

# Medical Indications and BIOPTRON Light Therapy Treatment

**CLINICALLY TESTED**  
Medical Device - Europe/USA/EEC



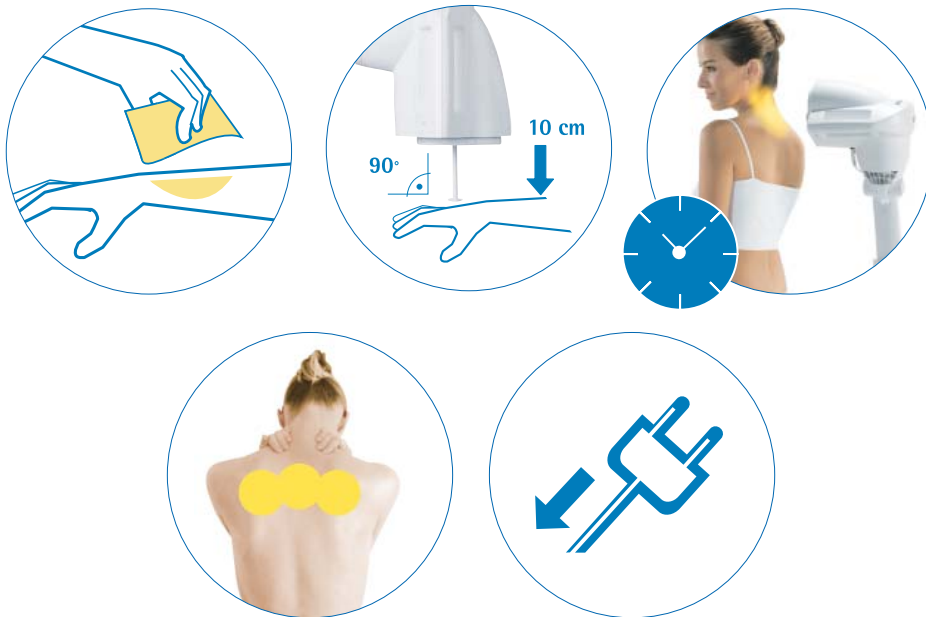
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## 1. GENERAL INSTRUCTIONS FOR USE

1. Before application, clean the area to be treated.
2. Spray a thin film of Oxy Sterile Spray on clean skin, in order to provide enough moisture and oxygen during light therapy.
3. Plug the cable into the socket.
4. Switch on the device by pressing the switch ON/OFF.
5. Point the light beam at the area to be treated at the right angle (90°) and at a distance of approx. 10 cm. The light beam should not be moved during treatment. Treat large areas point-by-point until the whole surface has been covered.
6. Relax and enjoy light therapy.
7. After treatment, turn off the device by pressing the switch ON/OFF.
8. Repeat from step 2 to 7 for each part of the treated area.
9. After treatment, pull the plug out of the socket.



## 2. ADVICE AND RECOMMENDATIONS

Biopton light therapy is an important part of your everyday health routine. It can be used as an ideal complement to standard medical and cosmetology treatments. Also, it can be successfully applied as monotherapy.

During treatment, Biopton should be held at a distance of 10 cm from the treated area, at the right angle (90°). In that position, the skin temperature on the treated area is increased by abt. 1°C, so the therapy is very comfortable.

Although Biopton light is not dangerous to eyes, it is recommended, for your own comfort, to keep your eyes closed during treatment of that part of the face. People wearing contact lenses should remove them before eye area treatment and keep their eyes closed.

Treat large areas point by point, until you have covered the whole surface. Each point treated by light beam represents an individual cycle of therapy.

Before treatment, pregnant women and cancer patients should consult their doctor.

### 3. MEDICAL INDICATIONS AND BIOPTRON TREATMENT

#### 3.1. MOST COMMON HEALTH PROBLEMS

In Bioptron therapy, good results are achieved faster in acute than in chronic conditions. Bioptron is an ideal adjunct therapy in combination with standard methods of treatment.

In treatment of chronic diseases, Bioptron can be used on its own as a long-term therapy.

Bioptron is designed for home use, so it can be also used by persons who are not medical professionals.

