

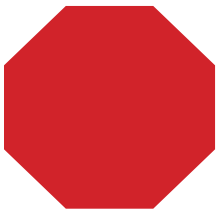
# Men'sLiberty™

## Male External Catheter

Men's Liberty™ is a one-size-fits-most male external urinary incontinence

## INSTRUCTIONS FOR USE

### Plus FAQs and Tips



There is a learning curve associated with Men's Liberty. We suggest that you set up a phone call with the:

**Product Support Line: (888) 920-9363** (Hours: M-F, 9:00am-5:00pm EST) and familiarize yourself with the application video at [www.MensLiberty.com](http://www.MensLiberty.com) to ensure the best possible experience.

**!** Familiarize yourself with the products to the right and review the entire application instructions before applying.

### What's included with each Men's Liberty Unit:

#### 1 Preparation

BioPlus+™ Prep Wipe

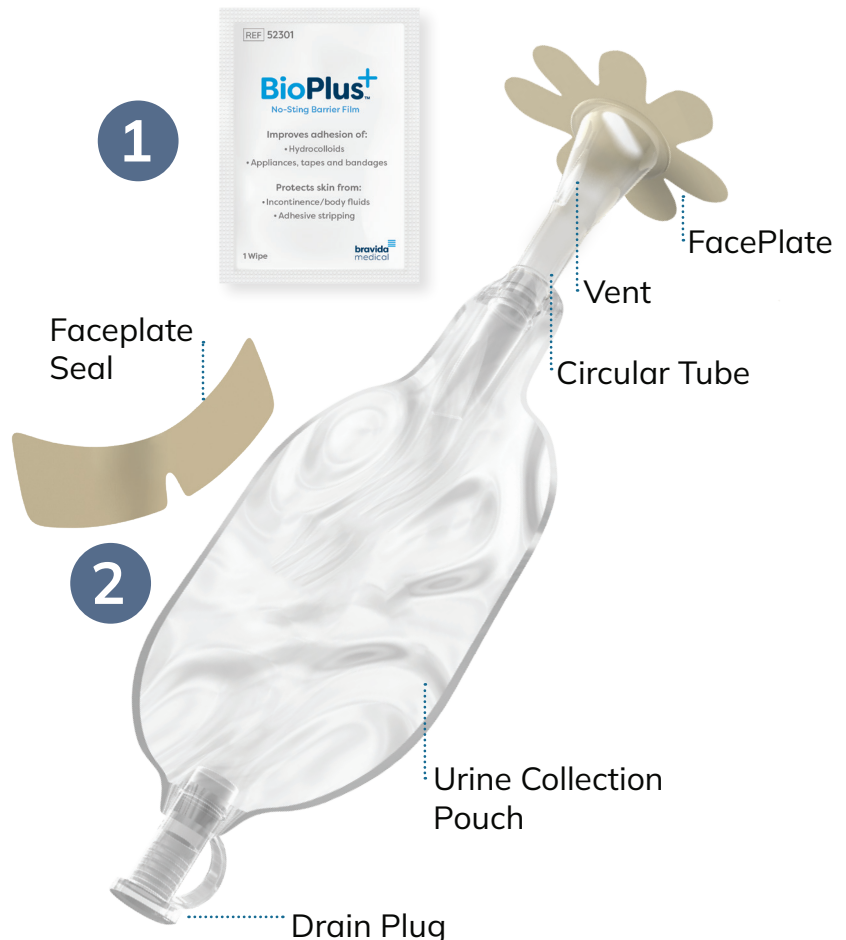
#### 2 Application

Urinary Collection Pouch and Faceplate Seal



#### While Using Men's Liberty:

Make sure you have a non-moisturizing bar soap like Ivory or Gold Dial at home - **do not use liquid soap.**



# ! Your First Few Days

As a result of using diapers or condom catheters, your skin may have a lot of moisture. Men's Liberty will soak up extra moisture until your skin returns to a normal balance. It can take up to three consecutive applications for you to get a full 24-hour wear time. Always reapply another Men's Liberty right away if one falls off. We suggest that first time users stay home the first 24 hours to ensure that Men's Liberty is applied correctly and no leaks occur. It may take up to a full week of wear-time until you are comfortable wearing Men's Liberty.

## Optional Leak Prevention KindKlamp™ Penile Clamp

Consider using a KindKlamp if you think you may experience leaking during application, you are uncircumcised or have retraction.

Call (800) 814-3174  
to place an order.



