

**INSTRUCTIONS  
USING THE BEDSORE FREE DEVICE  
MANUAL OPERATION  
WITHOUT CONTROL VALVES**

The **Bedsore Free Device** has been designed to be installed on top of the bed mattress. If a plastic protective cover is need on the mattress, then it needs to be installed prior to installing the **Bedsore Free Device**.

**A.**

1. When you remove the **Bedsore Free Device** from it's shipping box, you should notice that the top of the device has **BFD-??** at the top.
2. Lower down, near the center, you will find a hose connection connected to the **Center** chamber. This is the topside of the **Bedsore Free Device**.
3. Underneath the lower section of the **Bedsore Free Device** you will find four (4) more hose connections.
4. The **Bedsore Free Device** should be place as near center in the bed mattress as possible. Near the top edge of the **Bedsore Free Device** you should notice the sealed seam of the chambers. This is the location where the neck of the patient will lie. Take in account the width of the pillow at the top of the bed frame as to where the patient's neck will lay.

**B.**

1. The roll of 3/8-inch I.D. hose provided allows for five feet in length for each hose connection. Please realize each piece of hose attached to each hose connections on the **Bedsore Free Device** may need to be cut in different lengths to end up in the same area.
2. After placement of the device on the mattress, take the roll of hose provided and connect one end to the far left hose connection. Route the hose over, under or through the footboard where it is convenient to grabbed by hand without bending over to hold it. Cut the hose and label this hose **LE** (or **Left End**) [labeling can be done by permanent marker or by masking tape and ink pen].
3. While still under the **Bedsore Free Device**, connect an end of the remaining hose to the next hose connection to the right of the one that was just connected, route the hose as necessary. Cut the hose and label this hose **LS** (or **Left Side**).
4. While still under the **Bedsore Free Device**, connect an end the remaining hose to the right of the one that was just connected, route the hose as necessary. Cut the hose and label this hose **RS** (or **Right Side**).
5. While still under the **Bedsore Free Device**, connect an end the remaining hose to the right of the one that was just connected, route the hose as necessary. Cut the hose and label this hose **RE** (or **Right End**).
6. At the top of the **Bedsore Free Device** near the lower center you will find the last hose connection. Connect an end of the remaining hose to this hose connection, route the hose as necessary. Cut the hose and label this hose **C** (or **Center**).

### C.

1. Now that all hose connections are done, you are ready to secure the **Bedsore Free Device** to the bed mattress.
2. This can be done with the optional straps that are offered or it can be done with strong cord. The cord or strap will be placed through the grommet on the **Bedsore Free Device** and attached to the bed frame that the mattress is on.
3. On most medical beds, the frame that the mattress is on will move independently of the bed chase. This is why it is very important that the cord or strap should not be connected to a portion of the bed that can move away from the mattress.
4. The cord or strap should be secured as near to the grommet as possible. The correct operation of the **Bedsore Free Device** depends on the **Bedsore Free Device** being held down on the mattress.
5. It is very important that all grommets are secured to the bed frame. If any cord or strap becomes loose, it must be tightened before using the **Bedsore Free Device**. Not having one grommet secured will cause undue stress upon the grommets that are secure and may cause one or more grommets to be ripped from the **Bedsore Free Device**.

### D.

1. After the **Bedsore Free Device** is secured, the bottom sheet will be placed on the mattress.
2. Remember that all sheets need to be loose to allow the **Bedsore Free Device** to move the patient without having to pull unnecessarily pulling on a tucked sheet.
3. It has been found that ironing board cover elastic straps help in keeping the sheets straight. These elastic straps will allow the sheet to move when the **Bedsore Free Device** inflates then automatically pull the sheet back on the mattress during deflation of the **Bedsore Free Device**. Something to consider, but not necessarily needed for the operation of the **Bedsore Free Device**.

### E.

1. The bottom sheet now should have covered the **Bedsore Free Device** and all the hoses.
2. The mattress is now ready for the patient to be placed on the bed taking care of the hose connection at the lower center section of the mattress.
3. The patient's legs should straddle this connection and should not cause a problem.
4. Any sheet or blanket that is placed over the patient will need to be loose as to allow the **Bedsore Free Device** to work.

