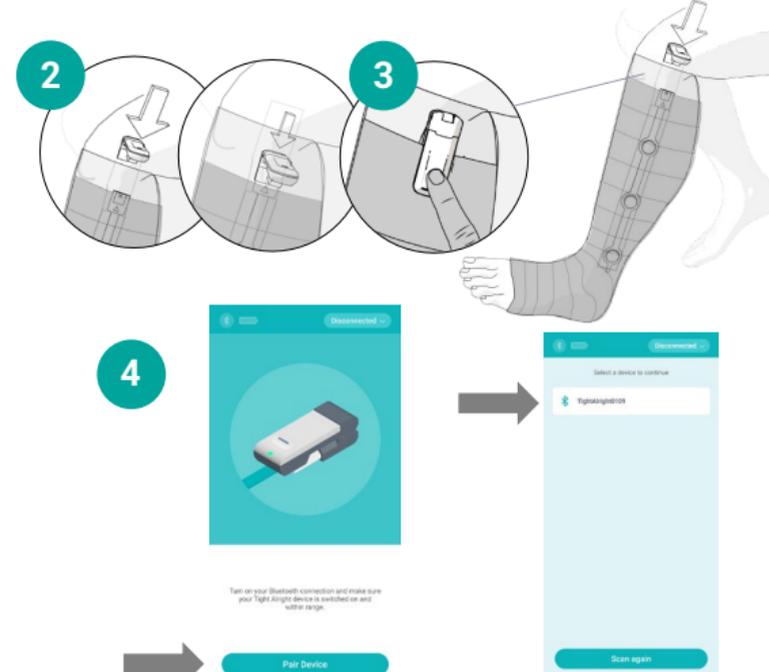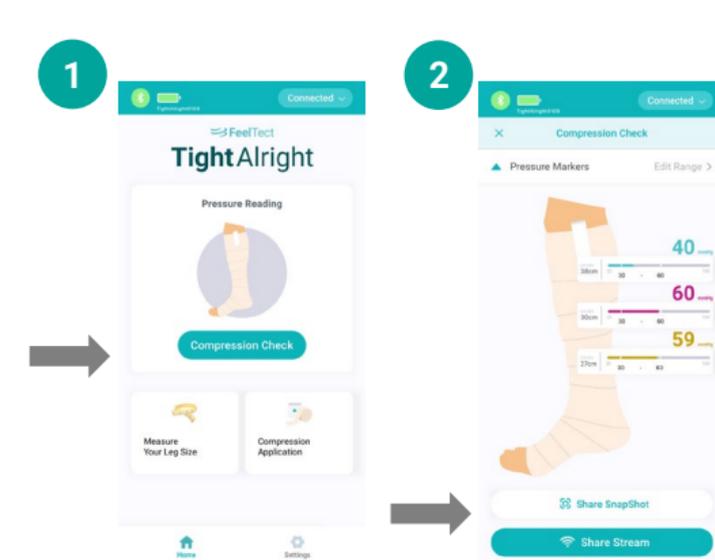## 1: START: CONNECT. POWER. PAIR.
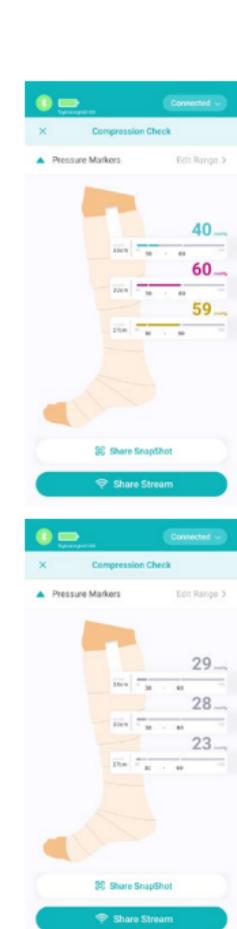

1. Start "Tight Alright" app
2. Connect Transmitter to Sensing Arm
3. Press button to power Transmitter
4. Pair Transmitter with app

2: CHECK & SHARE PRESSURES

1. Access "Compression Check" tab
2. Select "Share Snapshot" and follow app prompts to "Send Snapshot" of existing pressures

3: ARE PRESSURES IN RANGE?

