

OHHMED

Quick Start Guide

 **vertica**

Product model: OH_Prod0001



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 “used” after removing or damaging the tamper-evident seal on the device.

These are the original English instructions
February 2024 | OH_Misc0021_RevD

CONTENTS

1	Important Notes	3
2	Contraindications	3
3	Description of the user	4
4	Product elements	4
4.1	The Vertica device and pad	4
4.2	The control panel	5
5	Safety instructions	6
6	Learning the basic operation of the Vertica device	6
6.1	Setting the device to on and off	6
6.2	Setting the energy level	6
6.3	Activating and deactivating the treatment mode	7
6.3.1	Activating the energy button by pushing the treatment mode button	8
7	Let's get started with the treatment!	9
7.1	Preparation	10
7.2	Treatment	10
7.2.1	First part of the treatment (RING mode)	11
7.2.2	Second part of the treatment (RING+PAD mode)	16
8	Cleaning the Vertica device	20

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:

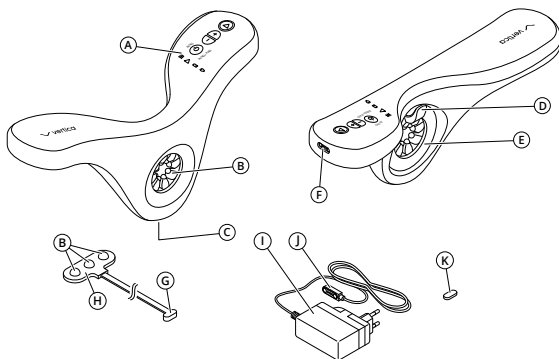
- A cardiac pacemaker implant or suffering from any other form of heart condition e.g. Arrhythmia
- Any metallic implanted devices, including body piercings located around the area of treatment.
- Any type of skin damage to the area of intended treatment e.g. lesions
- A blood clot disorder
- Taking antiplatelet medication
- Taking or have taken Isotretinoin (Accutane) in the last 12 months
- Any neurostimulator implant

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.

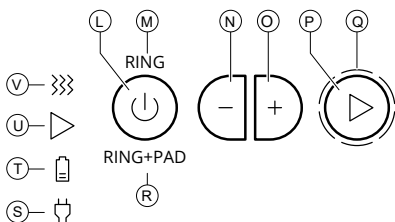
4 PRODUCT ELEMENTS

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	Function	
L	Power/mode button	To set the device to on or off and select the RING mode or RING+PAD mode
M	RING mode indicator	To indicate the RING mode is selected
N	Energy level button (-)	To decrease the energy level
O	Energy level button (+)	To increase the energy level
P	Energy button button	To activate and deactivate the treatment mode
Q	Energy level indicator	To indicate the energy level set with the energy level buttons (+/-)
R	RING+PAD mode indicator	To indicate the RING+PAD mode is selected
S	Charging cable indicator	To indicate the power supply cable is connected to the power port and the charger connected to the power outlet.
T	Battery indicator	To indicate charging is in progress and battery status
U	Treatment mode indicator	To indicate the treatment mode is active
V	RF energy indicator	To indicate the delivery of RF energy

5 SAFETY INSTRUCTIONS



WARNING! Read and understand the *Instructions for Use* and its 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 come on. 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).



NOTICE 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.
- Locking the treatment mode (see the *Instructions for Use - Activating and locking the treatment mode*).

6.3.1 ACTIVATING THE TREATMENT MODE BY PUSHING THE ENERGY BUTTON

To activate the treatment mode:

1. Make sure the device is set to on.
2. Push and hold the **energy button**.

The treatment indicator flashes, the energy level indicator flashes and the treatment mode indicator is on.

To deactivate the treatment mode:

- Release the **energy button**.

The treatment mode indicator is off and the device is in standby mode.

7 LET'S GET STARTED WITH THE TREATMENT!

WARNING!

