

Oakworks

Table Top Support



Dear Sir / Madam,

Welcome to your Massage Table Store Table Top Support Pack. In this pack you will find the following;

- ◆ Oakworks® Vitrectomy Facial Support Unit
- ◆ Oakworks® Vitrectomy Facial Support Manual
- ◆ Oakworks® Vitrectomy Facial Support Quick Reference Guide
- ◆ Solutions Quick Dry Sanitising Gel 100ml
- ◆ Return Label

You will find everything you need to know about the Vitrectomy Facial Support in the Manual, however if you have any questions or please do not hesitate to contact us on 01827 60013.

We wish you the best of luck and hope you have a speedy recovery,

The Massage Table Store team



massage table store

The Table Top Support System™ is a versatile, comfortable ergonomic support that can help ensure compliance with the prescribed face down posture and still allow you to continue with most of your daily activities.

While you are awake and sitting, the unit can be placed on a table to let you join your family and friends to eat and socialize. It is both comfortable and versatile, easy to move from place to place keeping you involved with life and maintaining the face-down position need for full recover

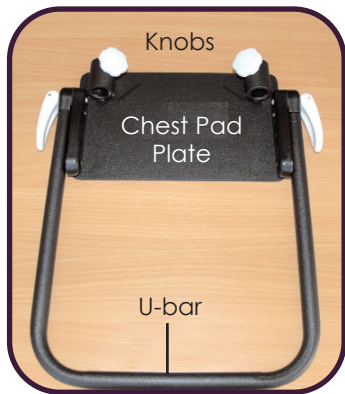
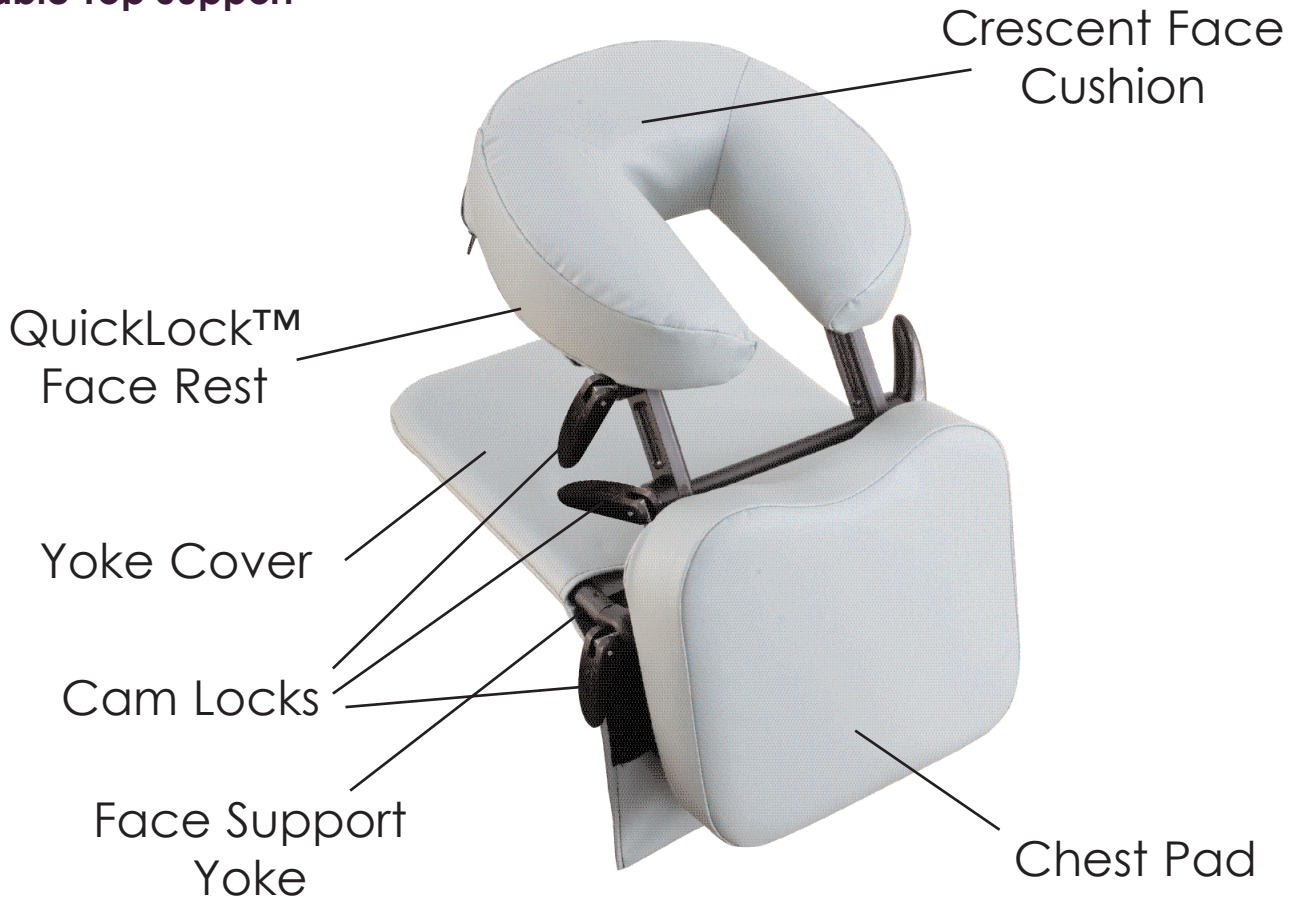
- We help you meet your doctor's post-operative care instructions
- We help you heal more comfortably
- We help you to take some of the stress out of your recovery period
- We guide you through the use of our equipment to maximize your rate of recovery*
- Our equipment provides proper ergonomic support and allows comfortable breathing.
- We offer you the ability to be out of bed during the day without suffering from back or neck pain associated with face-down positioning.