Before operating the **Bedsore Free Device**, you should understand how the **Bedsore Free Device** works so that you will get the best results when using it.

### F.

1. First, the **Bedsore Free Device** has five chambers that can be inflated separately.
2. Looking from the foot of the bed, on the left you have the **Left End (LE)** chamber and on the right you have the **Right End (RE)** chamber.

3. One of these **End** chambers should be partially inflated to be used as a bumper when the patient is turn in that direction.
4. It is very important that the **End** chamber is partially inflated before using a **Side** chamber to move the patient. When the patient is moved to his/her side, the **End** chambers gives support to the frontal area of the patient after he/she has completely turn on their side.
5. This also helps prevent the patient from continuing to move on their face or off the bed that has no bed rails. **NOTICE**-filling the **End** chambers too much will prevent the patient from completing the turn to their side.
6. These **End** chambers are also used to turn the patient from his side to his/her back. By inflating this **End** chamber more fully will cause the patient to return to his or her back.
7. These **End** chambers can also serve as arm rests while the patient is on his/her back. Both **End** chambers can be inflated to allow the patient's arms to be raised above the heart if necessary.
8. When the two **End** chambers are inflated. It makes it very difficult for a patient to turn to their side, which may be what the doctor ordered.
9. The chambers next to the **End** chambers are called the **Left Side (LE)** chamber and the **Right Side (RS)** chamber.
10. The **Side** chambers are mainly used to move the patient toward their side, but not entirely.
11. This means that you must observe the patient when using either of these **Side** chambers to watch the patient to see when he/she stops moving over.
12. When this has occurred, then it is necessary to plug the **Side** chamber's hose and start inflating the **Center (C)** chamber to complete the move.
13. Caution must be taken to stop the inflation of the **Center (C)** chamber when the patient is on their side or at a position where you want the patient to be and plug the **Center (C)** chamber's hose to give support to the patients back if need be.
14. Inflating this **Center (C)** chamber too much may cause the patient to roll further than intended.

### **Operating the Bedsore Free Device**

With these instructions, you either have a low-pressure air compressor or purchased one with the unit but opted not to have the Manual Control Valve unit. Not having the Manual Control Valve unit, it is necessary to inflate one chamber at a time with the compressor then plug this chamber with the plugs supplied before inflating another chamber. With this in mind, we will proceed to give instruction to operate the **Bedsore Free Device** with this in mind.

#### **Moving the Patient from their Back to their Right Side**

1. Partially inflate the **Left End (LE)** chamber about 20-30 seconds (time varies according to the amount of stand cubic feet of air that the compressor delivers). Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Left End (LE)** chamber.

2. Inflate the **Right Side (RS)** chamber to move the patient toward their left side. Continue to inflate until the patient stops moving (about 1 ½ - 2 minutes) toward their left side. The chamber should have no more than 2 pounds of pressure (hard to the touch). Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Right Side (RS)** chamber.
3. Inflate the **Center (C)** chamber until the patient is completely on their left side. Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Center (C)** chamber.
4. At this point, you can adjust the top leg of the patient by bending the leg at the knee and pulling it toward the edge of the bed to shift the patient's weight to keep the patient on their side. In this position the **Center (C)** chamber and the **Right Side (RS)** chamber can be deflated to allow sheets to be changed, cleaning of patient or changing the patient's gown.

#### **Moving the Patient from their Right Side to their Back**

1. If the patient's leg has been adjusted to shift their weight, straighten the leg back before moving the patient back to their Back.
2. If the **Center (C)** and **Right Side (RS)** chambers are still inflated, remove the hose plug from the **Center (C)** chamber and deflate the **Center (C)** chamber using the vacuum side of the air compressor.
3. Inflate the **Left End (LE)** chamber until the patient starts moving toward their Back. Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Left End (LE)** chamber.
4. If the **Right Side (RS)** chamber is still inflated, remove the hose plug and deflate the **Right Side (RS)** chamber with the vacuum side of the air compressor allowing the patient to lie on their Back.
5. After the patient is on their Back, you can remove the plug from the **Left End (LE)** chamber and deflate the **Left End (LE)** chamber with the vacuum side of the air compressor.