## For Easy Removal FreeDerm® Adhesive Remover

FreeDerm Adhesive Remover is formulated to remove hydrocolloid adhesive quickly and without leaving an oily residue.

Call (800) 814-3174  
to place an order.



We recommend you change the Men's Liberty once a day. Do not wear for more than 24 hours without applying a new unit.

Some men prefer to wear a leg strap, leg band or boxer briefs over the bag to help secure it to their leg.

Using Men's Liberty with a diaper or other absorbent products may increase your risk of skin irritation or infection. If redness or irritation occurs, discontinue use and consult your healthcare professional.

Any serious incident while using the device should be reported to the manufacturer and competent authority.

### Contraindications:

#### Absolute

(When the product should not be used at all)

- Demonstrated sensitivity to hydrocolloid (rare)
- Anatomic abnormality (severe acquired hypospadias, urethral fistula, penile shaft erosions)
- Cannot retract foreskin to expose head

#### Relative

(When the product can be used after healing)

- Unhealed wound at application site (wait to heal)
- Active rash at application site (wait to heal)
- Active inflammation or infection of the glans, prepuce or urethra (wait to heal)
- Purulent or bloody urethral discharge (wait to heal)

# INSTRUCTIONS FOR USE



If you have any questions, call the Product Support Line and we will walk you through each step of your first application.

**Product Support Line: (888) 920-9363**    **Hours: Mon-Fri, 9:00 am-5:00 pm EST**

## 1. Wash & Dry

Keep foreskin back completely throughout application. Begin by washing the head of the penis with a non-moisturizing bar soap like Ivory® or Gold Dial®.

Dry thoroughly with a cotton or paper towel. **Make sure to dry the area thoroughly.** Use the KindKlamp at this point to prevent leaking during application.



## 2. Wipe & Dry

Wipe the head of the penis with BioPlus+™ wipe. Allow 30 seconds to 1 minute for the area to dry completely. Ensure the skin is dry all around and no longer tacky.



## 3. Positioning & Application

Position Men's Liberty with the vent facing up, as indicated by the printed "UP" on the Faceplate release paper. Align the center opening of the circular tube and petals with your urinary opening (meatus). Remove release papers around the petals and attach the Faceplate to the tip of the penis with the center opening directly in line with the urinary opening. Smooth down petals.



**For Overnight Use** Unplug the bottom of the Men's Liberty pouch and connect your bedside bag. Hang the bedside bag from your bed frame. Keep below the bladder or bed to ensure drainage. Do not twist or kink the tube. Suggested use for bedside is two weeks with proper cleaning. Visit [www.MensLiberty.com](http://www.MensLiberty.com) or call **1-800-814-3174** to order.



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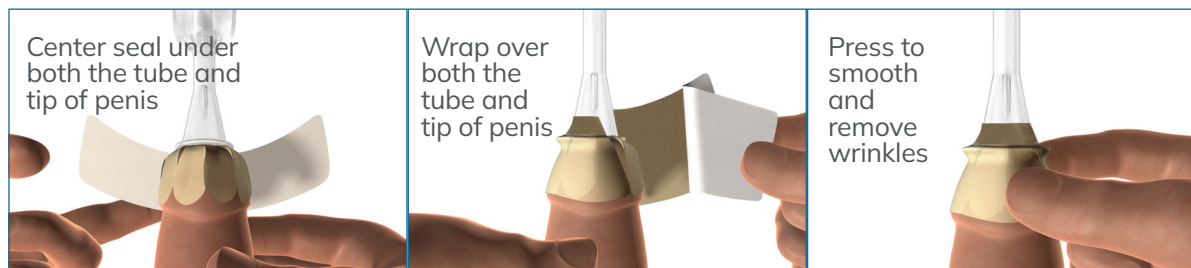


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## 4. Secure & Seal

Position the Faceplate Seal under the tip of the penis and center in the middle. Faceplate Seal should cover the Faceplate petals and the base of the circular tube. Wrap the seal around each side, making sure it is flat and wrinkle free. Use your fingers to push the ridges and grooves so there are no air pockets. Press and hold for 10-15 seconds to secure the seal. Allow the foreskin to fall back to its natural position.



For sanitary reasons



replace every 24 hours

## 5. Removal

Men's Liberty can be removed by soaking the seal with warm water or a wet washcloth until it is milky white and rolls gently from the skin. FreeDerm® is recommended to remove Men's Liberty.

