** for 3 seconds to turn off the device.

WARNING: In RING+PAD treatment mode, it is generally possible to treat at a higher energy level than in RING treatment mode.

- During the second part of the treatment, RF energy is delivered through the RF electrodes of the ring and the pad.
- When the treatment is completed, continue with cleaning and charging the Vertica device.

8 Cleaning the Vertica device

WARNING!

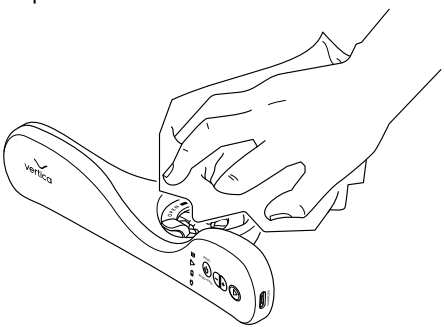
- Ensure the device is **switched off** before cleaning.
- Do not immerse the device in water. Only rinse the device under cool running water. The device is water-resistant at the area of the RF electrodes, but the device can not be immersed in water.
- Always clean the ring and pad after every use.
- Only use clean tap water.
- Be careful not to rinse with hot water to avoid burning your hands.
- Do not use any detergents, soap, alcohol or other cleaning agents.
- Do not use any abrasive cleaning materials.

Scan the QR-code to view a video of the Vertica cleaning procedure.

To clean the device and the RF electrodes:

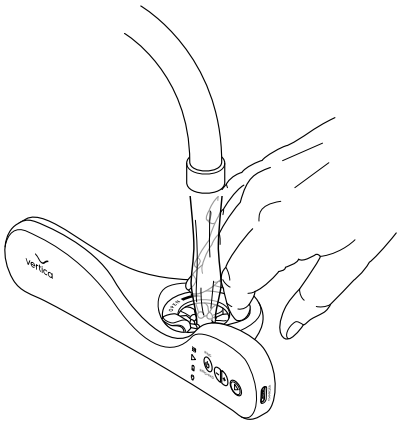
1. Make sure that
   a. the device is switched off
   b. the magnetic plug of the charger is disconnected from the charging port
   c. the pad is disconnected from the device.

2. Clean the device and the pad with a moist cloth or a water based wet-wipe.



3. Flush the **RF electrodes** on the **ring** and **pad** with running tap water and fully remove all gel residue. If necessary, use mildly warm (not hot water) to help dissolve the gel.

WARNING: Do not immerse the device in water.



4. Ensure all gel residue is completely removed, and thoroughly dry both the device and the pad using a clean, dry cloth.
5. Thoroughly dry the charging port and surrounding area before charging.

WARNING: Even small amounts of ultrasound gel or moisture can cause corrosion of the electrical contacts when connected to a charger. Corrosion can prevent charging.

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