

# Homedics®

## infrared & red light pain therapy wrap



**please take a  
moment now**

register your product at  
[www.Homedics.com/register](http://www.Homedics.com/register)

Your valuable input regarding this  
product will help us create  
the products you will want  
in the future.

### INSTRUCTION MANUAL AND WARRANTY INFORMATION

### 1-year limited warranty

IFR-100HJ

With your purchase of this Homedics device, you made your first step toward a less painful and more enjoyable life. With the development of medical grade LEDs, scientists discovered a new way of treating the body without any harmful ingredients or drugs and their side effects.

This ergonomic Homedics device will be beneficial in your daily life and should not interfere with your daily routine. Use this product while at home or on the go.

Be ready to enjoy a more active and enjoyable life with your new Homedics Infrared & Red Light Pain Therapy Wrap.

## **1. GENERAL DEVICE INFORMATION**

THE INFRARED & RED LIGHT IS INTENDED TO DELIVER HEAT IN THE IR SPECTRUM TO PROVIDE TOPICAL HEATING FOR THE PURPOSE OF ELEVATING TISSUE TEMPERATURE; FOR THE TEMPORARY RELIEF OF MINOR MUSCLE AND JOINT PAIN, ARTHRITIS AND MUSCLE SPASM; RELIEVING STIFFNESS; PROMOTING THE RELAXATION OF MUSCLE TISSUE; AND TO TEMPORARILY INCREASE LOCAL BLOOD CIRCULATION.

### **1.1 DESCRIPTION OF THE DEVICE**

The Homedics Infrared & Red Light Pain Therapy Device is intended for the relaxation of muscles, relief of minor muscle and joint aches, stiffness associated with arthritis, and increased local blood circulation.

Ideal for use on back, abdomen, arms, legs and ankles.

### **1.2 DEVICE SPECIFICATIONS**

<b>LED wavelengths</b>	660nm (Red) and 880nm (Infrared)
<b>Output optical power density</b>	Red+Infrared: 50-60mW/cm <sup>2</sup>
<b>LEDs</b>	Red: 20 LEDs, Infrared: 20 LEDs
<b>Operating temperature</b>	0°C to 40°C   32°F to 104°F
<b>Storing and transport temperature</b>	-5°C to 55°C   23°F to 131°F
<b>Operating humidity</b>	30% to 95% without condensation
<b>Storage and Transport Humidity</b>	20% to 95% without condensation

<b>Power supply</b>	5V=1A
<b>Power port</b>	*USB-C *
<b>Recommended use</b>	7 days per week for 6 weeks
<b>Treatment time</b>	20 minutes
<b>Dimensions of the device</b>	12 in. x 3.5 in. x 0.74 in.
<b>Weight of the device</b>	0.51 lbs. / 0.23 kg.

### 1.3 DEVICE ACCESSORIES

- USB Power Cord
- USB Power Adapter
- Adjustable Strap
- Instruction Booklet

### 1.4 ADVERSE REACTION

If you have any adverse reaction, such as discomfort, skin discoloration, skin irritation or other concerns from using this device, stop using immediately and consult your healthcare provider.

Skin irritation, bruising, contact burns, dizziness, nausea, and headaches are rare but possible side effects. Immediately stop using the device and contact your healthcare provider.

### 1.5 CONTRAINDICATIONS

- DO NOT use the device if you have any active cancer or cancerous lesions.
- DO NOT use the device if you are pregnant, planning on becoming pregnant, or breastfeeding.
- DO NOT use the device on people under the age of 18.
- DO NOT use the device if you have severe acne.
- DO NOT use the device over areas with phlebitis, thrombophlebitis or varicose veins.
- DO NOT use the device if you suffer from any photosensitive disorder (sensitivity to light).
- DO NOT use the device if you are taking any medication that can cause photosensitivity. If you are not sure about your medication, contact your healthcare provider.
- DO NOT use the device if you suffer from light-induced headaches.
- DO NOT use the device if you have a medical history of seizures or epilepsy that is triggered by light.

**NOTE:** We highly suggest taking caution when taking any (skin related) damaging medications. If in doubt, consult your healthcare provider.

