

## Instructions for use

# HERPOtherm®

Simple | quick | well-tolerated

A medical device for the symptomatic treatment of cold sores

### Intended use

HERPOtherm® is a patented medical device for the local treatment of symptoms that accompany cold sores (herpes simplex labialis) such as itching, burning, tingling or tightness. HERPOtherm® can normally prevent the development of cold sore blisters if applied early enough. If applied later, the severity of symptoms may be lessened, or they may fade sooner. The first signs of an outbreak (so-called prodromal symptoms) are generally itching, burning, tingling or tightness.

### How it works

HERPOtherm® works solely by concentrated heat and is thus completely free from chemicals. Hence, HERPOtherm® is also suitable for pregnant women, allergy sufferers and children. The application of concentrated heat (local hyperthermia) is a physical mode of action based on a brief, concentrated application of heat to a small, limited area of skin. Even a localised pulse of heat may be sufficient to relieve symptoms such as itching, burning, tingling or tightness and, if applied early enough to normally prevent the formation of cold sore blisters.

### Administration

HERPOtherm® is very simple to use:

- Remove the protective cap from the device. Place the ceramic contact plate of the device onto the affected skin area and gently press it against the skin.
- Press the button and the ceramic contact plate will heat up to a temperature of around 51°C. Once this temperature is reached, a LED will light up. The LED will go off once the device automatically shuts down after 3 seconds of use. At the start of the heating-up phase and at the end of treatment, you will hear an additional acoustic signal.
- Place the protective cap on the device.

For persistent or recurrent symptoms, multiple treatment of the same skin site is possible. Please leave a treatment interval of at least 2 minutes between each application. Do not exceed a maximum number of 5 applications per hour on the same skin area.



### Directions for use

HERPOtherm® is indicated only for self-administration by adults and children aged 12 years and older. In children under 12 years of age, it should be used only with the assistance of an adult.

To prevent virus transmission and for reasons of hygiene, HERPOtherm® should only ever be used by one person.

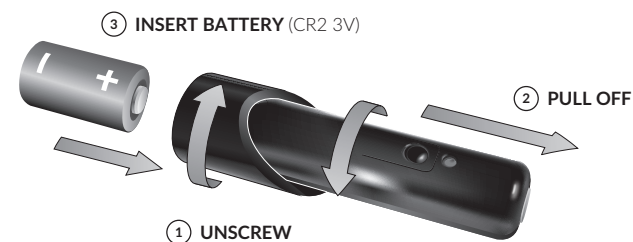
Cold sores are a viral disease caused by the herpes simplex virus. It is transmitted by droplet infection, by direct contact or as a smear infection.

There is no permanent cure for infection with the herpes simplex virus.

### Cleaning information:

The ceramic contact plate of the device can be easily cleaned with a standard alcohol disinfectant wipe; all other external surfaces, for example, with a clean cloth.

### Battery replacement:



To change the battery, the protective cap and battery cap must be removed and refitted after inserting the battery (see illustration).

When the battery needs changing, the LED will flash 3 times and the acoustic signal will sound 3 times.

Do not use rechargeable batteries.

### Warnings

HERPOtherm® must not be used in or on

- eyes and eyelids
- mucous membranes
- open wounds, damaged skin (e.g. open blisters)
- scalded or burnt skin
- frostbite
- small-fibre neuropathy, allodynia, hyperalgesia
- tumours and malignant changes of the skin
- people with reduced sensitivity due to physical or medical complaints
- sensitive skin areas or skin areas with poor blood supply.

Medical advice should be sought in the following cases:

- persistent symptoms while using HERPOtherm®.
- worsening symptoms while using HERPOtherm®. Until these have been clarified, you should stop using the device.

Furthermore, the device must not be used:

- immediately after application of ointments, creams, lotions etc. on the affected site.
- on moist skin.

Depending on sensitivity, the treatment temperature may cause some discomfort.

In sensitive individuals, a temporary reddening of the skin may occur after use. In rare cases, users with sensitive skin types may experience skin irritation.

The device indicates failure by flashing the LED 5 times and sounding the acoustic signal 5 times. This may occur if used incorrectly, e.g. if the user triggers and operates the device in the air instead of on the skin. If this error message occurs repeatedly despite proper use, please contact the manufacturer or distributor.

Do not use the device if damaged or in case of obvious malfunction. Do not use damp or damaged batteries. Protect the device from moisture.


### Storage instructions

Store the device protected from direct sunlight and in a dry place.

Do not use the battery beyond the expiry date which is stated on the battery. In order to avoid damage to HERPOtherm® due to leaking battery acid, the battery should be taken out during prolonged periods of non-use (inactivity).



**Manufacturer:**

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Tel.: +44(0)2038707504  
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[www.herpotherm.eu](http://www.herpotherm.eu)

Please contact the manufacturer or distributor if you have any questions about the device or how it works.

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Please read the instructions for use.



Protect the device from direct sunlight and store in a dry place/protect from moisture.



See device for batch number



Do not dispose with household waste

**Technical data:**



CR2 3V  
Battery type/-voltage



Applied part Type BF  
according to EN 60601-1

