

NIGHT CORRECTIVE SPLINT

INDICATIONS:

Regularly wearing the EPITACT® night corrective splint helps correct the deformity and limit the progression of your hallux valgus (bunion). It helps relieve night-time joint pain and eliminates pain caused by contact.

CONTRAINDICATIONS:

- Great toe not mobile sideways.
- Do not use this product during the day.
- Do not use on a skin lesion.
- Do not use in the event of diabetes, arteritis, polyneuritis, peripheral neuropathy or foot ulcers.

PRECAUTIONS FOR USE:

- **First of all, make sure that the great toe can still move sideways when manipulated. Otherwise, do not use this product.**
- **The splint can be heat-moulded on either the right foot or the left foot.**

HEAT-MOULDING:

Follow the heat-moulding instructions supplied. The night corrective splint can be heat-moulded several times. If you think it's necessary, consult a podiatrist.

FITTING INSTRUCTIONS:

- Slip the forefoot into the wide wrap.
- Then slip the great toe into the small sleeve.
- Make sure the white target is positioned over your bunion (see diagram on the heat-moulding instructions supplied).

USE CONDITIONS:

- It is recommended to wear the splint for a couple of hours during the first 2 to 3 nights
- After this, you should wear the splint all night.
Joint pain can sometimes occur the first few times the splint is used. If this persists beyond 7 nights, consult your podiatrist.
- After wearing the splint for a month, and in the absence of pain, the splint may be heat-moulded a second time to increase the correction (see heat-moulding instructions supplied). In this case, the level of correction desired will be obtained without the separator, by pulling the great toe sideways (see diagram opposite).



WASHING INSTRUCTIONS

- Machine wash at 30°C in the washing net provided or hand wash (without rubbing).
- Leave to dry naturally. Do not iron. Do not expose to heat (>50°C).

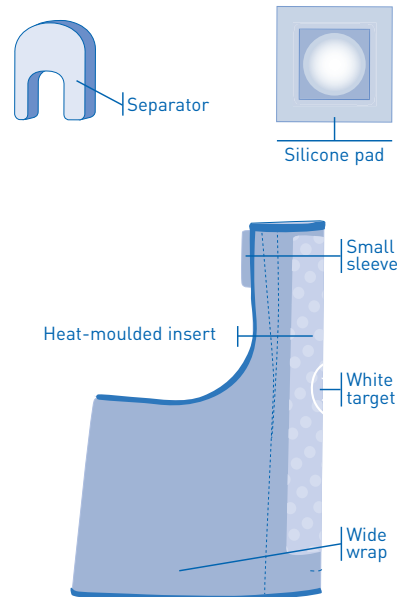
COMPOSITION: 52% heat-moulded plastic, 28% polyamide/elastane fabric, 20% silicone.

The materials used have passed all the regulatory tests required by ISO standard 10993-1 relating to products that come into contact with the skin. If an incident occurs, stop using the product immediately and inform MILLET Innovation. Millet Innovation cannot be held responsible for failure to use the product in accordance with the manufacturer's recommendations. French is the reference language. CE initial marking: 2015.

MILLET Innovation
ZA Champgrand 26270 Lorio/Drôme - FRANCE
Product of MILLET Innovation research



PATENTED TECHNOLOGY



Machine washable
at 30°C.



Do not iron or
steam.



Do not dry clean.



Do not bleach.



Do not
tumble-dry.



See packaging.

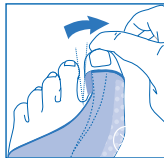
HEAT-MOULDING INSTRUCTIONS

Before you start, it is essential to read all of the heat-moulding instructions to ensure that you have fully understood all the steps. We also recommend that you watch the video instructions presented on www.epitact.co.uk

IMPORTANT INFORMATION:

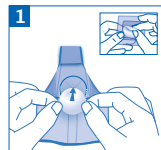
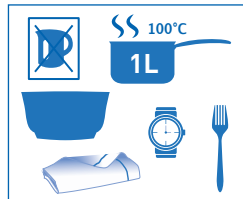
It is essential to use the separator in order to prevent excessive correction.

To limit the joint pain that can sometimes occur in the first few nights. After a month, the splint may be heat-moulded a second time to increase the correction. In this case, the level of correction desired will be obtained without the separator, by pulling the great toe sideways.

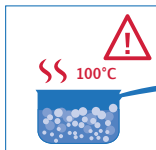


WHAT YOU WILL NEED FOR HEAT-MOULDING

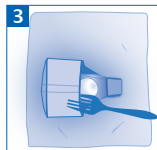
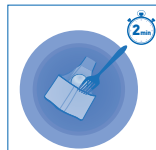
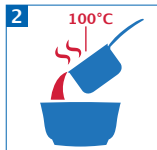
1 litre of boiling water at 100°C / A heat-resistant container with a capacity of at least 1 litre / A fork / A dish towel / A watch.



to ensure a temperature of 100°C.