If pressures are in range:
Pressure bars and numbers are shown in **colour**
→ Go to **STEP 6**

If pressures are NOT in range:
Pressure bars and numbers are shown in **grey**
Click back arrow in top left corner of app to return to "Home" screen
→ Go to **STEP 4**
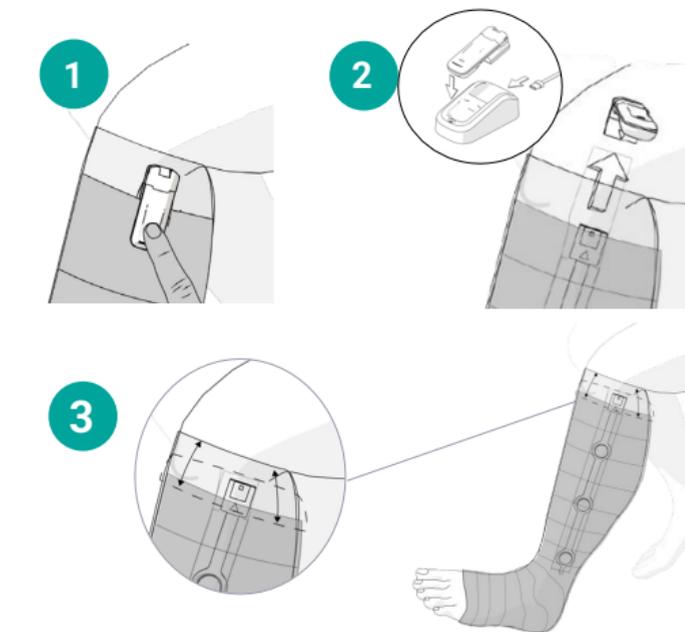
4: APPLY A TOP-UP BANDAGE
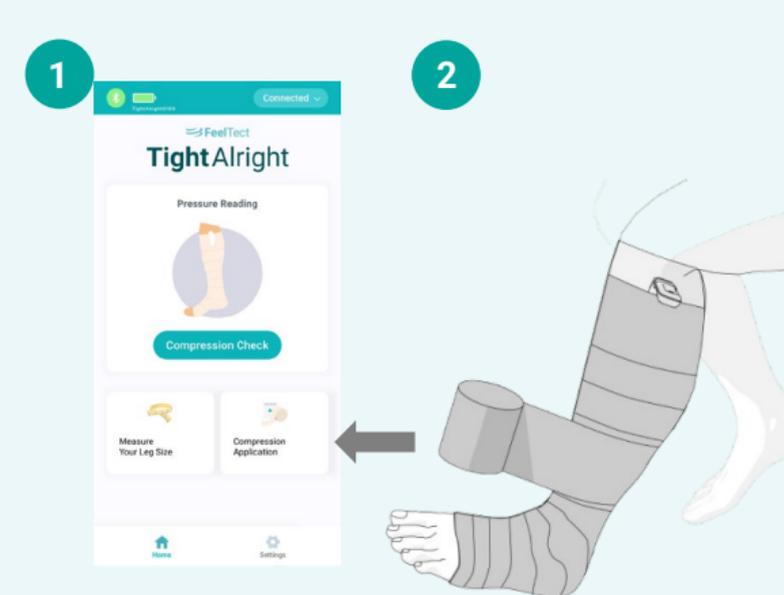
1. Access "Compression Application" tab
2. **Apply a top-up compression bandage. See overleaf for detailed guide (STEP 4.1-4.5)**

5: CHECK & SHARE NEW PRESSURES

1. Check pressures are all in range (numbers shown in **colour**), adjust bandage if needed
2. Select "Share Snapshot" and follow prompts to "Send Snapshot"

6: TURN OFF. CHARGE. FOLD DOWN.