**NOTE:** If you are under the care of a healthcare provider, consult your healthcare provider before using this device.

## 1.6 WARNINGS

- Consult your doctor prior to using this product, if:
  - You are pregnant
  - You have a pacemaker
  - You have any concerns regarding your health
- STOP using the device and consult your healthcare provider if you experience an adverse reaction from using the device.
- STOP using the device if you experience symptoms of hypotension (dizziness or light-headedness) while using the device.
- STOP using the device if it is overheating. Turn off the device immediately.
- STOP your treatment if it feels hot or your skin feels uncomfortably warm.
- DO NOT let children play with the device. Cleaning and charging the device should not be done by children.
- DO NOT use the device to treat rosacea, moles, warts, open sores, cancerous lesions, or any skin condition.
- DO NOT use the device on spots without pigmentation or areas on the skin that have vitiligo.
- DO NOT shine the light from the LEDs directly into eyes. This may cause temporary loss of vision.
- DO NOT place the device over any open wounds.
- DO NOT use the device outdoors.
- DO NOT sit, lie down or step on the device. This will break the device.
- DO NOT drop or insert any object into any openings of the device.
- DO NOT use the device if it is not working properly, or if it has been dropped or damaged. For warranty and repairs, contact Consumer Relations.
- DO NOT use or store the device near hot surfaces.
- DO NOT charge the device when it is close to or might come into contact with water.
- DO NOT let the device come into contact with water.
- DO NOT store the device in extreme heat or cold (-5°C to 55°C | 23°F to 131°F).
- DO NOT place the device in direct sunlight.
- DO NOT attempt to modify the device in any way. Modifying or opening the device will void your warranty. This device contains no serviceable parts.
- DO NOT perform maintenance or take apart the product. In case of malfunctioning or damage, contact Consumer Relations.
- DO NOT use the device if damaged or if the power cable is damaged.
- DO NOT use the device with non-manufacturer-approved accessories.

- DO NOT use solvents or abrasive cleaners on the device.
- DO NOT use the device in any other way than specified in this manual.
- DO NOT use the device if you have had a recent surgery or other surgical procedures.
- This product should NEVER be used by any individual suffering from any physical ailment that would limit the user's capacity to operate the controls or who has sensory deficiencies.
- Not recommended for use by diabetics.
- DO NOT use the device over a bacterial infection as this may result in the worsening of symptoms.
- DO NOT use the device on, near, or by children or those with reduced physical and mental abilities. Close supervision is necessary when this device is used, cleaned or stored near children or those with reduced physical or mental abilities.
- DO NOT use the device with any other power cable than provided by Homedics.
- DO NOT use the device with any other topical treatments than specified by Homedics.

## **1.7 PRECAUTIONS**

- DO NOT scratch or damage the light-emitting surface.
- Warranty will be voided if device is used in any way other than described in instruction manual.
- Read all instructions carefully before using this device.
- Store the device according to the protocol worked out in this manual.
- This device is intended to be used by one person; we recommend to not share it with anyone else for hygiene reasons.
- The device is designed for individuals with good health. Please contact your healthcare provider if you are unsure about your health status.
- If the device is to be disposed of, do not put into a fire. Dispose of the device per local regulations.
- Inspect the device and do not use the device if you see any signs of damage. Contact our Consumer Relations.
- The device should only be supplied with 5V TYPE-C voltage. If any part of the power adapter or cord is damaged, discontinue use. Contact Consumer Relations to arrange a replacement.
- Consult your healthcare provider before using the device if you have a fever, acute inflammation, a severe circulatory disorder, light sensitivity, anaesthetic, or desensitized areas.
- We highly suggest using caution when taking any medications. If in doubt, consult your healthcare provider.

## **1.8. TRAVEL AND INTERNATIONAL USE**

The device's lightweight design makes it a perfect travel companion. Here are some travel tips for you:

- If you are traveling to a different region of where you bought the device, please ensure that the device is only supplied with a 5V TYPE-C adapter.

## **1.9. DISCLAIMER**

DO NOT use the device to treat any other conditions apart from the conditions that are indicated in the Indications for Use statement in the General Device Information section.

## **2. RISKS AND BENEFITS**

### **2.1. POTENTIAL RISKS**

- Skin may appear red immediately after treatment. Skin should return to normal within 1-2 hours.

### **2.2. POTENTIAL BENEFITS**

- Alleviates the tissue temperature; for the temporary relief of minor muscle and joint pain, arthritis and muscle spasm; relieving stiffness; promoting the relaxation of muscle tissue; and to temporarily increase local blood circulation.

## **3. LIGHT SENSITIVITY TEST**

We highly recommend users perform a light sensitivity test before first use of the device.

1. Place the device on the inner forearm.
2. Turn on the device to start a treatment.
3. The treatment will take 20 minutes to complete.
4. If your skin feels hot or uncomfortable during the treatment, stop using immediately. You may be sensitive to light.
5. The device will automatically turn off after the treatment is complete. Remove the device and wait for at least 24 hours.

Check your skin regularly over those 24 hours. If your skin appears red and/or itchy, the device is unsuitable for you. In the case of light sensitivity, please contact Consumer Relations.



