



# Instructions

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## MiraMate

Light Pad · January · 2021

Simple ● Convenient ● Effective ● Versatile

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## Brief Overview

MiraMate Light Pad is a cold laser therapy device that is designed to relieve acute and chronic pain. Cold laser therapy delivers non-thermal photons of light to the body to repair injured cells. Light Pad can stimulate cellular metabolism, improve blood circulation, diminish inflammation, relieve pain and accelerate tissue repair. Combined with the Chinese traditional medicine theory of acupuncture, Light Pad can also effectively stimulate meridians and acupoints for better therapeutic effects.

Light Pad can benefit both humans and pets. It has been shown to be effective for relieving medical conditions and problems such as headache, sprain, strain, neck pain, back pain, joint pain, sciatica, carpal tunnel syndrome, fibromyalgia, arthritis, frozen shoulder, tendinitis, bursitis, prostatitis, asthma, chronic bronchitis, chronic pelvic inflammatory disease, dysmenorrhea, skin ulcer, and more.



## New to Cold Laser

### Definition of Cold Laser Therapy

Cold laser therapy is also known as low-level laser therapy (LLLT), low-power laser therapy (LPLT), soft laser bio stimulation and photo biomodulation. It delivers non-thermal photons of light to the body to repair injured cells. Generally, surgical lasers used to destroy tumors tend to heat the tissue. However, cold laser therapy is

called “cold” because of the low levels of light. These cold lasers will not heat your body’s tissue.

Nowadays, cold laser therapy is regarded as one of the most popular, natural and non-invasive treatments which does not cause any side effects. Cold laser therapy is very safe, and is widely used as a complementary or alternative therapy to increase the efficiency of traditional physiotherapy and conventional treatments.

### Cold Laser Therapy and Acupuncture

The abundant receptors at the acupoints are closely related to the surrounding muscle tissue, nerves, blood vessels and lymphatic vessels. They are the most sensitive parts of the body, and can be easily aroused by stimulation. Cold laser can regulate the normal function of these disease-related acupoint cells. The corresponding cell information can then be transmitted to the lesion site through the meridian for therapeutic effect.

# Parcel Contents



**Light Pad** X 1



**Light Pad Belt** X 1



**Protection Glasses** X 1



**USB Power Cable** X 1



**Manual** X 1

# Main Structure



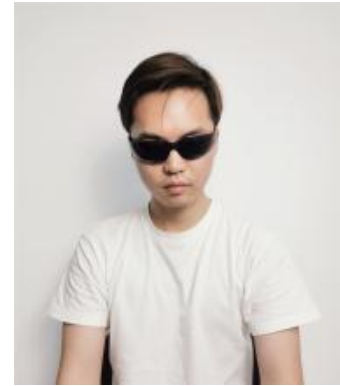
# Specifications

ITEM	DESCRIPTION
Laser medium	GaAlAs Semiconductor
Laser wavelength	3 x 808 nm and 33 x 650 nm
Laser output power	Total 438 mW ( ± 10 % )
Laser operating voltage	3.6V
Input voltage of power	100 ~ 240V
Environment temperature	-20 ℃ ~ 40 ℃
Relative humidity	≤85%
Atmospheric pressure	86 kPa – 106 kPa
Power source use	Rechargeable Lithium-ion battery
Size	8 cm x 8 cm x 1.8 cm
Color	White

# Operation Instructions

## Basic Operation

Caution: Always wear protective glasses whilst using Light Pad.



Long press the “On/Off” button to turn on Light Pad. Wait for a “beep” sound and the indicator light to illuminate. The lasers shine a red light during treatment.



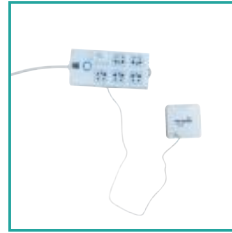
Place Light Pad directly on the problem area or acupoints for treatment. Use the belt provided to hold the device in place. The recommended treatment time is 10 minutes for each targeted area, two or three times a day. 1 treatment session is 10 days. Have a break of 1 or 2 days between sessions. Adjust your treatment time based on your body condition.



Note: The default treatment duration of Light Pad is 10 minutes. After this time, Light Pad will automatically shut down. To turn off Light Pad, press the “On/ Off” button until you hear a “beep”.

### Charge your Light Pad

When the battery of Light Pad is low, an audible alarm will sound and an indicator light will flash. To charge Light Pad, plug the USB power cable provided into the Light Pad USB power socket. Plug the other end of the cable into a 5v power adapter or USB port. Light Pad will give a “beep” sound, and a flashing indicator light will indicate it is charging. The indicator light turns solid blue when Light Pad is fully charged.



Note: Do not use Light Pad for treatment while charging. To maintain the battery quality, fully charge at least once every 2-3 months. Allowing the battery to lose charge for extended periods of time may result in short battery life.

### Cleaning Light Pad

Clean Light Pad with 0.9% normal saline (sold in drugstores) or gently wipe with a damp paper towel.

## Cautions

- Do not perform cold laser treatment if you are pregnant or have light-induced migraines.
- Do not perform cold laser therapy on the site of any known primary carcinoma or secondary metastasis. Cold lasers may stimulate cancer cells and promote tumor growth.
- Wear protection glasses during use. Do not look at the light directly.
- Do not use Light Pad on your eyes, eyelids or thyroid.
- Do not use Light Pad on black skin, hair or moles.
- Ensure your skin is clean and dry before use.
- Keep Light Pad away from liquids. Store in a dry place.

- Keep Light Pad out of reach from children.
- Do not share Light Pad with other people if you have a contagious skin condition.

## Transportation and Storage

General transportation is acceptable. Avoid vibration, strong shocks, snow and rain exposure. Light Pad should be stored in a well-ventilated room with no corrosive gases, and humidity levels less than 85% RH.

## Warranty

Free replacement and repair of faulty Light Pad within one year of purchase if it is used according to the instructions. Service and repair are provided after the warranty period. Material and shipping costs will be charged when appropriate.

The warranty does not cover:

- 1) Damage caused by negligence or misuse of the device. (For example, scratches, liquid damage or unauthorized replacement of parts).
- 2) Breakdown or damage caused by disassembling.
- 3) Breakdown or damage caused by accident.
- 4) Damage caused by natural disasters.