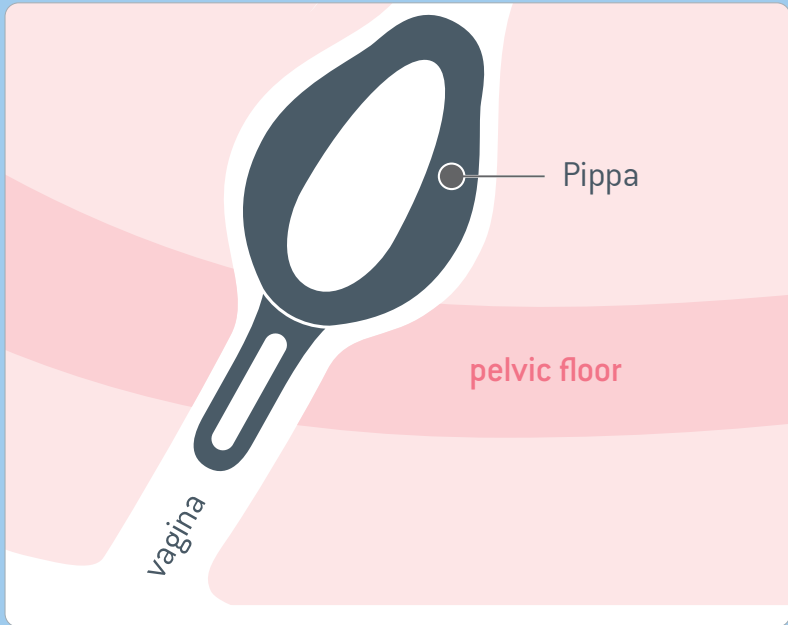


About Pippa



The Pippa Resistance Spring is worn in the vagina to boost a healthy user’s pelvic floor fitness during exercise.

When to wear

Wear the Pippa Resistance Spring during exercise.

What counts as exercise? Almost any physical movement that you sustain for some time will count.

For example:

- Practicing yoga or pilates
- Going for a short jog or long run
- Taking a cardio class at the gym
- Weight lifting or strength training
- Training to compete in a sport
- Taking a short walk or long hike
- Lifting, stacking, hauling boxes
- Gardening, vacuuming, mopping
- Dancing the night away!
- During pelvic floor muscle training (aka: kegel exercise)

To ensure that Pippa will be useful and comfortable for you, please consult a doctor if you...

- Have painful vaginal intercourse
- Have pain with tampon insertion
- Struggle to retain a vaginal insert

What to expect

Expect to see an increase in odorless vaginal discharge, ranging from yellowish to white and from runny to lumpy. (Seek medical advice if the discharge smells badly and/or is accompanied by a fever.)

Initial discomfort, mild cramping, and light spotting are also not uncommon, but typically resolve over the first few weeks. Any time the product bothers you, simply remove it.

Pippa Resistance Spring users have also reported unintended repositioning during exercise use, such as:

- Slipping down or out
- Twisting around

To prevent repositioning, use the largest comfortable Spring and insert as far inside as possible.

Safety tips

May be worn for up to 23 hours.

Be sure to clean it after every use.

Keep away from pets and children.

Never store loose in a cloth pouch.

Do not use if you have abnormal vaginal bleeding or signs of an active vaginal infection, including fever, pain, itching or smelly discharge.

Do not wear a Spring more than 92 days in total. Keep track and replace as instructed.

Wait 3 months (or get sign-off from a physician) prior to use after childbirth, gynecological surgery, or any form of pregnancy termination, including miscarriage.

Please note: this leaflet does not purport to offer medical advice. If you have any concerns or physical ailment, consult a physician prior to trying the Pippa Resistance Spring.

Important note

Toxic Shock Syndrome (TSS) is an acute-onset illness that can prove fatal. It is caused by toxin-producing bacteria. Although the risk of TSS is closely associated with the use of menstrual tampons, it can occur in anyone. So it is important to know the signs.

