

## Meet Brijjit® Force Tissue Modulating Bridge - Device Overview

- Brijjit devices adhere safely to your skin with a pressure sensitive medical-grade adhesive, offering a **gentle application**. They are non-invasive, painless, and unlike sutures or staples, they don't penetrate the skin.
- Your surgeon, a nurse or another staff member may apply Brijjit devices immediately post-op and/or during your first follow up visit. Either way is considered proper use of Brijjit devices.
- You should discuss **Brijjit Scar Therapy** (repeat application) with your doctor as he or she can answer any questions you may have about the healing process.

## Patient Post-Operative Guidelines

- **Showering** - You can shower 24 hours after Brijjit devices are applied or when your surgeon tells you it's ok.
- **Oils & Lotions** - Do not use oils or lotions around the Brijjit devices, as this may cause the adhesive to fail and the devices to fall off.
- **Compression Garments** - The use of compression garments or dressings over the top of the Brijjit devices are ok to use at the direction of your surgeon.
- **Longevity** - Brijjit devices typically last 10 days or longer, though duration may vary by incision site/ area of the body. For optimal results, keep them on until they naturally detach, as secure adhesion ensures continued tension relief along the incision or scar.
  - **IMPORTANT:** No suture or staple removal is required. While Brijjit devices facilitate remote/telemedicine follow-up, as they do not need to be removed by a medical professional, it is **still IMPORTANT to ask your doctor before attempting to remove Brijjit**. Devices placed for wound closure should not be removed until sufficient wound strength is achieved such that removal will not create a risk of wound separation.
  - **Scar Therapy Support:** Brijjit devices can be reapplied routinely for longer-term support to continue tension reduction and improve final scar appearance. Ask your surgeon if Brijjit Scar Therapy is right for you.
- **Physical Therapy** - Brijjit devices facilitate the movement of joints and can be worn during most physical therapy appointments.
- **Ice** - Using ice over Brijjit devices is safe when following the prescribed icing protocol provided by a healthcare professional.
- **Skin Irritation** - Although very rare, contact your doctor or healthcare provider if you experience significant skin irritation, blistering, or a rash at the site of Brijjit device placement.

## Brijjit Scar Therapy (repeat applications) Guidelines

- BRIJ Medical recommends leaving Brijjit devices on the skin until they fall off. If Brijjit devices are adhered securely to the skin, they are still relieving the tension.
- Once the devices fall off (or are removed), new Brijjit devices can be applied for continued support of the immature scar. Wearing Brijjit devices for 8 weeks or more to Relieve the Tension® along your surgical incisions has been shown to reduce the scar area by 38%\*.
- If you are reapplying Brijjit at home, please use the QR codes below to watch the Patient Training Videos before applying. **Please note: the skin MUST BE DEGREASED using topical alcohol before Brijjit devices are applied to the skin.**
- Brijjit should be placed about 2-3mm apart from each other. The placement of the devices on the tray can be used as a guide as to how close they should be placed next to each other on the skin.
- Although we advise leaving Brijjit devices on until they naturally come off, there are occasions when removal is necessary. You can easily remove them by gently rolling with your thumb and index finger from the middle of the bridge/recess, parallel to the incision/scar. Avoid removing footpads individually from side to side, as this may make removal more difficult.
- Removing Brijjit devices will not hurt (it might pull some hair, if that is generally the most pain you should feel).

## More Patient Resources



### Patient Website

[www.brijmedical.com/patient-faqs-and-resources](http://www.brijmedical.com/patient-faqs-and-resources)

Learn more about tension relief and healing.



### How to Apply Brijjit

Scan to watch this video to learn how to reapply Brijjit at home.



### BRIJ Medical Vimeo Channel

Scan to watch surgeons applying Brijjit, Patient Testimonials, and more! .