1. Press button to turn off Transmitter
2. Disconnect Transmitter and place on Charging unit
3. Fold stockinette over Sensing Arm connector
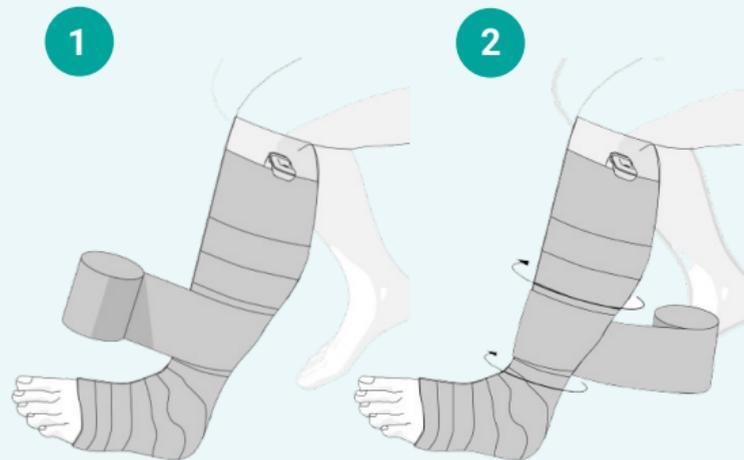
FeelTect
Tight Alright

Guide for application of top-up compression therapy

4.1: LOCATE THE SENSORS

1. Feel for the three sensors underneath the bandage
2. You should see pressure bars on app changing when you press the sensors

4.2: SECURE THE BASE

1. Start the bandage at the ankle area (bottom sensor)
2. Complete a full loop around the leg, securing the bandage start point
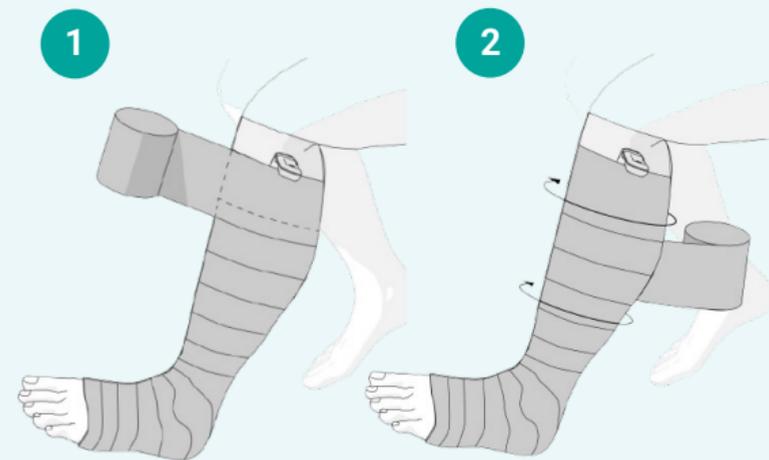
4.3: ADJUST PRESSURE

Watch the pressure bars as you apply the bandage, taking note of bandage tension and overlap

→ **More Pressure:** increase bandage tension and/or overlap of layers
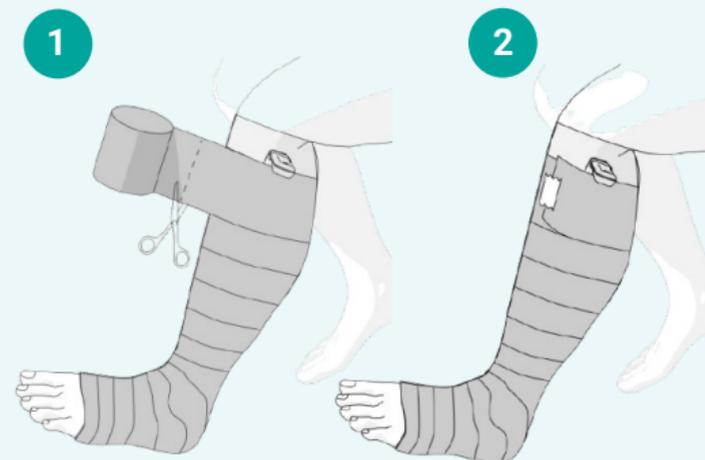→ **Less Pressure:** decrease bandage tension and/or overlap of layers

Ensure pressure is within range for each sensor (numbers shown in **colour**)

4.4: SPIRAL APPLICATION

1. Continue wrapping the bandage in a spiral motion up the leg
2. Ensure that all the spirals overlap (adjust for pressure), to prevent gaps in the top-up layer

4.5: FINISH & SECURE

1. When the Transmitter is reached, cut the excess top-up bandage
2. Secure the end of the top-up bandage with tape to keep it in place
3. Continue with **STEP 5-6 overleaf**