Toxic Shock Syndrome can progress rapidly from flu-like symptoms to organ failure. Any delay to seek treatment can be deadly.

Warning signs comprise a sudden high fever (102 °F or higher) and vomiting, diarrhea, fainting or near fainting when standing up, dizziness, or a rash that looks like a sunburn. If these or other signs of TSS appear, and you are wearing a Pippa Resistance Spring, remove it and immediately seek medical attention.

No connection between Pippa Resistance Spring use and TSS has been observed in laboratory tests or reported by users. However, data collected to date is insufficient to definitively quantify the risk of TSS, if any, with Pippa Resistance Spring use.

Pippa Resistance Spring FAQs

What is it made of?
A premium, high-purity, biomedical silicone used for medical implants.

Has it been safety tested?
Yes. It has passed many rigorous tests of durability, performance, purity, and cleanability.

What if I leave it in by accident?
Don't worry. Because it is so comfy, we tested it for all-day, every day use—just in case.

Can I use it while wearing an IUD?
Yes. It will not interfere with the IUD function, but one must take care not to inadvertently pull the IUD string.

Can I use it while pregnant?
Generally, yes. Ask your healthcare provider if you have any concerns.

Can it be used during my period?
Yes, but not at the same time as a menstrual cup or tampon.

Can I share it with someone else?
Absolutely not. One user per Spring.

Can I use it after a hysterectomy?
Yes. It may improve your comfort.

Can I use it with a low cervix?
Yes. Start with the larger Spring.

Can it get lost inside of me?
No. It will always be within reach.

Can it slip out?
Yes. If it is too small for you, it may slip out during vigorous movement.

Do I have to take it out to pee?
No. If it is positioned correctly, you will be able to pee normally.

Can I leave it in during sex?
No. It should be removed prior to any form of vaginal penetration.

Can I do kegels with it in?
Yes. You can wear it during pelvic floor muscle training if you like.

What if it feels noticeable?
It may be positioned too low in the vagina. Try re-inserting it.

Why not clean it in the dishwasher?
This is an unwise choice that may result in damaging the silicone and/or contaminating the Spring with food and detergent residue.

Should I boil it?
No. It does not need to be boiled, and boiling will not extend its useful life. Please follow all cleaning instructions below.

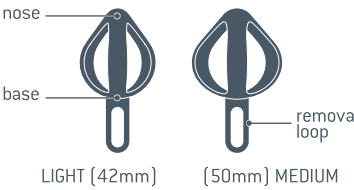
What if my pet gets ahold of it?
Protect your pet and yourself by quickly removing it from your pet's custody, disposing of it in the trash, and ordering a replacement.

Is discharge a sign of infection?
It depends. Smelly discharge with a fever may indicate an infection. But odorless discharge is natural, normal, and harmless.

Product design

The Pippa Resistance Spring was invented, designed, and tested by women to ensure optimal ease of use and physical comfort.

SPRING DESIGN



Pippa Resistance Springs are made of soft, flexible, high-purity, biomedical silicone.

APPLICATOR DESIGN



The Pippa Applicator is made of high quality polypropylene.

Basic instructions

Carefully follow the use and care processes that are explained and illustrated here, including preparation, assembly, fitting, removal, daily cleaning, and timely replacement.

Never skip the washing of your hands or the cleaning of the product. Safe handling enables the intended use life of the product.

To enjoy the benefits of the Pippa Resistance Spring, put it in before exercise and remove it afterwards (Don't worry if you forget to take it out right away. Just be sure to remove and clean it at least once daily.)

You should not feel the Pippa Resistance Spring during use. Try each size to see which fits best. If insertion is uncomfortable, use a water-based lubricant to protect sensitive vaginal tissue.

Product use life

Plan to replace your Pippa Resistance Spring after three months of daily use, or 92 intermittent use days. Your kit includes a simple use tracking card for your convenience.



You may notice a shift in the color of the Pippa Resistance Spring over time. This is a harmless change. However, it often signals the passing of time and the possible need to replace the product with a new one.