**TO USE:** Spray the edge of the adhesive, lifting gently from the skin as you go. Continue to spray under the adhesive until completely removed. **Never pull or tear from the skin.**



❗ **Product is not reusable and could cause product malfunction or risk of infection if reused. Once removed, dispose of in a trash can.**

**Don't Run Out!** Call your distributor to place a re-order when you have 10 units or less.



**Extra Capacity** If you are excessively emptying the collection pouch each day, consider trying a leg bag for extra capacity. Suggested use for leg bag is two weeks with proper cleaning. Visit [www.MensLiberty.com](http://www.MensLiberty.com) or call 1-800-814-3174 to order

# Frequently Asked Questions

If you have any questions, call the Product Support Line: 1-888-920-9363 (M-F 9am-5pm EST)

## **I received my Men's Liberty supplies today. When should I start using them?**

Start on a day that you are going to be home. Men's Liberty has a "learning curve", and you may go through 3 applications the first day. Before getting started, make sure that you wash the groin area with a non-moisturizing bar of soap. We recommend Ivory or Gold Bar Dial bar soap. Do not use liquid soaps. We recommend you watch the application video at <https://www.mensliberty.com/our-solution/how-to-use/> before your first application.

## **What is the Men's Liberty Learning Curve?**

A short wear time for the first application is normal. It generally takes 2 to 3 applications the first day to build up to a 24-hour wear time. As soon as the first one comes loose, apply a new one immediately. Do not switch to a diaper or pad otherwise you will not be able to build up the wear time.

Moisture trapped in the skin by condom catheters, diapers, and pads interferes with Men's Liberty's seal and limits wear times of initial applications.

## **Where does the Men's Liberty bag go?**

The Men's Liberty urine collection pouch needs to lay flat against the inside of one leg and placed below the anatomy to ensure proper flow of urine away from the body. Do not tuck the bag inside tight-fitting underwear as this may cause the bag to fold or kink blocking urine flow.

## **What type of underwear should I use?**

Make sure Men's Liberty is worn under loose fitting boxers or shorts. Do not use restrictive or absorbent underwear with Men's Liberty.

## **How often should I empty the Men's Liberty bag?**

The Men's Liberty bag holds 8 oz of fluid and should be emptied when it's about 2/3 full. You do not want to over fill the bag, or it may back up and cause leaks.

Men's Liberty can be connected to any standard leg or bed side urine collection bag for additional capacity.

## **How do I remove Men's Liberty?**

Men's Liberty can be removed using warm non-moisturizing, soapy water or FreeDerm adhesive remover. A courtesy spray bottle comes with each order of a month or 3-month supply. FreeDerm is recommended as it releases the Men's Liberty hydrocolloid adhesive, is skin friendly, and leaves no residue.

Be sure to never pull or tear Men's Liberty off the skin. Roll the adhesive off when it turns a milky white from using adhesive remover or warm water.

Any time the Men's Liberty separates from the skin or is removed, use FreeDerm adhesive remover to avoid a build-up of hydrocolloid adhesive on the skin.

Always wash and dry the anatomy with non-moisturizing soap before the next application.

It can sometimes take up to 15 minutes to remove the adhesive, so patience is important.

## **I am not circumcised. Can I wear Men's Liberty?**

Uncircumcised men may use Men's Liberty if they can retract the foreskin to expose the head of the penis. Use the KindKlamp, penile clamp, to hold the foreskin back during application. If you cannot retract the foreskin, we do not recommend attaching Men's Liberty over the foreskin without consulting your physician.

## **I can't get my foreskin back to the natural resting position. What can I do?**

You may use a small amount of Vaseline or some other kind of lubricant on top of the adhesive to help ease it back to the natural resting position.

## **My Men's Liberty doesn't stay on as long as it should. What should I do?**

Always wash the anatomy with non-moisturizing soap such as Ivory or Gold Bar Dial. Do not use liquid soaps as they contain moisturizers and will reduce adhesion or keep Men's Liberty from sealing to your skin.

Apply Men's Liberty to clean, dry skin. Men's Liberty will not seal to your skin if it is damp.

Allow the BioPlus+ Barrier wipe to completely dry before applying Men's Liberty. BioPlus+ feels sticky on the skin when it is wet. You will know the BioPlus+ has dried completely when it is no longer sticky.

Do not use other incontinence products at the same time with Men's Liberty such as absorbent products like diapers and pads. These trap in moisture which will interfere with Men's Liberty's seal, shortening your wear time.