##### Foot stimulation

Stimulation of foot reflexology zones

**Device:** Bioptron  
**1st step:** Treat the whole foot point by point, 4 minutes each point.  
**Treatment:** once per day

**Note:** *As adjunct therapy, apply foot massage 3 to 4 minutes per day.*

##### Sleep disorder

Insomnia

**Device:** Bioptron  
**1st step:** Treat the back point by point, 4 minutes each point, starting from neck vertebrae to the base of the spine.  
**Treatment:** Repeat each day before going to bed until the condition improves. After that, apply treatment every 2 to 3 days.

**Note:** *Check the radiation in the room where you sleep.*

##### Common cold

Sneezing

**Device:** Bioptron  
**1st step:** Treat the left and right half of the forehead, 6 minutes each.  
**2nd step:** Treat the root of the nose on both sides, 6 minutes each side.  
**Treatment:** 2 to 4 times per day, until the sneezing stops.

**Note:** *Start treatment immediately after the first symptoms.*

##### Cough

Cough caused by cold, stinging in the throat

**Device:** Bioptron, Oxy Sterile Spray  
**1st step:** Apply Oxy Sterile Spray by spraying directly into the mouth, swirl slowly and spit out.  
**2nd step:** Treat left and right side of the neck, 6 minutes each side.  
**3rd step:** Once again apply Oxy Sterile Spray by spraying directly into the mouth, swirl slowly and spit out.  
**Treatment:** 2 to 3 times per day.

**Note:** *We recommend complementing the therapy with natural cough remedies.*

##### Headache

Headache caused by neck problems

**Device:** Bioptron  
**1st step:** Treat the back of the neck (below the hair line) for 4 to 6 minutes.  
**Treatment:** If necessary, repeat the treatment after 1 hour.

**Note:** *Headache usually disappears within 5 to 10 minutes after treatment.*

##### Migraine

**Device:** Bioptron  
**1st step:** Treat the back of the neck (below the hair line) 4 to 6 minutes.  
**2nd step:** Treat the root of the nose on both sides, 4 minutes each side.  
**3rd step:** Treat the pulsating spots on the forehead (temples), 4 minutes each.  
**Treatment:** 3 to 5 times per day.

**Note:** *Bioptron treatment is an alternative to analgesics.*

##### Menstrual problems

Stomach cramps, lower back pain

**Device:** Bioptron  
**1st step:** Direct the light beam to the middle of the lower abdomen and treat for 6 to 8 minutes.  
**2nd step:** Treat the lower back for 6 to 8 minutes.  
**Treatment:** 2 to 4 minutes per day during the period.

### 3.2. LOCAL INFLAMMATIONS AND OTHER REACTIONS

#### Eye inflammation

Eye inflammation, redness, irritation and allergic reactions

- Device:** Bioptron and eye drops based on natural ingredients  
**1st step:** People wearing contact lenses should remove them before treatment.  
**2nd step:** Treat the eyes for 4 to 6 minutes.  
**3rd step:** Apply 2 to 3 eye drops.  
**Treatment:** 1 to 2 times per day.

**Note:** *In case of strong eye irritation, it is recommended that the persons wearing contact lenses should wear glasses for 2 to 4 days, until the irritation disappears.*

#### Inflammation of the sinuses (sinusitis)

- Device:** Bioptron  
**1st step:** Treat the left and right half of the forehead, 6 minutes each.  
**2nd step:** Treat the root of the nose on both sides, 6 minutes each side.  
**Treatment:** 2 to 3 times per day.

**Note:** *Start treatment immediately after the first symptoms. To open blocked airways, inhale steam to which you have added a few drops of eucalyptus oil.*

#### Throat inflammation

Hoarseness

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply Oxy Sterile Spray by spraying directly into the mouth, swirl slowly and spit out.  
**2nd step:** Treat the left and right side of the neck, 6 minutes each side.  
**3rd step:** Once again apply Oxy Sterile Spray by spraying directly into the mouth, swirl slowly and spit out.  
**Treatment:** 2 to 3 times per day.

**Note:** *The application of Oxy Sterile Spray without Bioptron therapy also gives good results.*

#### Middle ear inflammation

(in children)

- Device:** Bioptron  
**1st step:** Treat the thymus gland for 6 to 8 minutes.  
**2nd step:** Treat the ear lobe for 6 minutes.  
**Treatment:** 2 times per day.