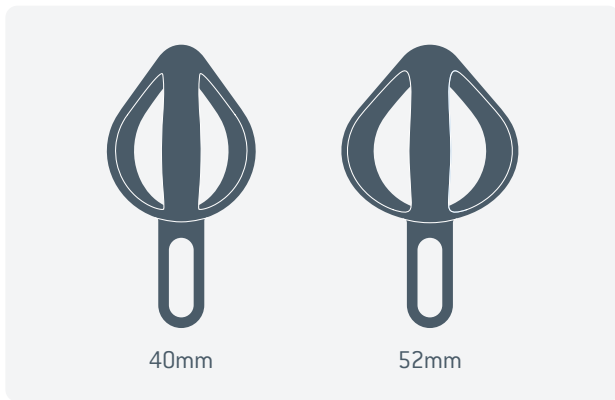
Replace the Pippa Resistance Spring earlier if it shows any of these signs of damage:

- It smells bad
- It looks heavily stained
- The surface looks powdery or flaky
- The surface feels grainy or sticky
- You observe tears or cracks

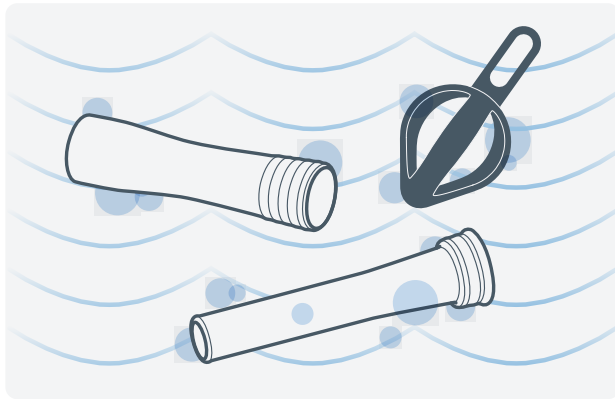
1 Preparation



- **Wash Hands** Use soap and water.



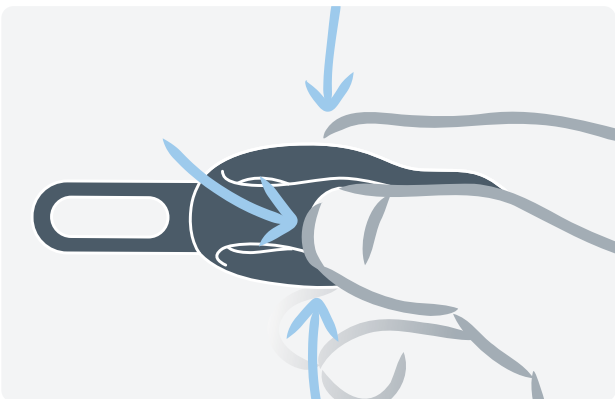
- **Choose Spring** If your kit includes two Springs, you may use either one. Many women prefer to start with the smaller one. Try them both to compare personal comfort and preference.



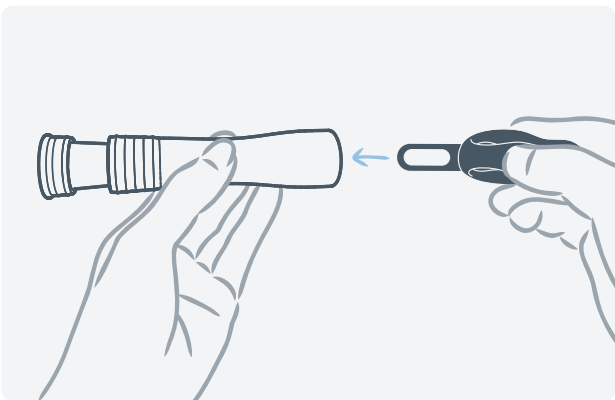
- **Wash Spring and Applicator** Use a water-based cleanser. Rinse well. Air dry or pat dry with clean towel.

