

2-in-1 Lactation Massager



User Manual
Model No.: EHL038

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Overview

Easy@Home 2-in-1 Lactation Massager EHL038 is a handheld lactation massager covered in soft silicone, which makes your breastfeeding experience more enjoyable. Eliminate clogged ducts, increase the speed of milk letdown and milk flow, and reduce discomfort from engorgement. The massager has 10 vibration modes and 2 heating modes. It can relieve pain and discomfort and increase milk flow. You can also take it anywhere you go since it's so small and compact. Additionally, it's waterproof, so you can use it in the shower (where the warm water may also help get the milk moving and clear the blockage).

Prior to Use

Before using your 2-in-1 Lactation Massager, here are a few simple steps to ensure you have the best session.

1. Allow a few minutes for the massager to reach full heat. It is recommended to pre-heat the massager before pumping by using the heat only setting.
2. Explore different positions of the massager on your breast.
3. Wear a tight-fitting nursing/pumping bra to provide best compression. This massager will be optimized to provide constant and gentle heat throughout your breastfeeding or pumping session.

Note: Do NOT use if you have an allergy to silicone.

How to use

1. Product components:

- (1)  Vibration Mode Button

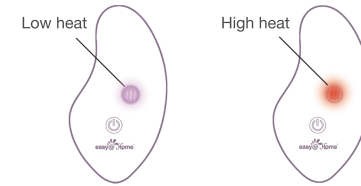
Press and hold for 3 seconds to turn on/off.
Press button quickly to switch vibration modes.

- (2)  Heating Mode Button

Press and hold for 3 seconds to turn on/turn off.
Press button quickly to switch heating modes.

2. Two heating modes:

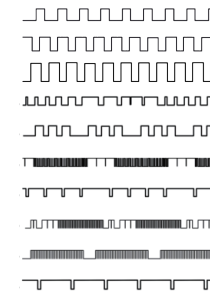
Purple light means low heat and red light means high heat.



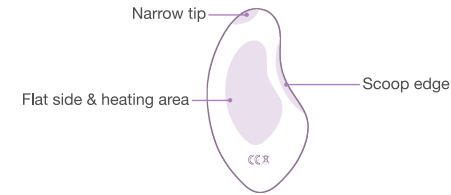
Note: If heating and vibration mode are activated at the same time, both functions will be turned off automatically after 30 minutes.

3. Diagram of vibration modes:

The below diagram shows ten vibration modes' impulse patterns. Press the vibration mode button briefly until you find the mode that works best for you



4. Explanation picture of massager



Procedure:

Step1. Turn on the heating function. A quick rise in skin temperature will increase blood circulation to the targeted area, and increase stimulation for faster let-down and increased milk flow.

*** Note: Make sure to start with low heat to check your skin's sensitivity to heat and switch to high heat mode if necessary.**

Step2. Press the vibration mode button to turn on massager then choose a comfortable vibration mode.

Step3. Use the flat side of the massager to rub breast with appropriate pressure until you feel a little push, from around of breast toward the nipple. If the breastfeeding let-down does not work perfectly, you can use the scoop edge to massage different parts of breast. The scoop edge has a narrower contact area than flat side so it will provide a stronger stimulation and pressure to guide the milk.

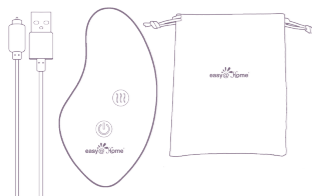
Step4. Use the narrow tip of the massager massaging clogged ducts during breast feeding or milk pumping.

NOTE:

To avoid burning skin, do not use heating mode for more than 10 minutes in one area. Keep moving the massager positions on your breast to avoid a single area from overheating. If the massager is too hot for skin, stop using immediately.

What's in the box

- 1* 2-in-1 Lactation Massager
- 1* USB charging cord
- 1* Storage bag
- 1* Manual

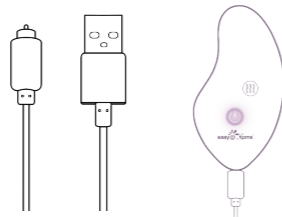


Charge your massager

- The vibration mode button will blink a purple light when the battery needs to be charged, which indicates 10 minutes of battery life remain.
- A bright purple steady light means fully charged. It takes 2.5-3 hours for a full charge.
- Place the massager on a desk or flat area to make sure that the plug will not come loose when charging. Do not plug in too hard or the charging cord can be damaged.