## **4. HOW TO USE THE DEVICE**

### **4.1. GENERAL USE**

1. Wash and dry the skin that you want to treat.
2. Place the device directly on the skin of the desired treatment area and secure with the adjustable strap.
3. Press and hold the power button to start the device and enjoy the treatment.
4. For best results, leave the device over the treatment area for 15-20 minutes.
5. The device is equipped with an auto-shutoff function after 20 minutes.
6. Press and hold the power button at any time prior to auto shutoff to stop the device.
7. Take the device off the treatment area.
8. Repeat these steps based upon the treatment protocol described in the next section.

### **4.2. TREATMENT PROTOCOL**

Use the device 7 days per week for a minimum of 6 weeks. After that, you can continue using the device as required. Based upon your lifestyle and skin condition, it is not recommended to use the device more than 3 times per day.

### **4.3. CHARGING THE DEVICE**

1. To charge the device, insert USB charging cord into the rechargeable battery on the device, and into the USB power adapter.
2. Plug power adapter into electrical outlet.
3. Power indicator light on the rechargeable battery will turn solid when the battery is fully charged (2-4 hours).

### **4.4. CARE AND STORAGE**

- Store the device at room temperature in dry conditions.
- Store the device in the supplied packaging. Make sure the device will not bend, stretch or crush while being stored or while traveling.
- Avoid storing the device in dusty conditions, in direct sunlight or in damp and humid conditions.
- This device contains no serviceable parts.
- Before each use, with the device switched off, clean following the cleaning instructions below.

### **IMPORTANT**

- The product has a limited lifecycle of 1 year under normal use. Following the treatment protocol for 1 year is considered as nominal use.
- The device must be handled with care.

## 4.5. CLEANING

1. Clean the device with a damp, clean cloth. Stubborn stains can be removed by wiping gently with 70% alcohol.
2. DO NOT use any other cleaners as these may damage the device.
3. DO NOT clean the device while it is turned on.
4. DO NOT clean the device while charging.

## 4.6 TROUBLESHOOTING

If the actions suggested fail to fix the problem, or the problem reoccurs, and your device is within the warranty period please return to Homedics.

- DO NOT attempt to investigate any further.
- DO NOT attempt to modify the device in any way. The device has NO parts you can repair yourself.

PROBLEM	CAUSE	SOLUTION
The device doesn't switch on.	The device is not working, because the working cable was not properly inserted into the power outlet	Insert the power cable properly into the power outlet.
	The device is not working, because the working cable was not properly inserted into the power outlet	Insert the power cable properly into the device.
	The power outlet doesn't work	Try a different power outlet.
	The ON/OFF button has not been pushed	Push the ON/OFF button for longer than 1 second straight.

## 4.7 DISPOSAL

DO NOT dispose of the device with household waste. The device should be recycled. protection of the environment, please safely dispose of the device following your local guidelines.

## **5. SAFETY**

The device complies with Part 15 of the FCC Rules.

Operation is subject to the following two conditions:

(1) this device may not cause harmful interference, and  
(2) this device must accept any interference received, including interference that may cause undesired operation.

The Device has been tested to or complies with the following standards:

- Restriction of Hazardous Substances (RoHS) Directive (2011/65/EU).
- This device is cleared for marketing in the United States of America.

## 6. SYMBOLS

SYMBOL	EXPLANATION
	Indicates that the electromagnetic radiation from the device is below the limits specified by the Federal Communications Commission and the manufacturer has followed the requirements of the Supplier's Declaration of Conformity authorization procedures.
	This warning symbol on the device label is a warning to read the enclosed documents before use and take all safety precautions required.
	This symbol means "Manufactured by" and provides the name and address of the legal manufacturer.
	Date of Manufacture.
	This symbol indicates the serial number of the device.
	This symbol refers to the batch code of the device.
	This symbol means that the cardboard packaging that the device came in can be recycled.
	Class II Medical Electrical Equipment.
	Type B Applied Part, B indicates that it is used for the body. This device is connected to the main voltage.
	This symbol indicates to read the manual before use

SYMBOL	EXPLANATION
	<p>This symbol indicates the product may not be discarded as household waste.</p>
	<p>This symbol indicates that the product has been tested by UL to nationally recognized safety and sustainability standards.</p>
	<p>This symbol indicates the product is designed for indoor use only.</p>
	<p>Efficiency Level VI</p>
	<p>Power on/off</p>

## 7. CONTACT INFORMATION

Distributed by:  
Homedics, LLC  
3000 N Pontiac Trail  
Commerce Township, MI 48390

# **SUPPLIER'S DECLARATION OF CONFORMITY**

**Product Description:** INFRARED & RED LIGHT  
PAIN THERAPY WRAP

**Model Number:** IFR-100HJ

**Trade Name:** Homedics

## **FCC Compliance Statement**

This device complies with Part 15 of the FCC Rules. Operation is subject to the following two conditions: (1) This device may not cause harmful interference, and (2) This device must accept any interference received, including interference that may cause undesired operation.