- Make sure you have read the safety instructions.
- Make sure the Vertica device is fully charged. See *Charging the Vertica device* for instructions.
- Do not do the treatment while standing. Make sure you are in a comfortable seated position to do the treatment.
- When treatment is set to on:
 - always move the device toward the glans (dome 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 indicate 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
- shave 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 the treatments, the Vertica device counts the time of each RF energy delivery (the time that the RF energy indicator is on). The Vertica device will vibrate when the sum of the times is at 15 minutes to indicate the end of the treatment.

- **Recommended treatment schedule**

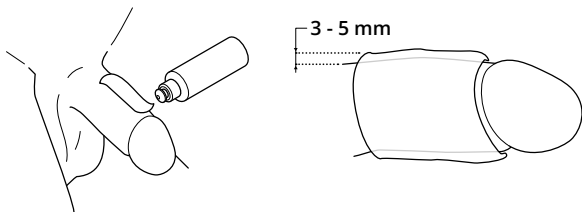
During the first month of treatment, do the full treatment three times per week. During the second month of treatment, do the full treatment at least two times per week. From the third month and onwards, do the full treatment at least one time per week.

7.2.1 FIRST PART OF THE TREATMENT (RING MODE)

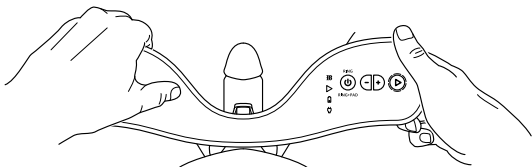
1. Apply a three to five millimeter thick layer of gel (ultrasound or RF conductive gel) on the penis shaft. Make sure to cover the full surface of the penis shaft.



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.



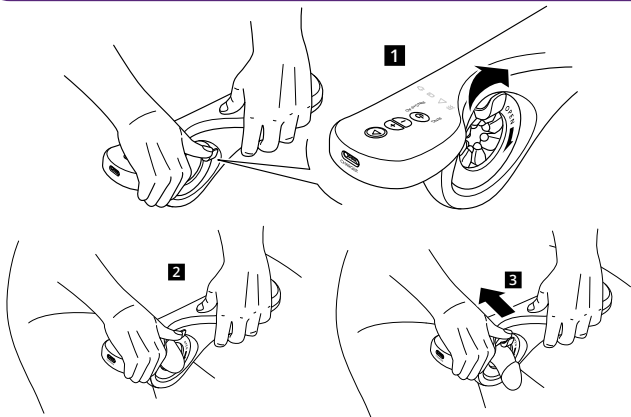
2. Push the **power/treatment mode button** to set the device to on.
The device is in standby mode. The RING mode indicator comes on and the energy level indicator shows energy level one.
3. Make sure you hold the Vertica device with the control panel on the right-hand side.



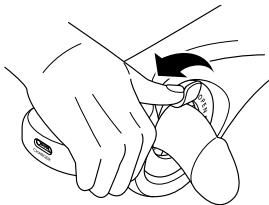
4. Push the **ring handle** to the left to open the **ring** and insert the penis through the **ring**. Slide the Vertica device as close to the body as possible.



The device should make contact with your pelvic area.



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.

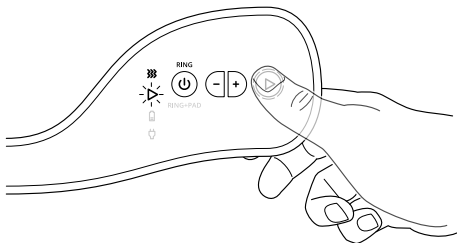


It is recommended to start every treatment at level one for at least 1 minute and increase based on the sensation of heat that you desire. You can increase or decrease the energy level during the treatment. Choose the energy level that you feel comfortable with during treatment. Stop the treatment if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

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



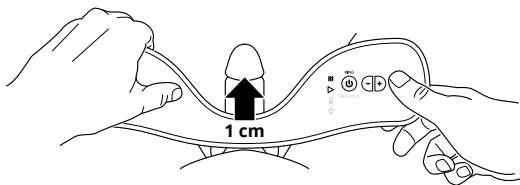
The treatment does not start when the RF electrodes are not in contact with the penile shaft. When the RF energy indicator does not come on, see *Troubleshooting* in the *Instructions for Use* for information.