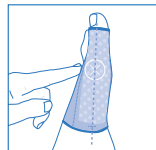


Remove the silicone pad from the plastic and place the flat surface on the blue circle inside the splint. Boil 1 litre of water in a saucepan. **It is essential to wait until the water is boiled properly**

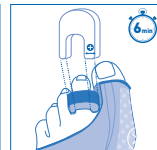


Place the splint in a container and pour 1 litre of boiling water onto it (100°C). Use a fork to hold the splint under the water at the bottom of the container for 2 minutes to soften the heat-mouldable insert.

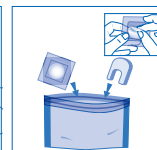
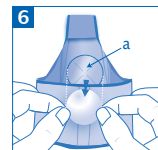
Use the fork to remove the splint from the water and carefully soak up excess water with a dish-cloth for 30 to 40 seconds.



Hold the wide wrap open and slip on the splint, **positioning the white target over your "bunion"**. Check the correct lateral position of the insert.



Then slip the small sleeve around the toe. Realign the big toe using the separator. **The wide part of the separator must be positioned on your great toe side.** Leave in place for at least 6 minutes, remaining seated with your foot flat on the floor.



Remove the separator and the foot splint. **Remove the silicone pad** and check that the hollow obtained is located at the level of the blue circle (a). Put the pad and the separator away in the

silver bag for subsequent heat-moulding if required. Leave the splint to dry naturally.



CHECKING HEAT-MOULDING:

The hollow inside the splint must be located at the level of the circle (a). The presence of the fold is normal (b).

The separation obtained (c) is deliberately moderate the first time heat-moulding is performed with the separator.

If you are not satisfied, repeat the operations 1 to 6 (the splint can be heat-moulded several times).

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HEAT-MOULDING:

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FITTING INSTRUCTIONS:

- Slip the forefoot into the wide wrap.
- Then slip the great toe into the small sleeve.
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USE CONDITIONS:

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Joint pain can sometimes occur the first few times the splint is used. If this persists beyond 7 nights, consult your podiatrist.
- After wearing the splint for a month, and in the absence of pain, the splint may be heat-moulded a second time to increase the correction (see heat-moulding instructions supplied). In this case, the level of correction desired will be obtained without the separator, by pulling the great toe sideways (see diagram opposite).



WASHING INSTRUCTIONS

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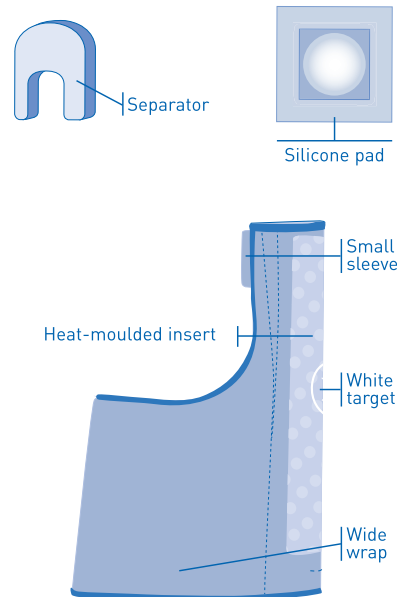
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Machine washable at 30°C.



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Do not dry clean.



Do not bleach.



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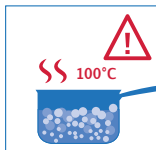
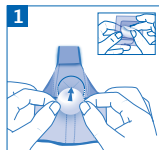
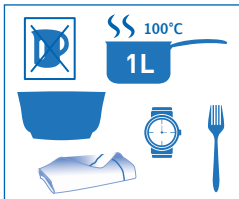
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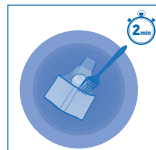
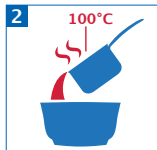
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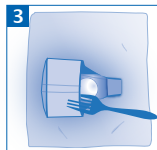


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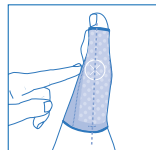
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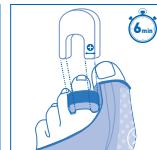
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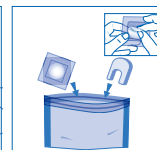
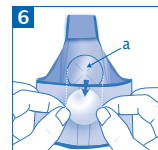
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