

# INSTRUCTION MANUAL

OAKWORKS®

## Vitrectomy Recovery Face Support



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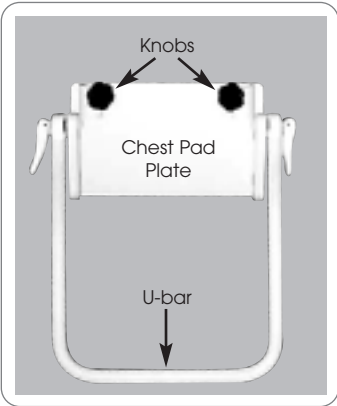
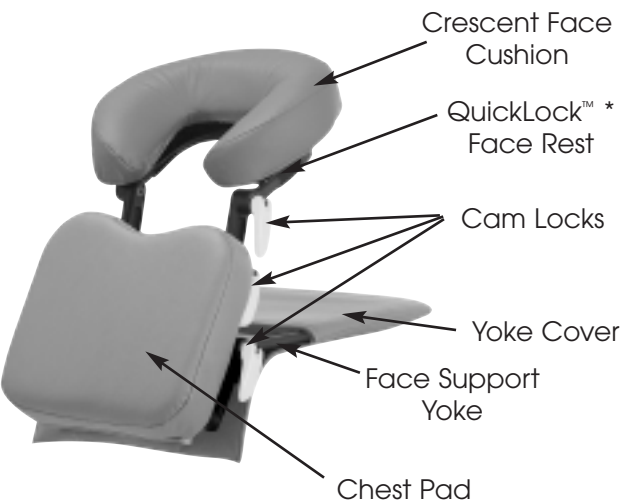
# Face Support System\*

The Face Support System is a versatile, comfortable ergonomic support that can help ensure compliance with the prescribed face down posture whether you are awake or asleep.

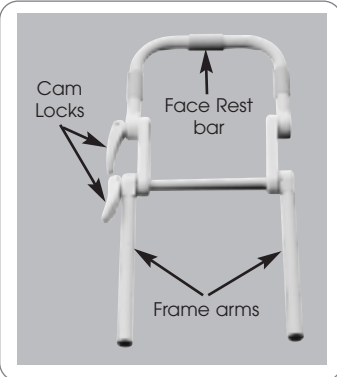
Sleep comfortably. The face cushions are designed to cradle your face naturally in the position your doctor has prescribed. The open design ensures plenty of free-flowing air on the bed.

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.

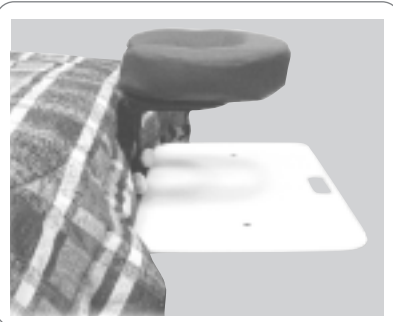
## Product Description



Face Support Yoke



QuickLock™ \* Face Rest



Shown with Arm Rest in place



3-Pad Face Plate



Sternum Pad, Crescent Face Cushion w/Flannel Cover, 3-Pad Face Cushion w/Flannel Covers & Instructional Video

## Cleaning the Face Support System

All parts of the Face Support can be cleaned using a mild detergent or Green Windex. A diluted 1/100 bleach solution for disinfecting can be used. Dry the equipment immediately to remove excess cleaning solution. Using strong cleaners that contain alcohol, acetone, higher concentrations of bleach can shorten the life of the fabric or discolor it.

## Returning a Rental Unit:

When the doctor has informed you that you no longer need to maintain the face down position, you simply follow the Equipment Return Instructions included on the yellow laminated card that is attached to the unit. Use the included checklist to be sure all items are accounted for and returned.