**Note:** *Avoid cold weather and draft. Protect ears with cotton balls.*

#### Ear pain

(different causes)

- Device:** Bioptron  
**1st step:** Treat the ear lobe for 6 to 8 minutes.  
**Treatment:** 2 to 3 times per day.

**Note:** *If pain does not subside after three days, consult a doctor.*

#### Tinnitus

- Device:** Bioptron  
**1st step:** Treat the ear lobe for 6 to 8 minutes.  
**Treatment:** 2 times per day.

#### Toothache

- Device:** Bioptron  
**1st step:** Treat the aching tooth directly through the cheek for 6 to 8 minutes.  
**Treatment:** 2 to 3 times per day.

**Note:** *If the toothache does not stop after a few days, consult a doctor.*

### 3.3. DERMATOLOGICAL DISORDERS AND SKIN PROBLEMS

Before treatment with Bioptron, thoroughly clean the area to be treated and spray it with Oxy Sterile Spray. After Bioptron treatment, spray the treated area again with Oxy Sterile Spray. Oxy Sterile Spray acts as disinfectant on the skin surface and it helps the regeneration of cells.

Light therapy is used for the treatment of skin diseases and the problems caused by infections or allergies.

In Bioptron therapy, good results are achieved faster in acute than in chronic conditions. In treatment of chronic diseases, a long-term therapy is necessary and patients can apply it on their own (as a home therapy), although they are not medical professionals. Light therapy is an ideal complement to standard methods of treatment.

#### Allergy

(skin allergies, itching, redness of skin)

- Device:** Cleansing lotion, Bioptron, Oxy Sterile Spray  
**1st step:** Clean the skin surface with mild cleansing lotion.  
**2nd step:** Spray the surface to be treated with a thin layer of Oxy Sterile Spray.  
**3rd step:** Treat the skin surface point by point for 4 minutes each point.  
**4th step:** Once again spray the treated surface with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 2 to 3 times per day.  
**Note:** *Most often, the itching will stop after the first treatment. Oxy Sterile Spray can also be used between treatments (oxygen stimulates cell regeneration). It is very important to explain the cause of allergy to a doctor, in order to avoid future allergic reactions.*

#### Abscesses

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the area affected with abscess.  
**2nd step:** Treat for 4 to 6 minutes.  
**Treatment:** Treat for 4 to 6 minutes.  
**Note:** *Start treatment as soon as the first symptoms appear. If there is no improvement after 5 to 7 days, consult a doctor.*

#### Skin infection

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the infected area.  
**2nd step:** Treat the infected area point by point, for 4 minutes each point.  
**3rd step:** Once again spray the treated surface with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 2 times per day.  
**Note:** *Start treatment as soon as the first symptoms appear.*

#### Herpes

(herpes on the lips, simplex, zoster, genital)

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the area to be treated.  
**2nd step:** Treat point by point, for 4 minutes each point.  
**3rd step:** Once again spray the treated skin with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 2 times per day.  
**Note:** *Start treatment as soon as the first symptoms appear. This treatment prevents the spreading of blisters*

#### Acne – Juvenile acne

- Device:** Bioptron, Oxy Sterile Spray, mild cleansing lotion, face and body mask  
**1st step:** Cleanse thoroughly a part of the skin to be treated.  
**2nd step:** Apply mask on the face or body and rinse thoroughly with warm water after 5 to 10 minutes.  
**3rd step:** Treat the skin point by point, for 4 minutes each point.  
**4th step:** Spray the treated skin with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**5th step:** Apply appropriate skin cream.  
**Treatment:** Once per day with a mask and once without the mask.  
**Note:** *Start treatment as soon as the first symptoms appear!*

### Eczema (all types)

**Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the area to be treated.  
**2nd step:** Treat the area point by point, for 4 minutes each point.  
**3rd step:** Once again spray the treated skin with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 1 to 2 times per day.

**Note:** Start treatment as soon as the first symptoms appear. Oxy Sterile Spray can be used between treatments (oxygen stimulates cell regeneration). Avoid spicy food, cheese, meat products and chocolate. If there is no improvement after 7 days, consult a doctor.

