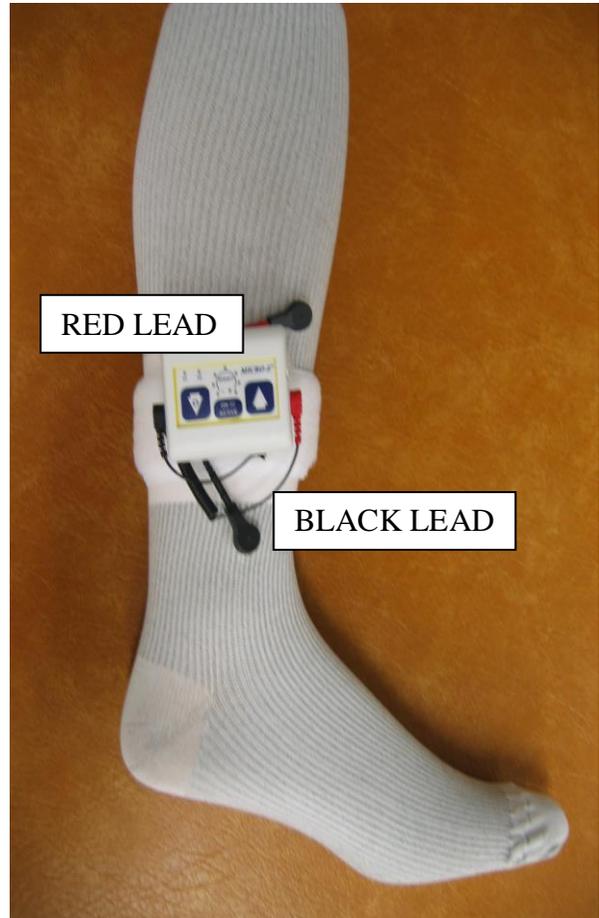


## Micro Z stimulation with Electro Mesh Sock Protocol

1. Apply dressings to wound as usual. The dressing should be as small as possible to contain the wound fluid and allow Estim to as much exposed skin as possible..
2. Ensure the skin of lower leg is clean and free of metal (zinc), iodine or chlorine (eg.betidine), or oil residue (petrolatum)
3. Spray skin **generously** with Conduct Mist or rub in Thera Cream to all exposed skin below the knee including the foot. Be sure to coat the skin surrounding the wound dressing. Don't worry about putting conductor between the toes.
4. Apply the sock to the foot and lower leg. Removing creases. Try not to wipe off all the fluid when pulling on the sock.
5. Insert the lead wires into either of the side jacks of the MICRO Z machine (doesn't matter which side). Attach the **black** leadwire to the snap connector over the distal part of the sock or foot. Attach the red lead wire to the snap connector located proximally over the calf.
6. Apply the white Velcro strap around the white part of the sock and attach the back of the machine to this strap to hold it in place.
7. Turn the unit on by pressing the ON/Active button the light. Press the ON/Active button until the light over the P1 position is on. This protocol will run for 60 minutes with Frequency fixed at 80Hz
8. To deliver Estim, press the up arrow to increase the intensity. The lights will move in a clockwise direction. It will take 4-5 clicks for the light to move one level (between 5 and 100). Work with the patient to set the intensity to a strong but comfortable pins and needles sensation. Watch for muscle twitching under the peri-ulcer skin and reduce intensity to a level just below muscle twitch level. Confirm that the sensation is felt throughout the foot (not in the calf area) and not under the electrode snaps.  
Please note: if you wait longer than 10 seconds you will be locked out. To reactive the intensity button (up arrow) you will need to hit the ON/Active button again and then quickly click the up arrow button.
9. Secure the Estim machine to the side of the sock using the velcro strap.
10. The machine will automatically turn off after the preset treatment period.
11. Remind the patient that
  - a) the pins & needles sensation may go away during treatment - treatment is still working.
  - b) There should be no pain during treatment, if uncomfortable let you know.
12. At the end of the treatment time the machine will automatically shut off and no lights will be on.
13. Before removing the garment check that the program has finished and the lights on the machine have turned off or that the intensity light is in the bottom left (7 o'clock) position.



## Treatment Schedule

Treatments should be applied at least once daily.

**To turn machine off** before program is done, for example, when adjusting electrodes or leads:

- a) Press the ON/Active button
- b) Click or hold the down arrow/OFF button, the intensity light should move in a counter clockwise direction to the lowest position (7 o'clock).
- c) Keep pressing the down arrow/OFF button until all lights are off. This helps preserve batteries.

## MAINTENANCE

This machine uses AAA batteries that are applied to the back of the machine in a direction outlined in the battery receptacle. When batteries are low lights over either the P1 and P2 position will flash.

Hand wash the garment in mild detergent that is clear without moisturizers and rinse thoroughly. Carefully blot dry the sock and allow to air dry. Do not place in dryer.

PLEASE NOTE: The machine times out after 10 seconds. You will need to touch the ON/Active button again to reactivate the intensity dials.

Whenever the machine seems not to be responding to your finger pressing. Hit the ON/Active button and then the buttons you are trying to change.

Buttons need to be pressed quite firmly.

The cream or spray is needed to spread the current throughout the electroconductive sock. Should there be insufficient cream or the spray dries out during treatment the current can concentrate near the snap electrodes and cause local skin irritation.

It is important to optimize wound moisture using appropriate dressings that remains in place and keeps all wound exudate contained under the dressing so that it does not leak out into the sock.

## CAUTION

1. Do not remove the garment or adjust the sock or leads while the machine is on. - removing the sock or detaching the leads during stimulation may compromise the garment connection to the patient and cause a non-harmful biting sensation.
2. Do not apply to broken skin (rash)
3. Should a skin rash occur over the stimulation area - discontinue treatment
4. Watch for and record muscle spasms and any pain or discomfort during treatment. Discontinue if you feel they are associated with this treatment.
6. Discontinue treatment if wound condition deteriorates. (wound size increases)
7. The sock should not come in direct contact with silver (eg. acticoat) or zinc (eg. criticaid) based dressings. It is ok to use these dressings under the sock provided a semi-occlusive cover dressing is applied over the acticoat should be in place before putting the sock on.
8. Monitor leg edema and discontinue if this treatment exacerbates this condition.

Discontinue the treatment if the machine does not seem to be working or if you are unsure of any of the instructions provided. Report any problems or if you have any questions or concerns

Contact: \_\_\_\_\_  
Name

Phone/email: \_\_\_\_\_