## Accessories

### ButterflyCushion™: (Fig. 20)

- Excellent prone pelvic support
- Aids in the comfort of large-breasted women
- Supports sternum, shoulders and ribcage

### Air Bolsters: (Fig. 21)

- Additional safety and support

### Fleece Cover for the Crescent Face Cushion: (Fig. 22)

- Provides warmth and comfort

### Additional Flannel Covers: (Fig. 23)

- May be ordered for convenient use when included covers are being cleaned



Fig. 20



Fig. 21



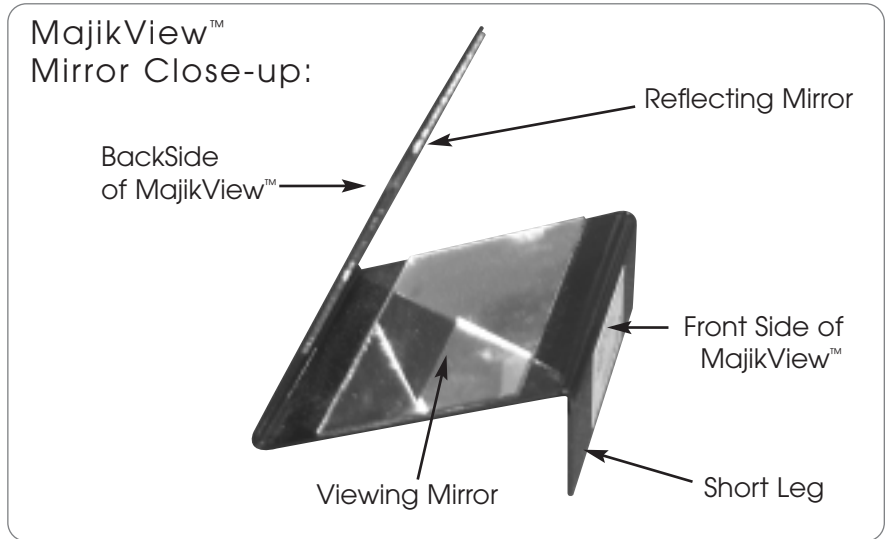
Fig. 22



Fig. 23

# Use Instructions (cont)

## How to Use the MajikView™ Mirror:



- Place the mirror so that the back of the MajikView™ is facing towards you. The proper position of the mirror should then be with the short leg resting on the Arm Rest/Desk and the Reflecting Mirror in the upright position and pointing away from you. (Fig. 16)
- While looking down from above the MajikView™, look directly into the Viewing Mirror to see objects directly in front of you. (Fig. 17)
- Adjust the MajikView™ by positioning it on the desk where it provides comfortable viewing without strain. (Fig. 18)
- Use a book or pillow to position the mirror to accommodate viewing objects that are higher than the Arm Rest/Desk. (Fig. 19)

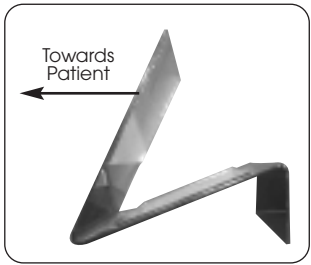


Fig. 16



Fig. 17



Fig. 18



Fig. 19

# Use Instructions

## How to Use the Face Support System for Sleeping

To Set The Face Support System off the Foot of the Bed:

- Be sure you have identified all the parts of the unit and are familiar with them. Remove the Chest Pad, Crescent Face Cushion and Yoke Cover. (Fig. 1)
- Remove the knobs from the package and set them aside. (4 knobs are provided; only 2 are required for assembly). Remove the QuickLock™ Face Rest from the unit. Set that aside as well. (Fig. 2)
- Flip the U-bar to the other side of the chest pad plate so the velcro is facing the inside of the U-bar (Fig. 3) and the Face Rest brackets are on the top. (Fig. 3a)
- Put the yoke cover back on the U-bar to protect both the Face Support, 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. (Fig. 4)
- Place the two arms of the QuickLock™\* Face Rest back into the Face Rest brackets on the Chest Pad Plate. The cam locks should be on the side of the user's strongest hand. Take the knobs and screw them onto the chest plate loosely.
- Put the Crescent Face Cushion in place on the QuickLock™\* Face Rest. Lie face down in position over the face support and move the cushion 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 white cam lock handles to lock the cams in place. (Fig 5)

