

HOW TO USE PRESSURE

A HANDHELD DEVICE FOR AT-HOME BREAST HEALTH MONITORING

Step 1

Prepare Your Device

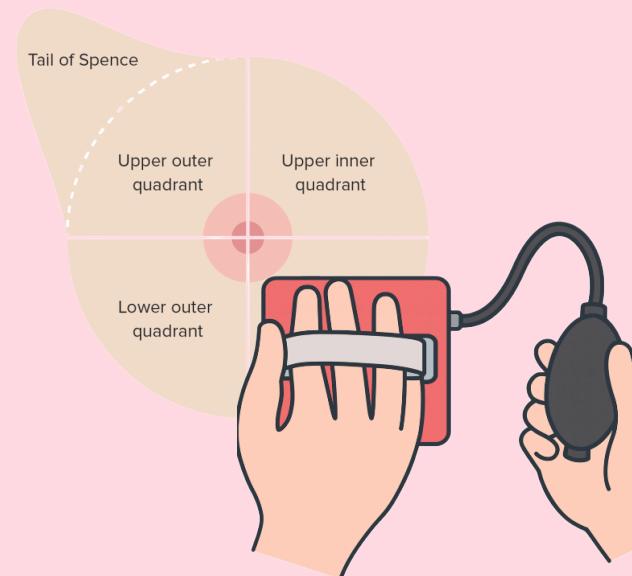
Fully deflate the air bladder and make sure the pump and tubing are connected. Make sure the silicone outer layer is clean.



Step 2

Place on the Breast Quadrant

Place the device flat against the breast quadrant you're measuring. Make sure your skin is bare, dry, and free of oils.



Step 3

Baseline the Sensor

Press gently or lift slightly until the device sits evenly on the skin. Hold steady while the baseline stabilizes.



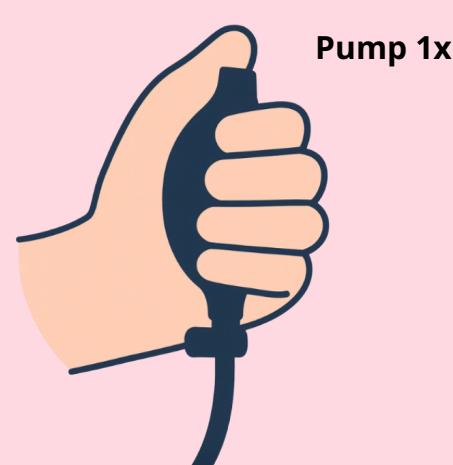
Ensure even contact with the skin.



Step 4

Pump Once and Hold Steady

Hold the device steady and squeeze the pump one time to apply controlled compression. Do not pump multiple times.



Step 5

Deflate & Move On

Press and hold the deflate button for 3 seconds to release pressure. Move to the next quadrant and repeat the process.