### Psoriasis

**Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the area to be treated.  
**2nd step:** Treat the area point by point, for 4 minutes each point.  
**3rd step:** Once again spray the treated skin with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 2 times per day.

**Note:** Start treatment as soon as the first symptoms appear. Most often the itching disappears immediately after the first treatment. Oxy Sterile Spray can also be used between treatments.

### Warts

**Device:** Bioptron, mild skin cleansing lotion  
**1st step:** Cleanse the wart with a mild skin cleansing lotion.  
**2nd step:** Treat directly for 4 to 6 minutes.  
**Treatment:** 2 times per day, until the wart disappears.

**Note:** Start treatment as soon as the first symptoms appear. Warts in the form of thorn are very difficult to remove, so the treatment can last up to 3 months. Light therapy is an alternative to surgical removal of warts.

### Calluses on feet and toes

**Device:** Bioptron  
**1st step:** Treat the painful area for 6 minutes.  
**Primena:** 2 times per day.

**Note:** Consult orthopaedic surgeon and, if necessary, wear orthotic inserts. Do not wear tight shoes!

### Burns

(of different origin – sunburns, hot water, oil burns etc.)

**Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the affected area.  
**2nd step:** Treat the area point by point, for 4 minutes each point.  
**3rd step:** Once again spray the treated skin with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Note:** 2 times per day.

**Napomena:** Burns covering a large area of skin must be treated by a doctor!

## 3.4. DISEASES AND CONDITIONS OF MUCOUS MEMBRANE

### Abscesses

**Device:** Bioptron  
**1st step:** Treat the affected area directly into the mouth for 6 to 8 minutes or on the cheek, above the abscess.  
**Treatment:** 1 to 3 times per day.

**Note:** Start treatment as soon as the first symptoms appear. If there is no improvement after 5 to 7 days, consult a doctor.

### Gum disease

(gingivitis, periodontitis)

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply Oxy Sterile Spray by spraying directly into the mouth, swirl for 1 to 2 minutes and spit out.  
**2nd step:** Treat the affected area directly for 4 minutes, or through the cheek for 6 minutes.  
**Treatment:** 2 times per day.
- Note:** *Start treatment immediately after the appearance of the first symptoms! While washing your teeth, it is recommended to massage gums with a toothbrush and to use dental floss every day for cleaning the space between the teeth.*

### Postpartum vaginal problems

(Pain and problems after delivery)

- Device:** Bioptron and Oxy Sterile Spray  
**1st step:** Apply a thin layer of Oxy Sterile Spray on the vulval vestibule.  
**2nd step:** Treat the vulval vestibule directly for 4 to 6 minutes.  
**Treatment:** 1 to 2 times per day.
- Note:** *Start treatment immediately after delivery. The pain is considerably reduced and the incision heals faster. Because of the risk of infection, hygiene must be maintained at the highest level!*

### Hemorrhoids

- Device:** Bioptron  
**1st step:** Treat the painful area directly for 6 minutes.  
**Treatment:** 2 times per day.
- Note:** *If you are applying the therapy on your own, it is recommended that you sit between two chairs. In that way, you can treat the affected area from the front side.*

## 3.5. PAIN – PAINFUL REACTIONS

Before treatment with Bioptron it is very important to thoroughly clean the area to be treated.

For the treatment of pain, apply Oxy Sterile Spray only on dry skin. Bioptron is primarily used for the treatment of pain caused by inflammation or soft tissue pain.

In Bioptron therapy, good results are achieved faster in acute than in chronic conditions, which require a long-term therapy.

Light therapy is ideal in combination with standard methods of pain treatment (for rheumatism, arthrosis, osteoarthritis).