## **U.S. Contact Information**

**Company:** Homedics, LLC.

**Address:** 3000 N Pontiac Trail,  
Commerce Township, MI 48390

**8:30am-7:00pm EST Monday-Friday**  
**1-800-466-3342**

Homedics is not responsible for any radio or TV interference caused by unauthorized modifications to this equipment. Such modifications could void the user authority to operate the equipment.

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and receiver.
- Connect the equipment to an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

ICES-005 (B) / NMB-005 (B)



## 1-YEAR LIMITED WARRANTY

Homedics sells its products with the intent that they are free of defects in manufacture and workmanship for a period of 1 year from the date of original purchase, except as noted below. Homedics warrants that its products will be free of defects in material and workmanship under normal use and service. This warranty extends only to consumers and does not extend to Retailers.

To obtain warranty service on your Homedics product, contact a Consumer Relations representative for assistance. Please make sure to have the model number of the product available.

Homedics does not authorize anyone, including, but not limited to, Retailers, the subsequent consumer purchaser of the product from a Retailer or remote purchasers, to obligate Homedics in any way beyond the terms set forth herein. This warranty does not cover damage caused by misuse or abuse; accident; the attachment of any unauthorized accessory; alteration to the product; improper installation; unauthorized repairs or modifications; improper use of electrical/power supply; loss of power; dropped product; malfunction or damage of an operating part from failure to provide manufacturer's recommended maintenance; transportation damage; theft; neglect; vandalism; or environmental conditions; loss of use during the period the product is at a repair facility or otherwise awaiting parts or repair; or any other conditions whatsoever that are beyond the control of Homedics.

This warranty is effective only if the product is purchased and operated in the country in which the product is purchased. A product that requires modifications or adoption to enable it to operate in any other country than the country for which it was designed, manufactured, approved and/or authorized, or repair of products damaged by these modifications is not covered under this warranty.

THE WARRANTY PROVIDED HEREIN SHALL BE THE SOLE AND EXCLUSIVE WARRANTY. THERE SHALL BE NO OTHER WARRANTIES EXPRESS OR IMPLIED INCLUDING ANY IMPLIED WARRANTY OF MERCHANTABILITY OR FITNESS OR ANY OTHER OBLIGATION ON THE PART OF THE COMPANY WITH RESPECT TO PRODUCTS COVERED BY THIS WARRANTY. HOMEDICS SHALL HAVE NO LIABILITY FOR ANY INCIDENTAL, CONSEQUENTIAL, OR SPECIAL DAMAGES. IN NO EVENT SHALL THIS WARRANTY REQUIRE MORE THAN THE

REPAIR OR REPLACEMENT OF ANY PART OR PARTS WHICH ARE FOUND TO BE DEFECTIVE WITHIN THE EFFECTIVE PERIOD OF THE WARRANTY. NO REFUNDS WILL BE GIVEN. IF REPLACEMENT PARTS FOR DEFECTIVE MATERIALS ARE NOT AVAILABLE, HOMEDICS RESERVES THE RIGHT TO MAKE PRODUCT SUBSTITUTIONS IN LIEU OF REPAIR OR REPLACEMENT.

This warranty does not extend to the purchase of opened, used, repaired, repackaged and/or resealed products, including but not limited to sale of such products on internet auction sites and/or sales of such products by surplus or bulk resellers. Any and all warranties or guarantees shall immediately cease and terminate as to any products or parts thereof which are repaired, replaced, altered, or modified, without the prior express and written consent of Homedics.

This warranty provides you with specific legal rights. You may have additional rights which may vary from state to state and country to country. Because of individual state and country regulations, some of the above limitations and exclusions may not apply to you.

For more information regarding our product line in the USA, please visit [www.homedics.com](http://www.homedics.com). For Canada, please visit [www.homedics.ca](http://www.homedics.ca).

---

## **FOR SERVICE IN THE USA**

[cservice@homedics.com](mailto:cservice@homedics.com)

**8:30am-7:00pm EST Monday-Friday**

**1-800-466-3342**

## **FOR SERVICE IN CANADA**

[cservice@homedicsgroup.ca](mailto:cservice@homedicsgroup.ca)

**8:30am-5:00pm EST Monday-Friday**

**1-888-225-7378**

©2023 Homedics, LLC. All rights reserved.  
Homedics is a registered trademark of Homedics, LLC.  
Distributed by Homedics, LLC, 3000 N Pontiac Trail,  
Commerce Township, MI 48390

IB-IFR100HJ  
L-03793, Rev. 1