► *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*

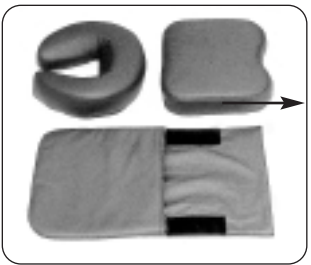


Fig. 1

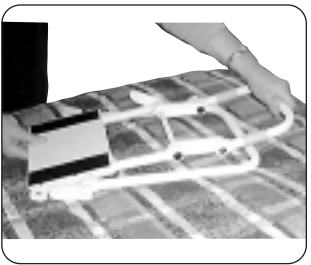


Fig. 2

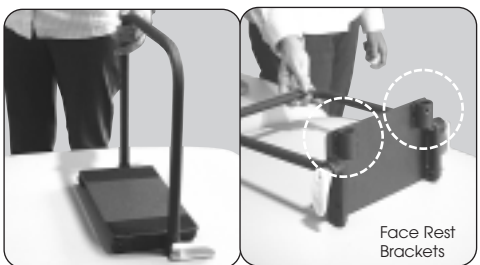


Fig. 3

Fig. 3a



Fig. 4



Fig. 5



# Use Instructions (cont)

## How to Use the Face Support System for Sleeping (cont):

To Use the Arm Rest Shelf:

- Unfold the arms from under the shelf. Slide the arms in between the mattress and the box spring. (Fig 6)

To Use the Face Support System on Top of the Bed:

- Remove the Face Support from the box and place it as is, on top of the bed. Remove the knobs from the package and screw them hand tight onto the Chest Pad Plate. (Fig. 7)
- Lie down on the bed with your face positioned over the face cushion. With one hand, adjust the position of the face cushion until you are comfortable and have as much air space as you like. (Fig. 8)
- With the other hand, push down on the cam lock handle to secure the face rest in place.

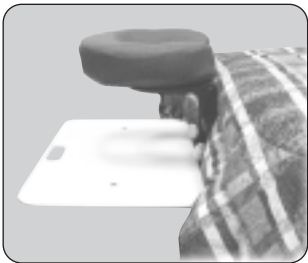


Fig. 6



Fig. 7



Fig. 8

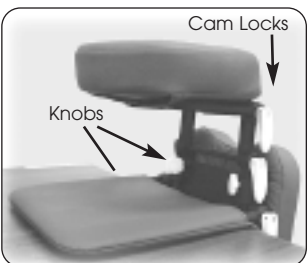


Fig. 9



Fig. 10

## 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. 9)
- 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. 10)
- 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. 11)
- 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

Desk or Tabletop Set-up (cont):

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 12)

► *NOTE: Do Not over-tighten the knobs. They require very little friction to hold the Face Rest in place.*



Fig. 11

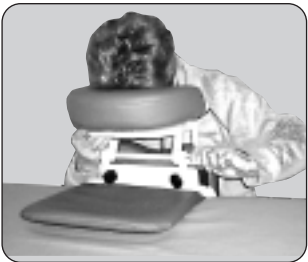


Fig. 12



Fig. 13

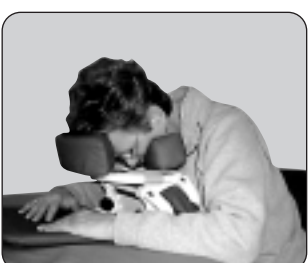


Fig. 14

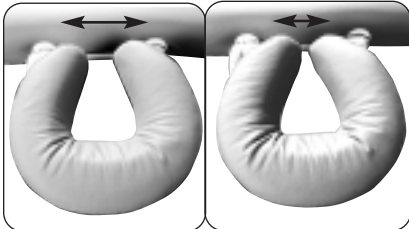


Fig. 15

Fig. 15a

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

- 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 13)
- 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. 14)

► *Note: 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 of the face plate to secure the adjusted position. (Fig. 15 & 15a)*