### Inflammation of the bursa (bursitis)

- Device:** Bioptron  
**1st step:** Treat the painful area for 6 minutes.  
**Treatment:** 2 to 3 times per day until the pain stops.
- Note:** *If there is no improvement after one week, consult a doctor.*

### Ligament sprain

- Device:** Bioptron  
**1st step:** Treat the painful area for 6 minutes.  
**Treatment:** 2 times per day.
- Note:** *In case of serious sprains, it is necessary to consult a doctor.*

### Back pain

(back, lower back pain, sciatica)

- Device:** Bioptron  
**1st step:** Lie on one side so that the back is straight and relaxed.  
**2nd step:** Treat the painful area directly for 6 to 8 minutes.  
**3rd step:** If the whole back is affected by pain, treat it point by point for 6 to 8 minutes.  
**Treatment:** 2 times per day.
- Note:** *During treatment, avoid any activities that may overburden your back. If pain persists for a long time, consult a doctor.*



### Heel pain

**Device:** Bioptron

**1st step:** Treat the heel bone directly for 6 minutes.

**Treatment:** 2 times per day.

**Note:** *Consult an orthopaedic surgeon and, if necessary, wear orthotic shoe inserts.*

### Deformity of the great toe (halux valgus)

**Device:** Bioptron

**1st step:** Treat the big toe for 4 to 6 minutes.

**Treatment:** 2 times per day.

**Note:** *If there is no improvement, it is necessary to consult an orthopaedic surgeon.  
Do not wear tight shoes!*

### Joint inflammation

**Device:** Bioptron

**1st step:** Treat the joint for 8 minutes.

**Treatment:** 2 times per day.

**Note:** *Treatment of overweight persons is more difficult because of the limited depth of light penetration.*

### Muscle pain

Tension of neck muscles and all muscles

**Device:** Bioptron

**1st step:** Treat problem areas directly, point by point, for 6 minutes each point.

**Treatment:** 1 to 2 times per day.

**Note:** *Light tension of muscles will disappear immediately after treatment.*

### Contusions and dislocations

Sports injuries in general

**Device:** Bioptron

**1st step:** Treat the injured area directly for 4 to 6 minutes.

**Treatment:** 2 times per day.

**Note:** *The period of regeneration is up to 50% shorter than in usual treatments.*

### Inflammation of the shoulder joint

Inflammation caused by rheumatoid arthritis or overstretching

**Device:** Bioptron

**1st step:** Treat the painful area directly for 6 minutes.

**Treatment:** 2 to 3 times per day.

**Note:** *In case of inflammations related to rheumatism, you should take care of proper diet.  
Pork meat, alcoholic beverages, acidic beverages and juices should be avoided.*

### 3.6. WOUNDS AND SCARS

Before treatment with Biopton it is very important to thoroughly clean the area to be treated. Before and after treatment, use Oxy Sterile Spray because it acts as disinfectant on the skin surface and it helps the regeneration of cells.

Biopton has a wide application, which, first of all, includes wounds due to traumas and wounds after surgery. Also, Biopton light is used for the treatment of scars and wounds in diabetic patients as well as chronic wounds, such as venous leg ulcers (*Ulcus cruris*) and pressure ulcers (*Decubitus*).

In Biopton therapy, good results are achieved faster in acute than in chronic conditions, which require a long-term therapy.

Light therapy is ideal in combination with standard methods of treatment.

#### Wounds (acute)

All kinds of wounds

- Device:** Biopton and Oxy Sterile Spray  
**1st step:** Clean the wound and apply a thin layer of Oxy Sterile Spray.  
**2nd step:** Depending on the size of wound, treat the whole wound or point by point for 2 to 4 minutes.  
**3rd step:** Once again spray the wound with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** Once per day, until the wound is fully healed.  
**Note:** *Wounds treated with Biopton heal even 3 times faster than those treated with usual methods.*

#### Venous leg ulcers (*Ulcus cruris*)

- Device:** Biopton, Oxy Sterile Spray , special bandage (if needed)  
**1st step:** Clean the wound and apply a thin layer of Oxy Sterile Spray.  
**2nd step:** Depending on the size of wound, treat the whole wound or point by point for 2 to 4 minutes.  
**3rd step:** Once again spray the wound with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 1 to 2 times per day.  
**Note:** *Attention must be paid that this type of wound is healing from the centre towards the edges. If the edges are healing faster, make a pause of 3 to 5 days. Even in wounds which persist for many years, regular treatment with Biopton light can stimulate the regeneration process and they are completely healed after 2 to 5 months. It is recommended that the treatment is supervised by a doctor.*