NOTE:

- Ensure the charging cord firmly attaches to the massager for charging.
- To ensure the use time of the massager can reach 120 min or full capacity, please use after fully charged.



Specifications

Usage Time: 120min for continuously using after battery fully charged
 Size: 110 mm*60 mm*41mm
 Battery Capacity: 750 mAh
 Weight: 122g
 Color: Purple
 Waterproof: IPX7
 Modes: 10 vibration modes & 2 heat levels
 Heating Temperature: 107.6°F~113°F (42°C~45°C)
 Charging Electric Current: 370mA
 This product can be used repeatedly. Use life span is 3 years.

Cleaning and storage

- ALWAYS clean your massager before and after every use.
- Unplug the charging cord before cleaning.
- Clean with mild soap and warm water. Do NOT submerge in water.
- Air dry naturally and avoid direct sunlight.
- Store in a dry and dust-free place.

Environmental condition for normal working transport and storage

- Normal working ambient temperature: 41°F ~ 104°F (5°C ~ 40°C)
- Normal working ambient humidity: 40% - 70%RH
- Transport and storage ambient temperature: 14°F ~ 149°F (-10°C ~ 65°C)
- Transport and storage ambient humidity: 15% ~ 90%RH
- Atmospheric pressure: 70kPa - 102kPa

Important information

- Do not use while charging.
- Keep away from water when charging.(But it can be used in shower after fully charged.)
- Unplug the cable before cleaning.
- Do not touch plug with wet hands.
- Keep away from young children.
- Avoid using the massager if it is damaged.

Warning

Your safety is critical to us. However, burns may result from improper use. To reduce the risk of burn or any harm, this product must be used in accordance with the following instructions.

- Do not use while sleeping.
- Do not use on an infant.
- Do not use on skin (like back or abdomen) where you feel temperature insensitively or you will be burnt unconsciously if the massager's temperature is too hot.
- Do not use if the internal heating element is exposed.
- Start with low heat and pay attention to your skin sensitivity level. Also do not use in one area longer than 10 minutes at a time (as mentioned in the procedure portion of this manual).

Warranty

This product includes a 1-year warranty after the date of original purchase, against defects due to faulty manufacturing or materials. The warranty does not cover appearance abrasion caused by wear and tear or damage caused by accident, misuse, or negligence or theft. Please note, any attempt to open or take apart the device will void the warranty.

Q&A

Q1: Can the massager get wet if I want to use it in the shower?

A: You can operate the massager in the shower because it has IPX7 waterproof and covered in silicone. However, please do not submerge in liquid/water to maintain life span. Also, please dry the massager after use.

Q2: I have an allergy to silicone. Can I use the massager?

A: We highly suggest those who have allergy to silicone DO NOT use this massager. If you do get itching, swollen bumps or rashes over the skin after using this device for a silicone allergy or any adverse reaction, please visit a doctor as soon as possible.

FCC and EMC information

This device complies with part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation. The limits for a Class B digital device are designed to provide reasonable protection against harmful interference in residential settings. This product generates, uses and can radiate radio frequency energy, and, if not operated in accordance with the instructions, may cause harmful interference to radio communications. The user is cautioned that changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate the equipment.

Test Item	Test Requirement	Class	Test Method	Test Result
Conducted Emission	47 CFR PART 15 SUBPART B(Oct.,2019)	Class B	ANSI C63.4:2014	Pass
Radiated Emission	47 CFR PART 15 SUBPART B(Oct.,2019)	Class B	ANSI C63.4:2014	Pass

Explanation of symbols

	Humidity limitation of 15% ~ 90%		Atmospheric pressure limitation of 70kPa ~ 102kPa
	Temperature limit of 14°F ~ 149°F (-10°C ~ 65°C)		Manufacturing date
	Batch code		Keep away from sunlight

Healthcare-Manager.com

Questions or Comments?

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