#### **Moving the Patient from their Back to their Left Side**

1. Partially inflate the **Right End (RE)** chamber about 20-30 seconds (time varies according to the amount of stand cubic feet of air that the compressor delivers). Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Right End (RE)** chamber.
2. Inflate the **Left Side (LS)** chamber to move the patient toward their left side. Continue to inflate until the patient stops moving (about 1 ½-2 minutes) toward their left side. The chamber should have no more than 2 pounds of pressure (hard to the touch). Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Left Side (LS)** chamber.

3. Inflate the **Center (C)** chamber until the patient is completely on their left side. Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Center (C)** chamber.
4. At this point, you can adjust the top leg of the patient by bending the leg at the knee and pulling it toward the edge of the bed to shift the patient's weight to keep the patient on their side. In this position the **Center (C)** chamber and the **Left Side (LS)** chamber can be deflated to allow sheets to be changed, cleaning of patient or changing the patient's gown.

#### **Moving the Patient from their Left Side to their Back**

1. If the patient's leg has been adjusted to shift their weight, straighten the leg back before moving the patient back to their Back.
2. If the **Center (C)** and **Left Side** chambers are still inflated, remove the hose plug from the **Center (C)** chamber and deflate the **Center (C)** chamber using the vacuum side of the air compressor.
3. Inflate the **Right End (RE)** chamber until the patient starts moving toward their Back. Put your thumb over the end of the hose when the nozzle of the compressor is removed then insert the plug supplied to keep the pressure in the **Right End (RE)** chamber.
4. If the **Left Side (LS)** chamber is still inflated, remove the hose plug and deflate the **Left Side (LS)** chamber with the vacuum side of the air compressor allowing the patient to lie on their Back.
5. After the patient is on their Back, you can remove the plug from the **Right End (RE)** chamber and deflate the **Right End (RE)** chamber with the vacuum side of the air compressor.

#### **Changing Sheets**

1. There is a standard operating procedure changing sheets while the patient is still on the bed. With the **Bedsore Free Device** this chore is made easier.
2. After moving the patient to one side, adjust the top leg of the patient so that the patient's weight is shifted to allow the patient to stay on his/her side.
3. Deflate the **Center** and **Side** chambers that moved the patient over.
4. With the top sheet and blanket removed, roll the bottom sheet long ways toward the back of the patient. Leave the rolled sheet as close to the patient's Back as possible.
5. This should expose half of the **Bedsore Free Device**.
6. Clean this area with soap and water. Disinfect the area as you would other material that the patient could come in contact with. Do not use Acetone, MEK or any other industrial strength cleaner on the material.
7. Fold the clean sheet long ways and place the folded edge next to the Back of the patient taking care not to contaminate the clean sheet with the old one.
8. Roll the top layer of the clean sheet long ways toward the back of the patient. Leave the rolled sheet as close to the patient's Back as possible without contaminating the cleaned rolled sheet.

9. You should now have half of the bed covered with the clean sheet with the rest rolled up next to the back of the patient.
10. At this point you can remove half of the patient's gown and replace that half with a clean set. If the opening of the gown is in the front of the patient, place the excess next to the back of the patient near the mattress. If the gown's opening is in the back, place the excess in the front of the patient.
11. Using the **Bedsore Free Device** move the patient back to their Back.
12. Using the **Bedsore Free Device** move the patient to their other side.
13. The old bottom sheet can now be removed.
14. Clean the area underneath the sheet before pulling on the clean rolled sheet next to the patient.
15. Pull the rolled clean sheet over the rest of the bed.
16. Remove the patient's dirty gown and dress the patient with the other half of the clean gown.
17. You can now move the patient back to their Back using the **Bedsore Free Device**.
18. Now replace the top sheet and blanket. Be sure to leave all sheets and blankets loose so the **Bedsore Free Device** can operate correctly.

If there you need further instruction or have question concerning the **Bedsore Free Device**, please send an e-mail to: [info@bedsorefree.net](mailto:info@bedsorefree.net) or give us a call at: 936-753-2151.