#### Pressure ulcers (*Decubitus*)

- Device:** Biopton, Oxy Sterile Spray  
**1st step:** Clean the wound and apply a thin layer of Oxy Sterile Spray.  
**2nd step:** Depending on the size of wound, treat the whole wound or point by point for 2 to 4 minutes.  
**3rd step:** Once again spray the wound with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** In the first phase of treatment, 2 times per week, and after that once per day.  
**Note:** *If the edges of the wound are healing faster, make a pause of 3 to 5 days. It is recommended that the treatment is supervised by a doctor.*

#### Scars

Scars after surgery or trauma

- Device:** Skin cleansing lotion, Biopton, Oxy Sterile Spray  
**1st step:** Clean the scar and the surrounding tissue with a mild cleansing lotion.  
**2nd step:** Apply a thin layer of Oxy Sterile Spray on the scar.  
**3rd step:** Depending on the size of scar, treat the whole scar or point by point for 4 minutes.  
**4th step:** Spray the treated area with a thin layer of Oxy Sterile Spray and leave to dry in the air.  
**Treatment:** 1 to 2 times per day.  
**Note:** *In the best case, scars may be considerably reduced or even rendered invisible. In scars where the healing process is completely finished, the skin surface becomes smooth and esthetically improved.*

### 3.7. COSMETIC TREATMENTS

Before treatment with Bioptron it is very important to thoroughly clean the area to be treated. Before and after treatment with polarized light, use Oxy Sterile Spray. It acts as disinfectant on the skin surface and helps cell regeneration.

While choosing cosmetic preparations, the attention must be paid that they do not contain:

- animal ingredients
- synthetic preservatives
- synthetic emulsifiers.

Cheap, low-quality cosmetic preparations which are not suitable for skin treatment will not become effective when used in combination with Bioptron light. On the contrary, the skin energy is compromised due to inappropriate combination of cosmetic preparations and light treatment, so allergic reactions may occur!

Very good results are obtained by cosmetic treatments with Bioptron light. Of course, better results are achieved if treatments start before any changes on the skin become visible, while a long-term treatment is necessary in chronic cases.

The best results are achieved if Bioptron light is used in combination with usual cosmetic treatments. Due to that, Bioptron is widely applied in beauty salons.

#### Wrinkles

Wrinkles around the eyes

- Device:** Skin cleansing lotion, Bioptron, Oxy Sterile Spray, eye cream  
**1st step:** Clean the skin with a mild cleansing lotion.  
**2nd step:** Apply a thin layer of Oxy Sterile Spray on the area to be treated.  
**3rd step:** Treat the area point by point for 4 minutes.  
**4th step:** Apply eye cream and gently rub in.  
**Treatment:** 1 to 2 times per day.

**Note:** *Everyday treatments are recommended. The effects are considerably increased by the synergy of Bioptron light and Zepter Eye Cream. The results are visible already after two weeks.*

#### Scalp and hair problems

Hair shedding, dandruff

- Device:** Bioptron, hair shampoo, hair tonic  
**1st step:** Wash your hair with a mild shampoo.  
**2nd step:** Rub the hair tonic into slightly damp hair.  
**3rd step:** Treat the area with polarized light point by point for 6 to 8 minutes.  
**Treatment:** Once per day.

**Note:** *Use a mild shampoo.*

#### Cellulite

Orange peel skin

- Device:** Skin cleansing lotion, Bioptron, Oxy Sterile Spray, anticellulite cream  
**1st step:** Clean the area affected by cellulite with a mild skin cleansing lotion.  
**2nd step:** Apply a thin layer of Oxy Sterile Spray on the area to be treated.  
**3rd step:** Treat the area point by point for 4 minutes.  
**4th step:** Massage the treated area with anticellulite cream.  
**Treatment:** Once per day.

**Note:** *By applying Bioptron light, skin tissues become soft and ready for the ensuing treatment. The absorption of active ingredients contained in anticellulite cream is improved.*

#### Sagging Skin

Poor blood circulation

- Device:** Skin cleansing lotion, Bioptron, Oxy Sterile Spray, face mask  
**1st step:** Clean the area to be treated with a mild skin cleansing lotion.  
**2nd step:** Apply a thin layer of Oxy Sterile Spray on the skin.  
**3rd step:** Treat the area point by point for 4 minutes.  
**4th step:** Apply mask on the face and after 5 to 10 minutes thoroughly rinse with warm water.  
**5th step:** Once again spray the treated area with a thin layer of Oxy Sterile Spray.  
**Treatment:** 2 times per day.

