

## Client Health Education Resource

### The geko wound therapy device

#### General Information about the Device and the Therapy

The geko wound therapy device is used by clients who have poor blood flow in their lower legs, especially those who have swelling (pooling of fluid) in their lower legs. The device is also used to help heal wounds that occur when there is swelling in the legs.

The device provides electrical stimulation therapy to the major nerve of the lower leg which causes the muscle of the calf to contract. This contraction improves the flow of blood down to the foot and then back up to the heart. Improving the blood flow causes a decrease in the swelling. Depending upon the amount of swelling in the leg, it may take a few weeks before the swelling is seen to go down.

Where possible, the device should be worn with compression stockings. If compression stockings cannot be worn because of the swelling, then the device can be used on its own until the swelling goes down enough to allow stockings to be worn.

Your nurse will mark the spot on your lower leg, just below your knee, where the nerve is located. The dotted line on the device strap needs to be placed over this spot.

There are 10 therapy levels; you will know when you have selected the correct setting for you when your foot twitches upward and outward. When you change positions you may need to adjust the setting to ensure that your foot twitches and that the intensity is tolerable..

The device will automatically stop the therapy at the end of 12 hours. The therapy is most helpful when it has been on for 12 hours but the therapy can be stopped, if needed, for up to 3 hours. Note: If stopped longer than 3 hours, the device loses the remaining hours of therapy for that day.

Each kit provides therapy for 1 leg for 14 days. There are 7 devices; a device is to be worn for 12 hours per day, for 2 days, and then discarded. The devices can be recycled as electronic equipment waste. To see a decrease in swelling and wound healing, if a wound present, the therapy may take several weeks.



Do not wear the device while:

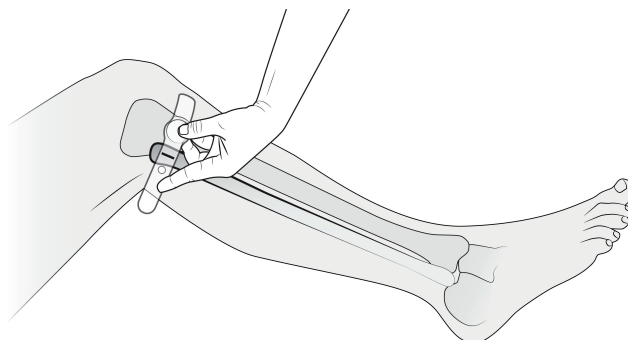
- Walking for a length of time.
- Driving a motorized vehicle or operating machinery.
- Showering or tub bathing.

Re-apply the device when such activities are finished.

## Instructions on How to Use the Device

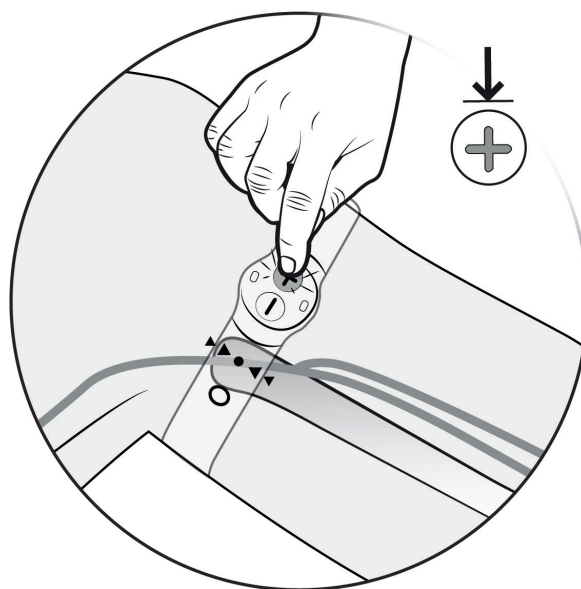
### 1. To apply the device

- Clean the area below the knee (front and back of the leg). Pat dry. Do not apply any skin care lotion or moisturizer to the area.
- Find the location mark, just below your knee, that the nurse has drawn. The dotted line on the device strap is to be placed over this mark.
- The white end goes behind your knee; the blue end goes to the front of your knee. When applied correctly the word 'geko' will be just below the knee.
- There is an adhesive strip in the kit; if needed, apply the strip over the entire device to help hold it in place.



### 2. To turn the therapy ON/OFF

- To turn the therapy on, press the '+' button.
- The device will automatically stopped at the end of its 12 hours. If you need to stop the device; press and hold down either the + or - button until the light stops flashing.

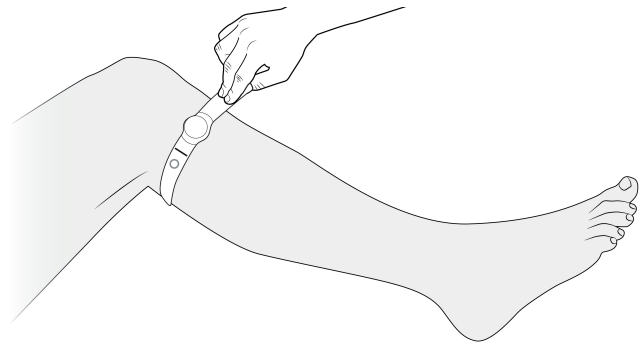


### 3. To choose the best therapy setting

- Set the therapy setting when you are sitting.
- There are 10 therapy settings, indicated by the number of flashes of the green lights:
  - o Press the '+' button to increase the therapy setting. Stop when your foot begins to twitch (move slightly upwards and outwards). The therapy should be tolerable while your foot is twitching.
  - o Press the '-' button to reduce the therapy setting, if needed.

4. To remove the device

- Loosen the end of one of the straps and slowly peel back the device or adhesive strip.
- To prevent skin damage, do not pull/rip the device or adhesive strip off.



### Managing the Therapy

If this is the first day of using a 2-day device, when the device is removed, store it on its backing card. Your skin needs to 'rest' for at least 6 hours before the device can be used again.

The next day, reapply the device for the second treatment (as above). At the end of Day 2, this device is finished. The device can be recycled as electronic equipment waste.

Start with a new device for your next day of therapy. Use all 7 devices in the kit for the 2 weeks of therapy.

Note the time on the geko wound therapy record when each therapy session is started and stopped, as well as, the therapy setting (1-10) you have chosen.



Making better  
decisions together  
with patients  
and families

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