



INDICATIONS FOR USE ..... 1  
 CONTRAINDICATIONS, WARNINGS,  
 AND CAUTIONS ..... 1  
 ICE WINGS ..... 2  
 COMFORT STRAP ..... 2  
 DIRECTIONS FOR USE ..... 3  
 BUZZY PLACEMENT ..... 4  
 SHOTS ..... 5  
 STOMACH INJECTIONS ..... 6  
 FOR ACHES AND PAINS ..... 6  
 FINGER STICKS, SPLINTERS ..... 7  
 BURNING, ITCHING ..... 8  
 IVS AND PLEBOTOMY ..... 8  
 CLEANING, CHANGING BATTERIES,  
 TROUBLESHOOTING,  
 ORDERING, GUARANTEE ..... 10



Developed by a physician, Buzzy® is a reusable device for minor aches and pains.

Buzzy® is a personal consumer use product intended to be used by a single user.

Bring with you to the doctor; or use at home for:

- STINGS
- SPLINTERS
- SHOTS

[buzzy4painrelief.com](http://buzzy4painrelief.com)

**CAUTIONS:** Store in a cool, dry place.  
**CONTRAINDICATIONS:** Do not use in the presence of unexplained calf pain. Consult a physician. • This device should not be used over swollen or inflamed areas or skin eruptions. • Do not place directly on a thermal burn • Do not use ice pack with underlying sensitivities to ice or cold (e.g. Sickle Cell Disease, Reynaud's Disease).

**INDICATIONS FOR USE:**  
 Controls pain associated with injections (venipuncture, IV starts, cosmetic procedures) and the temporary relief of minor injuries (muscle or tendon aches, splinters and bee stings). Also intended to treat myofascial pain caused by trigger points, restricted motion and muscle tension.  
 Fold Wings and STORE IN FREEZER. Wings must be frozen solid for best effect.  
 Home Buzzy® comes with reversible Blue Softies and Comfort Strap.  
**WARNINGS:** For intended use only • Direct or prolonged application of ice could vasoconstrict or alter lab values.

**TROUBLESHOOTING:**  
 When used with care, Buzzy should last years. If Buzzy is dropped repeatedly, however, the metal that holds the batteries in place can bend. If Buzzy fails to function after a fall, try pinching battery clip in to restore contact.

**HOW TO ORDER /ADDITIONAL INFORMATION:**  
 Please visit our website [buzzy4painrelief.com](http://buzzy4painrelief.com) for a complete list of FAQ's, other pain management tips, how-to videos, accessories, replacement parts, and more!

**GUARANTEE:**  
 Previous medical history and intrinsic physiologic differences may make Buzzy® less effective for some people. If not completely satisfied, return within three months to place of purchase for a full refund, or contact us at the address below.

MMJ Labs  
 322 Sutherland Place  
 Atlanta, GA 30307, U.S.A.

[buzzy4painrelief.com](http://buzzy4painrelief.com)    [info@mmjlabs.com](mailto:info@mmjlabs.com)

877.805.2899  
 US Patented British Patent No. 2455695  
 RM-1910, 1248-064-5002-00, 1248-064-5001-00



**ICE WINGS:**  
 Wings will stay frozen 10 minutes at room temperature. For best pain relief, the Wings must be frozen solid to avoid absorbing vibration.  
 Face the blue or smooth side of the Wings toward the skin for more numbing power. If sensitive to cold, the soft side of the wings should face the skin.  
**Tip:** For long procedures or for medications that burn or sting, prepare additional Wings.  
 Store folded Wings in freezer. Gel inside Wings is a non-toxic, safe, food-grade product that may deteriorate if not stored properly.  
**Note:** To transport, place the Wings between the Cold-To-Go bag blue ice inserts (sold separately), or between 2 commercial cold packs (sold separately) to maintain frozen temperature.  
**COMFORT STRAP:**  
 Our Comfort Strap is a reusable, single-handed tourniquet, smooth and pinch free. To use, 1. Loop the Comfort Strap around the arm, passing one end through the slit in the other. 2. Hold the slit and pull the other end through until the desired tension is reached, then release the slitted end. 3. To lock the Comfort Strap in position, release the tension from the long end. 4. To release, simply pull gently on the short end and the Comfort Strap will fall away.

**CLEANING:**  
 Buzzy® is a personal consumer product intended to be used by a single user. Buzzy may be cleaned with alcohol based sanitation wipes. Do not autoclave. Do not immerse in liquid. Soiled wings should be disposed of and replaced.

