

Sooma Depression Therapy - Quick Start Guide



WARNING: There are risks involved in the use. Only for trained personnel



To ensure safe and effective use, user must read instructions for use



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1. Prepare cap and electrodes



Ø 50-54 cm → S
Ø 55-58 cm → M
Ø 58-62 cm → L

Place electrode cups inside the cap



Connect cables through the outside



2. Soak pads with 0.9% NaCl

Place pad into electrode frame



15 ml per pad



Pad should expand to fill the whole frame



3. Place ComfoCap

Align lower edge over eyebrows and align middle seam in line with nose.

Ensure that red is on the left.



4. Start session

Turn the power on



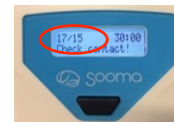
Connect the cables
Red to Red
Black to Black



Press to proceed



Start when contact is under 15 kΩ and OK is shown



Pressing the button at any time pauses the session

Once treatment is finished, remove cap and turn the power off



5. Clean

Throw away used pads



Rinse the electrodes.
Wipe dry and clean.



Wash the cap.
Hang to dry.



Troubleshooting

1. **Dry/hard spots on pad.** Apply more saline and press gently on the hard spots with your finger. If the hard spots don't go away, replace the pad with a new one.
2. **Pad falls out when putting the cap on the head.** Be careful when putting the cap on your head so that the pads don't pop out. Check that the pads are still in place after putting on the cap. If not, you need to remove the cap and place the pads back in the cups. If the pads break, you must replace them with new pads.
3. **"Check contact!" message shown.** Carefully press the cup towards your head to release saline. You may also take the cap off and apply more saline. Message disappears when contact quality goes below 15. If contact is 50+ and does not improve when pressing the cup, check connections and cables for damage.
4. **Stimulation sensation is strong.** Carefully press the cup to release more saline. You may also pause the stimulation and apply more saline before continuing.

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Contraindications



Devices or metal objects on or inside the skull

Cardiac pacemakers

Acute eczema or broken skin in the intended stimulation area

Inspect skin condition, the system and accessories before use

The skin under the stimulation area should be healthy and clean. Take off metallic objects near the electrodes before starting a session.

Always use new stimulation pads. The remnant electrolyte changes the distribution of electric current. Repeated soaking promotes colonisation of microorganisms.

Ensure that the system and accessories are clean, intact and functional. Replace electrodes if electrode surface is broken or bent, the cables frayed, or cable insulation cracked. The system should not be used if dirt, signs of external damage or improper function are found.

The head cap fabric can stretch after recurrent washing. Replace head cap and all accessories after 3 months of daily use. Only use components and accessories indicated suitable by Sooma as replacements.

Clean the system and accessories after use

1. Discard used pads.
2. With a disinfection solution wipe the body of the device, the cables and connectors.
3. Rinse the electrodes with warm running water and wipe clean and dry with paper towel.
4. Rinse the head cap with warm running water.
5. Let the electrodes and the head cap dry completely before next session.

NOTE: Insufficient cleaning may decrease the life expectancy of the device and reusable accessories.

Wash the head cap between patients

- A. Hand-wash or
- B. Machine wash in 40°C synthetic fabrics program