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### ZeroSole Reliever

Offloading insole to aid with treatment and prevention of pressure induced lesions of the sole of foot (corns & callusities)

#### INDICATIONS

The ZeroSole insole is indicated for use on individuals who would benefit from an offloading insole to aid the treatment of pressure-induced foot lesions (corns & callusities).

The use of ZeroSole insole is limited to single use per individual.

#### CONTRAINDICATIONS

The ZeroSole insole should NOT be used in the following situations:  
 Individuals who are sensitive to, or have known allergies to, silicone or cotton.  
 Footwear that does not accommodate the ZeroSole insole.  
 Individuals who have peripheral neuropathy.  
 Active foot wounds.

#### PRECAUTIONS AND WARNINGS

Ensure adequate depth within the intended footwear to house the ZeroSole insole before placing it inside the footwear to avoid any potential secondary rubbing.

#### DISCONTINUE USE & DISPOSE OF THE ZEROSOLE INSOLE IF YOU:

- Experience any discomfort or irritation when wearing
- Experience any imbalance in your gait when wearing
- Removed cells should be disposed of in domestic waste
- Choking hazard: product contains small removable components which are a choking hazard. Keep out of sight and reach of children
- Do not use this product if there is any visible damage

#### CAUTIONS

These instructions for use are not intended as a guarantee or warranty. They are only intended as a guide. This product must be used in accordance with these instructions for use and related labelling.

ZeroSole Size Specifications		
Available Sizes		
UK	EU	US
4	37	5
4.5	37.5	5.5
5	38	6
5.5	39	6.5
6	39.5	7
6.5	40	7.5
7	41	8
8	42	8.5
8.5	42.5	9.5
9	43	10
9.5	44	10.5
10	44.5	11
10.5	45	11.5
11	46	12

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### ZeroSole instructions for use

1x pair ZeroSole insoles  
1x double-sided sticker pack

- Use a pair of scissors to cut along the chosen pre-cut size guide. If unsure of your shoe size, trim a small amount at a time until it fits well within the shoe.
- Sit down on a chair and cross one leg over the other to see the bottom of foot. Seek assistance to fit the insole if you are unable to do and access the foot lesion.
- Peel off the double sided sticker from the sticker sheet.
- Make sure the foot is dry and has not been moisturised before using the double-sided sticker. Peel the tab back to peel off half of the liner (1) from the sticker and place the bottom (flat sticky) side of the sticker directly over the foot lesion.
- Rest your thumb over the half-inch sticky side of the sticker and peel off the second half of the liner by peeling off the remaining tab (2).
- Place the ZeroSole insole on the floor beneath the foot. Align foot onto the ZeroSole insole so that the sole of the foot covers the top surface of the ZeroSole insole. Standup to apply bodyweight onto the ZeroSole insole. Rock the foot from the heel to the forefoot.
- Check the double sided sticker has been transferred to the suitable location on the insole. Try again if the first attempt didn't work.
- Gently press down onto the sticker on the ZeroSole insole with both thumbs to identify the cells to remove.
- Look at the protruding aspect of the ZeroSole insole from the bottom to identify the cells to remove.
- Select the relevant cells that are protruding from the bottom of the ZeroSole insole. Grip onto the walls of the cell.
- Slowly tear the selected hexagon(s) away from the insole, one at a time, to create the desired cavity.
- Dispose of removed cells into domestic waste.
- Remove any existing inserts or insoles already present within your own footwear. Check that there is no debris in the shoe when fitting ZeroSole.
- Place ZeroSole insole in the shoe. The ZeroSole insole should lay flat and flush against the footbed of the shoe. Wear socks when using ZeroSole insole. Adjust footwear latching to provide a comfortable and secure fit. Walk with insole in place to check for comfort and fit. Please discard into domestic waste if the insole cutter guide is cut too short.
- Dispose the ZeroSole insole into domestic waste after 6 months of use.



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#### PROJECT DETAILS

Client: KAYDIAR  
 Job Number: -  
 Project Name: ZERO SOLE  
 File Name: 230512\_Kaydiar\_ZeroSole\_IFU\_Leaflet.ai  
 AW Orig. Date: 170323  
 Application & Version: Adobe Illustrator CC  
 Imports Application: Photoshop CC  
 Number of Inks: 3 Colours  
 Cutter guide Ref No: As supplied

#### COLOURS



#### ARTIST

Original: A FITZ-HUGH 170323 This artwork has been created compatible with Adobe Creative Cloud  
 Rev 1: A FITZ-HUGH 120523  
 Rev 2: P Cole 30/06/23 Dimensions must be measured at 100% size only  
 Rev 3: L.Lightfoot 28/09/23 Barcode is shown as guide for position only and not for reproduction.  
 Rev 4: L.Lightfoot 10/10/23  
 Rev 5: Fonts are either supplied outlined, or as live text but without the corresponding font due to licensing laws.  
 Rev 6:  
 Rev 7:  
 Rev 8:

#### SPECIAL INFO

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