# Frequently Asked Questions Continued

If you have any questions, call the Product Support Line: 1-888-920-9363 (M-F 9am-5pm EST)

## I used to get 24 hours of wear time but now am experiencing a reduction of wear time. What could be happening?

- Glans of the penis is not completely clean and free of oils/wax/soap residue
- Use of a soap that contains moisturizers/lotions
- Glans not completely dry after washing or applying the BioPlus+ Barrier wipe
- Change in caregivers who may not be trained in proper application
- Buildup of hydrocolloid adhesive residue – This can be removed with FreeDerm or another adhesive remover.
- Using other incontinence products – Men's Liberty is designed to be used continually and using diapers or pads will shorten wear time by introducing excess skin moisture.
- Change in health such as reduced dexterity, skin irritations, new medications, etc.
- Bag filling with urine not being emptied frequently – You may need a leg bag for extra capacity.

## What is hydrocolloid build-up?

The Men's Liberty uses a gentle and moveable adhesive called hydrocolloid. If not removed properly with FreeDerm, adhesive remover, or warm soapy water, small amounts of the adhesive can create a build-up layer on the skin even if you can't see it.

Periodically, you can soak the tip of the anatomy with FreeDerm and wrap a warm wet washcloth around the head to break up and hydrocolloid adhesive build-up. Long-time users should try this method to break up adhesive build-up if they are having a reduction of wear time or leaking at the adhesive.

## I have leaking at the adhesive. What should I do?

Try to remove any hydrocolloid adhesive build-up (mentioned above).

You may want to try applying Men's Liberty in the early morning because your body may hold less moisture.

Make sure to allow the BioPlus+ wipe to dry completely.

You can try laying down when applying or utilizing the KindKlamp, penile clamp, to reduce or temporarily stop the amount of urine that leaks when applying Men's Liberty.

Check that the faceplate (petals) is aligned properly with the urinary opening of the penis. You may need to use the KindKlamp, penile clamp, to temporarily stop the flow of urine during application.

Check that the faceplate seal is applied correctly by first applying at the groove at the underside of the penis prior to wrapping around the tip. Apply the faceplate seal so that it overlaps the faceplate "petals" and a little bit of the plastic tube housing. Make sure you are allowing the adhesive to naturally wrap around the head of the penis, so it is flat and wrinkle free without stretching the adhesive. If the faceplate seal does not wrap all the way around, you may need an additional faceplate seal to keep the product on and make a complete seal.

Ensure that the Men's Liberty is positioned below the anatomy to allow for flow of urine away from the body and with gravity. Ensure that a leg or bedside urine collection bag is positioned below the bladder.

## I have allergies. Can I wear Men's Liberty?

If you have an allergy or sensitivity to adhesives and tapes, we recommend doing a skin test before using Men's Liberty. Cut a small piece of the hydrocolloid adhesive faceplate seal and place it on the inside of your forearm just below the elbow. If after about 3 or 4 hours there is no sign of irritation, you should be able to use the product.

If you do experience irritation stop using Men's Liberty, wait to heal before applying another, and you can call the Men's Liberty Product Support Line for further help. 1-888-920-9363 (M – F, 9am – 5pm EST)

## The BioPlus+ Barrier Wipe says "no sting" but it burns when I apply. Is something wrong?

Some men may experience a slight stinging when using the BioPlus+, however this sensation generally goes away once it dries. If the stinging sensation continues, stop use of the BioPlus+, wait to heal before using again, and you can call the Men's Liberty Product Support Line for further help. 1-888-920-9363 (M – F, 9am – 5pm EST)

Try the allergy test mentioned above with and without BioPlus+. Men's Liberty can be used without the BioPlus+.

## I had some irritation after removing Men's Liberty. What can I do?

You may have applied the adhesive faceplate seal too tightly during application or are experiencing a vacuum effect when draining. Do not stretch or pull the adhesive tight around the head of the penis. You can also try to separate the layers of the urine collection bag(s) to allow some air into the bag and reduce suction. Do not block the Men's Liberty's microvent with restrictive underwear or diapers. When connecting to another urine collection bag, it is recommended to use a vented bag.

Make sure the Men's Liberty is positioned lower than the anatomy to allow proper flow of urine with gravity.

Do not pull or tug on the adhesive when removing. Allow warm water or FreeDerm to loosen the adhesive so it can be gently rolled off the skin.



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NOT MADE WITH NATURAL RUBBER LATEX

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