**Note:** *Sagging skin is more susceptible to wrinkles. Oxy Sterile Spray can also be applied between treatments.*

#### Enlarged skin pores

Irritated skin

- Device:** Skin cleansing lotion, Bioptron, Oxy Sterile Spray  
**1st step:** Clean the skin with a mild skin cleansing lotion.  
**2nd step:** Apply a thin layer of Oxy Sterile Spray on the skin.  
**3rd step:** Treat the area point by point for 4 minutes.  
**4th step:** Once again spray the treated area with a thin layer of Oxy Sterile Spray.  
**Treatment:** 1 to 2 times per day.

**Note:** *Oxy Sterile Spray can also be applied between treatments.*

**Read the instructions carefully before use!  
 Consult your doctor or pharmacist about the indications,  
 precautions and adverse reactions to medical device.**

#### 4. REVIEW OF INDICATIONS AND TREATMENT

INDICATIONS	NUMBER OF TREATMENTS PER DAY	DURATION OF TREATMENT IN MINUTES
Acne (all types)	2 times	4
Allergy	2 – 3 times	4
Heel pain	2 times	6
Back pain	2 times	6 - 8
Ear pain	2 – 3 times	6 - 8
Wrinkles	1 – 2 times	4
Warts	2 times	4 - 6
Cellulite	once	4
Redness of skin	2 – 3 times	4
Deformity of the great toe ( <i>Halux valgus</i> )	2 times	4 - 6
Depression	once	15
Eczema	1 – 2 times	4
Headache	1 – 2 times	4 - 6
Fungal infection of the skin and nails	2 times	4 - 6
Abscesses on the skin and teeth	1 – 3 times	4 - 6
Rough and irritated skin with enlarged pores	1 – 2 times	4
Hemorrhoids	2 times	6
Herpes (on the lips, simplex, zoster, genital)	2 times	4
Skin infection	2 times	4
Ankle dislocation	2 times	4 - 6
Ligament sprain	2 times	6
Cough, stinging in the throat	2 – 3 times	6
Common cold, sneezing	2 – 3 times	6
Menstrual problems (stomach, back)	2 – 4 times	6 - 8
Migraine	3 – 5 times	4 - 6
Contusions and dislocations (sports injuries)	2 times	4 - 6
Gum disease ( <i>gingivitis</i> )	2 times	4 - 6

INDICATIONS	NUMBER OF TREATMENTS PER DAY	DURATION OF TREATMENT IN MINUTES
Skin abrasions	2 times	4
Burns (of various origin)	2 times	4 - 6
Venous leg ulcers ( <i>Ulcus cruris</i> )	1 - 2 times	2 - 4
Scars	1 - 2 times	4
Sleep disorder	once	4
Cuts	2 times	4
Postpartum vaginal problems	2 times	4 - 6
Hair problems (hair shedding, dandruff)	once	6 - 8
Muscle pain (contracted muscles)	2 times	6
Psoriasis	1 - 2 times	4
Wounds (of different origin)	once	2 - 4
Rheumatism	2 - 3 times	6
Poor blood circulation, sagging skin	2 times	4
Foot stimulation	once	4
Tinnitus	2 times	6 - 8
Itching	2 - 3 times	4
Stiff neck	1 - 2 times	4 - 6
Throat inflammation	2 – 3 times	6
Eye inflammation (irritation, redness due to allergy)	1 - 2 times	4 - 6
Inflammation of the prostate ( <i>prostatitis</i> )	2 times	6 - 8
Inflammation of the shoulder joint	2 - 3 times	6
Inflammation of the sinuses ( <i>sinusitis</i> )	2 – 3 times	6
Middle ear inflammation	2 times	6 - 8
Inflammation of the bursa ( <i>bursitis</i> )	2 – 3 times	6
Joint inflammation	2 times	8
Toothache	2 - 3 times	6 - 8
Calluses on toes	2 times	6

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