**BATTERIES:**  
 Buzzy's batteries will last at full strength about 20 hours. For best pain relief, replace batteries when vibration weakens. Unscrew the back using a philips head screwdriver to remove back panel. Buzzy® is powered by 2 alkaline AAA batteries. Remove batteries if Buzzy is not being used for extended period of time.

## DIRECTIONS FOR USE:



Immediately before use, remove the Wings from the freezer and attach behind Buzzy® on the hook. Activate by firmly pressing button on top of Buzzy®. Press a second time to turn Buzzy® off.

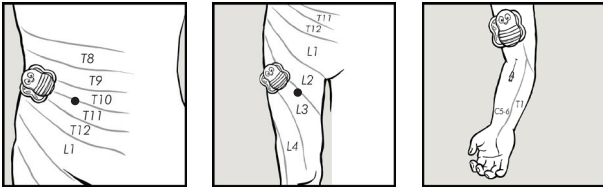
Buzzy® has an energy saving automatic shut-off after 3 minutes of constant use. Simply press the button on top of Buzzy® to reactivate vibration.

Buzzy comes with a silicone Comfort Strap to hold Buzzy in place on extremities. **1.** Loop the Comfort Strap around the arm, passing one end through the slit in the other. **2.** Hold the slit and pull the other end through until the desired tension is reached, then release the slitted end. **3.** To lock the Comfort Strap in position, release the tension from the long end. **4.** To release, simply pull gently on the short end and the Comfort Strap will fall away.

Use Buzzy® only on clean, unbroken skin. Buzzy's stripes, or bottom end should be closest to the procedure, and Buzzy's head and switch farthest away.

**Tip:** For best results, center Buzzy's bigger rounded end directly next to the pain. **3**

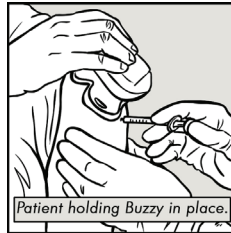
## Buzzy PLACEMENT:



Buzzy's physiologic blockade works best when placed "between the brain and the pain" in the same nerve area as the pain. On arms and shoulders, nerves run from fingers to shoulders to the spine. For the chest and back, the nerves run from the center of the chest or stomach horizontally to the back. On the thighs, the nerves run diagonally from the inner thigh around to the back to the spine.

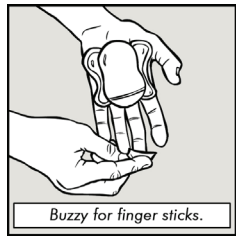
**For children:** For best results, let children hold Buzzy® in advance for familiarity, and let them choose whether or not to use the ice pack.

**For shots:** Switch on to activate the vibration, and then place Buzzy® on the site of the shot. Leave for 15 seconds for surface shots - 60 seconds for deeper injections. Immediately before cleaning the site, move Buzzy® proximal (closer to the head) to the pain location, and press in place throughout cleaning and getting the shot.



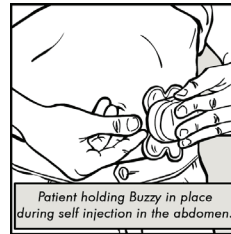
For children who get their shots sitting up, a parent can put an arm around the shoulders to hold Buzzy® for them.

**For finger sticks or splinter removal:** Switch on to activate the vibration, and then press Buzzy® on the palm with the bottom end toward the finger. Leave in place throughout cleaning and doing the procedure.



**For burning or itching:** Like any cold and warm therapy application, Buzzy® can be helpful for burning or itching. For insect bites or medications that cause burning or itching, take frozen Wings and massage the vibrating Buzzy®/Wings combination directly on the site. Rub or press in place until the area feels better. Do not place Buzzy® directly on a thermal burn.

**For injections in the stomach:** Place Buzzy® lateral to the shot (i.e., belly button, the shot, and then Buzzy®).



## For Aches and Pains:

Apply directly to sore muscles for maximum of 10 minutes. Hold in place or attach with strap. Buzzy® has an energy saving automatic shut-off after 3 minutes of constant use. Simply press the button on top of Buzzy® to reactivate vibration.

## For IVs or phlebotomy:

Switch on to activate the vibration, and then place Buzzy® proximal (above) to the pain location. Press in place or tuck under tourniquet before immediately cleaning and obtaining access. Pass any tourniquet through slot to secure Buzzy® to arm. Do not put directly on site of access.