*As documented in physician letters of medical necessity on file

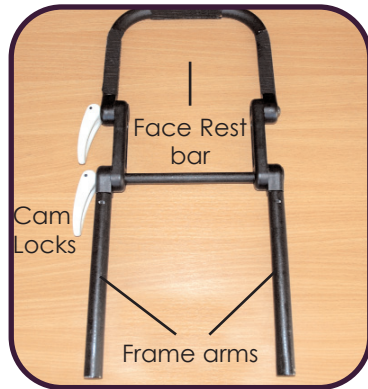
IMPORTANT NOTICE

1. Please do not smoke anywhere within the vicinity of the unit as it is impossible to remove the smell and a charge for the full price of the unit will be made if this occurs.
2. The washing of cloth covers prior to return would also be greatly appreciated.
3. Please note that the two way mirror is no longer available and is NOT supplied with this pack.
4. When you have finished using the unit please clean it with the Solutions Antiseptic Sanitising Gel enclosed. Re-pack the unit into the original box provided and label with the pre-enclosed address labels. Once repackaged please contact the office on 01827 60013 to arrange collection.

Table Top Support



Face Support Yoke



QuickLock™ Face Rest



3-Pad Face Plate



Crescent Face Cushion, Chest Pad, Yoke Cover

Use Instructions

How to Use the Face Support System on a Desk or Tabletop

- Remove the Face Support from the box and place it on the table. All cams should be locked. Remove the knobs from the package and loosely tighten them to the Chest Pad Plate. (Fig 1)
- Loosen the cam locks. Slide the Face Support to the edge of the table until the Chest Pad is perpendicular to the table top and the QuickLock™ Face Rest is laying down on the table (Fig 2)
- Sit at the desk or table, with the Face Support on the table top facing you. Lean forward onto the Chest Pad and lock it in place with the lower cam locks when you feel comfortable. (Fig 3)
- With one hand move the face rest up and down, in and out, until it is in a comfortable and supportive position. Your eyes should be at the same level as your chin, or a little lower.

When you have the face rest adjusted properly, use your other hand to gently tighten the knobs and push down on the cam locks. This will secure everything in position (Fig 4)

- NOTE: Do not over-tighten the knobs. They require very little friction to hold the face rest in place.

How to use the 3-Pad Cushion on the Desk Top Support System:

- With the 3-Pad Cushion on the Face Support, remove the 2 cheek pads and hold them up to your face where they are comfortable. Be sure that they are not in the way of your glasses or any eye patch or bandage. (Fig 5)
- Still holding the cheek cushions to your face lean forward onto the face rest until the cushions are again in contact with the Velcro of the plastic plate. (Fig 6)



Fig. 1



Fig. 2



Fig. 3



Fig. 4



Fig. 5



Fig. 6

Additional Tips for Comfortable Positioning During Your Face-Down Recovery:

- The Crescent Face Cushion can also be adjusted for larger or smaller faces by flexing the ends of the crescent pad closer together or further apart. Hold the cushion in the desired position and place it on the Velcro® brand hook & loop fasteners of the face plate to secure the adjusted position. (Fig 7)
- Short, heavy-set or large breasted patients will be more comfortable with the face rest pulled towards them directly over the chest pad. (Fig 8)
- The sternum pad works especially well when positioned vertically for large - breasted patients. (Fig 9a) Another position found comfortable for larger patients is to position the sternum pad horizontally (Fig 9b) with the ridge just below the breast area. The pad is used in place of the chest pad and is held in place with Velcro™ brand hook & loop fasteners.
- Chest Pad adjustments are easy. The Velcro™ brand hook & loop fasteners allow you to move the pad up or down, and to turn it sideways. Find the position that is most comfortable for you.
- The 3-Pad cushion is also advantageous for those wearing glasses as it allows the wearer to continue to wear the glasses to read or socialise while still maintaining the face-down position required. Adjust the cushion as described in the previous section. There should be plenty of space for your glasses to rest comfortably on your face, out of the way of the cushions with cheeks and forehead completely supported in the correct face-down position (Fig 10)



Fig. 7

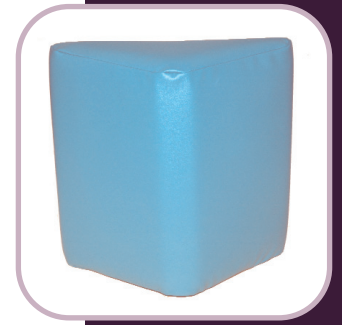


Fig. 8

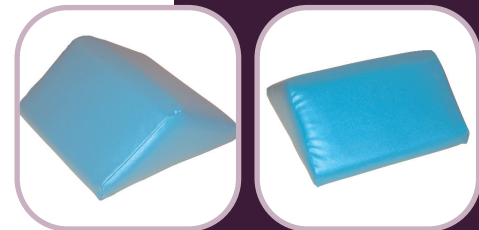


Fig. 9a & 9b



Fig. 10

Cleaning the Face Support System

All parts of the Face Support can be cleaned with the enclosed Quick Dry Sanitising Gel found in the Face Rest Maintenance Pack.

Returning a Rental Unit:

When the doctor has informed you that you no longer need to maintain the face down position, return all the items to us back in the box and attach the address label provided. Please then call our office on 01827 60013 to arrange collection.

How to use the Face Support off the foot of the bed

Step 1: Remove the chest pad, face pillow and yoke cover. .

Step 2: Unscrew the black knobs and remove the Quicklock® face rest.

Step 3: Flip the U-bar to the other side of the chest pad plate, so that the velcro is facing the inside of the U-Bar.

Step 4: Put the yoke cover back on the U-bar to protect both the face support and your mattress and box spring. Slip the U-bar between the mattress and box spring and push down on the cam locks to secure the chest pad plate in place, perpendicular to the U-bar. .

Step 5: Place the two arms of the Quicklock® face rest back into the sleeves on the chest pad plate. The cam locks should be on the side of the adjuster's strongest hand.

Step 6: Put the crescent pillow in place on the Quicklock® Face rest. Lie face down in position over the face support and move the pillow around until your neck, head and shoulders are in a comfortable position with your face parallel to the floor. Your chin should be on the same level with your eyes or even a little bit higher than your eyes. Now, gently tighten the knobs and push down on the handles to lock the cams in place.

Note: Please make sure that the teeth on the cam locks are meshed between each other. Do not allow the teeth to grind against each other.

How to use the Arm Rest Shelf for the bed

Step 1: Unfold the arms from under the shelf.

Step 2: Slide the arms in between the mattress and the box spring.

How to use the Sternum Pad

The sternum pad is an alternative chest pad. Positioned either vertically or horizontally it can provide added comfort for larger patients. Simply pull off the rectangular chest pad (Attached with Velcro) and replace it with the sternum pad. The ridge of the pad supports the sternum or breast bone.

How to use the Face Support on top of the bed

Step 1: Remove the Face Support from the box and place, as is, on top of the bed.

Step 2: Lie down on the bed with your face positioned over the face pillow.

Step 3: With one hand, adjust the position of the face pillow until you are comfortable and have as much air space and you'd like.

Step 4: With the other hand, push down on the cam lock to secure the face rest in place.

www.massagetablestore.com

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