- Wash your hands before product use
- Clean springs and applicator thoroughly after every use
- Air dry on a clean surface, away from pets and children
- Never store loose in a cloth pouch

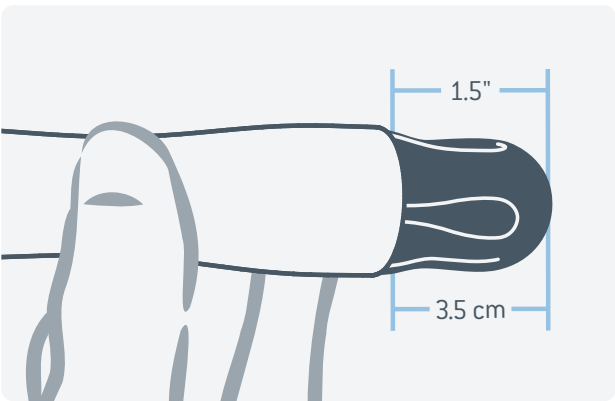
2 Assembly



- **Squeeze the Spring** It will fit into the Applicator.

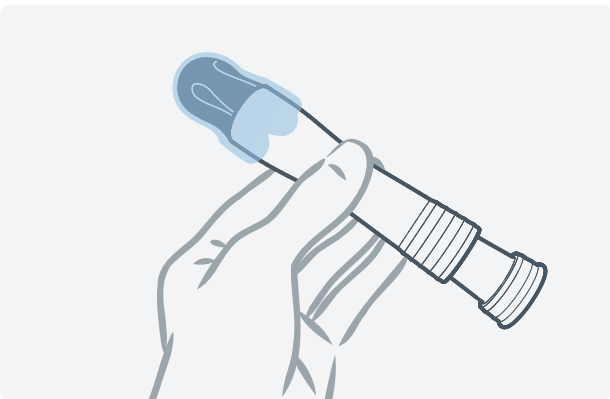


- **Load Spring** Load the squeezed Pippa Resistance Spring into the smooth cup end of the holder, loop first.



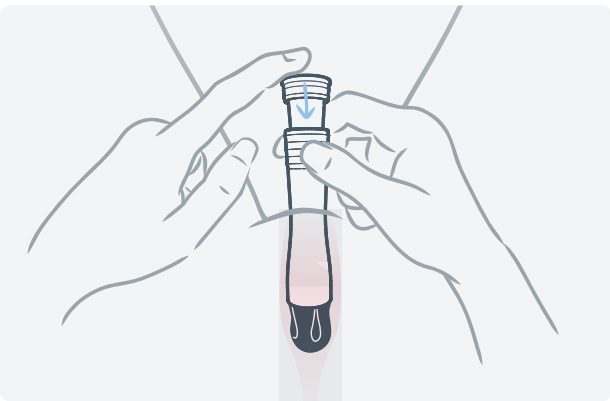
- **Check Spring** To maximize comfort and easy release, make sure the Spring nose sticks out from the Applicator by about 1.5 inches (3.5 cm).

3 Fitting



- **Apply Lubricant** **Optional** Coat the Spring and Applicator with water-based personal lubricant.

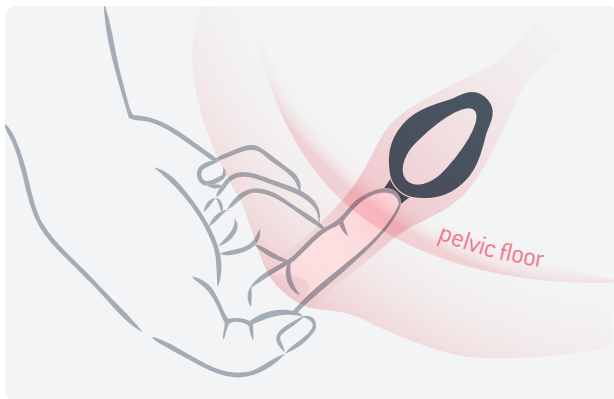
- **Get Comfortable** Lie down with knees bent or stand with one foot up. Relax your pelvic floor muscles.