- 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 (dome of the penis).



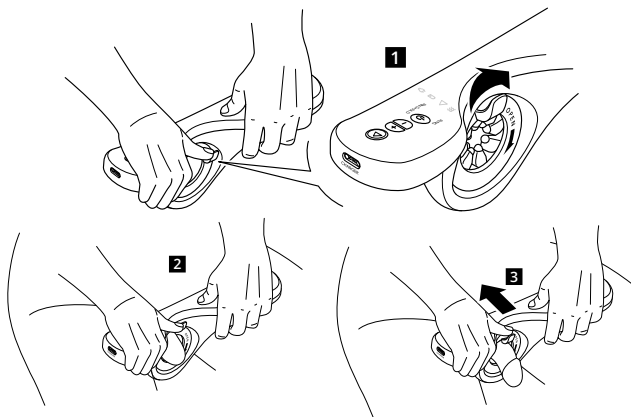
Always move the device toward the glans (dome of the penis) and not toward the body. You may select the desired energy level with the **energy level buttons (+/-)**.



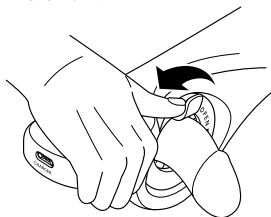
- Wait for the RF energy indicator to come on again.
- Repeat steps 9 and 10 until the device is at the glans and can not slide any further.
- When you cannot slide the device any further, release the **energy button** to deactivate the treatment mode.
- Push and hold the **ring handle** to open the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

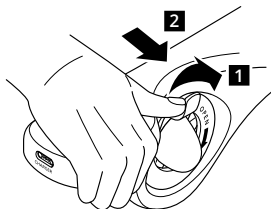


14. Repeat steps 7 to 13 until a total treatment time of 15 minutes is achieved.



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.



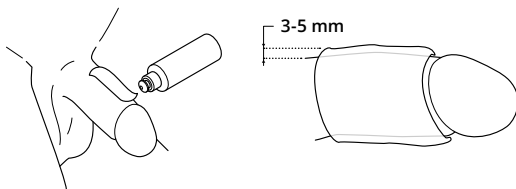
16. Press the power/treatment mode button to continue to the RING+PAD mode.

7.2.2 SECOND PART OF THE TREATMENT (RING+PAD MODE)

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



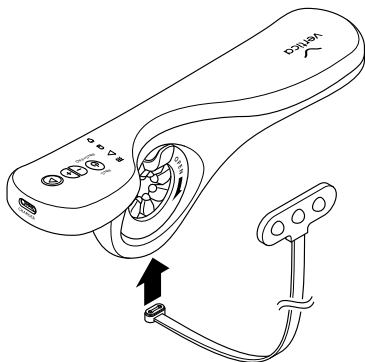
To achieve optimal treatment, the domes of the RF electrodes on the ring need to be covered by the gel. Add gel during the treatment when needed.



2. Connect the **pad plug** to the **pad port**.



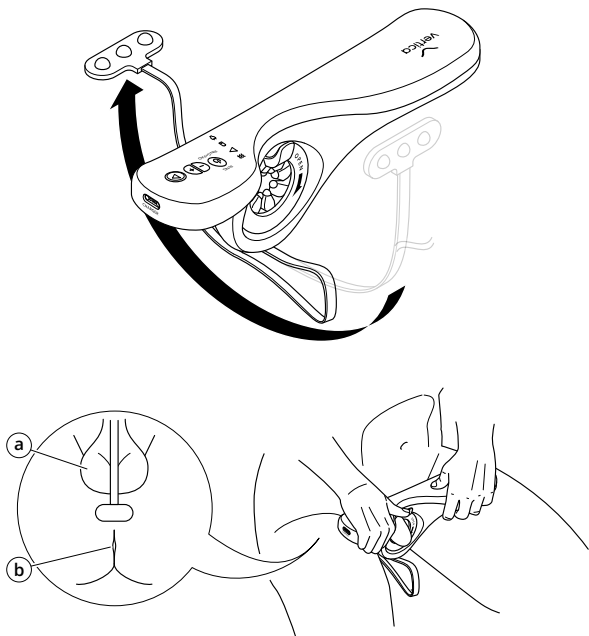
The magnetic pad plug attaches only in one direction. Change the position of the pad plug if it does not connect.



3. Curve the cable of the **pad** under the device so the RF electrodes point up. Take a seated position on a chair and place the **pad** on your perineum (the area between the **scrotum** ① and the **anus** ②).



Always make sure the pad is in contact with the perineum during the treatment.



4. Make sure **RING+PAD mode** is selected:
 - a. When the device is off:
 - i. Push 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.

- ii. Push the **power/ treatment mode button** to select the **RING+PAD mode**.
The RING+PAD mode indicator comes on and the RING mode is off.
 - b. When the device is on and the **RING mode indicator** is on:
 - i. Push the **power/ treatment mode button** to select the **RING+PAD mode**.
The RING+PAD mode indicator comes on and the RING mode is off.
5. Follow steps 3 to 15 of the *First part of the treatment (RING mode)*.
6. Push the **power/ treatment mode button** for three seconds to set the device to off.



- 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!



- Set the device to off before you do any cleaning tasks.
- Do not immerse the device in water! Only rinse the device. The device is water-resistant at the area of the RF electrodes, but the device can not be immersed.
- 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.



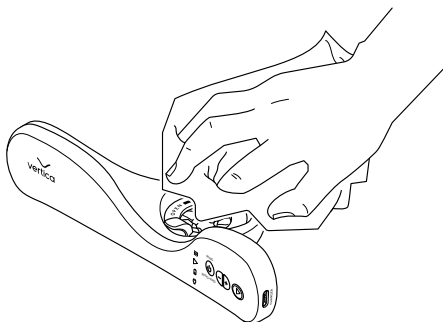
Scan the QR-code to see the video of the Vertica cleaning procedure.



To clean the device and the RF electrodes:

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

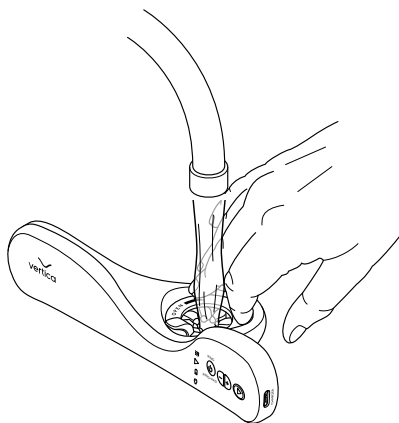
2. Clean the device and the pad with a moist cloth or a water based wet-wipe.



3. Flush the **RF electrodes** on the **ring** and **pad** with running tap water and fully remove all gel residue. If necessary, use warm water to dissolve the gel better.



WARNING! Do not immerse the device in water.



4. Make sure all gel residue is fully removed and fully dry the device and the pad with a clean dry cloth.

MANUFACTURER**Ohh-Med Medical® Ltd.**

Tsivonit St. 1, P.O. Box 89 Tiberias 1410002, Israel

Tel: +972-4-9036999

Email: service@vertica-labs.com

Web site: www.vertica-labs.com

EU REPRESENTATIVE**G&D&Y**

Tolstraat 112,

1077 EL Amsterdam,

The Netherlands

Copyright © 2023 Ohh-Med Medical® Ltd.

Vertica® is a trademark of Ohh-Med Medical® Ltd.

All rights reserved. Patented technology.

FOR MORE INFORMATION SCAN THE QR CODE



Issue Date: February 2024 | OH_Misc0021_RevD