- **Insert Pippa** Grip the Spring holder at the rim, between the forefinger and thumb.

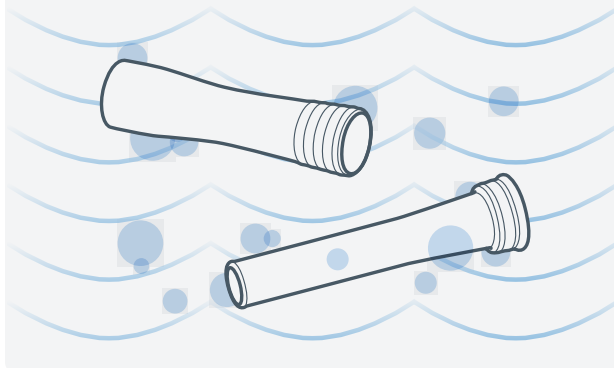
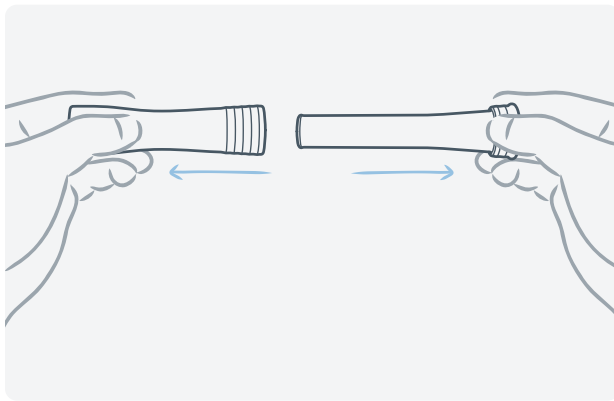
Gently slide the Spring into the vagina as you would a tampon. Push until the Applicator has gone in as far as it can. Your fingers may touch your body.

Then, using a forefinger, press the pusher to release the Pippa Resistance Spring from the Applicator and into position.



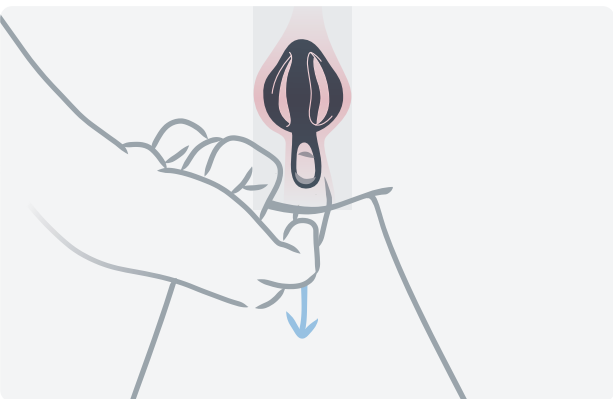
- **Confirm Fit** When properly placed, the Pippa Resistance Spring will sit above the pelvic floor. Indications of fit:

- The loop will not stick out of the vagina
- You will not feel the spring during use
- You will be able to pee normally
- It will not slip out



- **Wash Applicator** Pull apart Applicator. Wash both Applicator parts with water-based cleanser. Rinse well. Inspect inside and out for visible soil. Repeat cleaning process if you see any more soil. Air dry.

4 Removal & Daily Cleaning



- **Wash Hands** Use soap and water.

- **Remove Pippa** Reaching into the vagina, locate the Spring by feel. Hook a finger through the removal loop and gently pull the Pippa Resistance Spring down and out. It is natural to find vaginal fluid on the Spring.



- **Wash Pippa** Rinse off any vaginal fluid. Clean with water-based cleanser. Clean all inner crevices. Inspect inside and out for visible soil. Repeat cleaning process if you see any more soil. Rinse well and air dry thoroughly.



- **Protect Pippa** Store in a clean, dry place at room temperature. Do not share your Pippa Resistance Spring with anyone else. Keep away from children, pets, and household chemicals.