



## Instructions For Use and Precautions

### **HUUDDII CONSUMER INSTRUCTION GUIDE.**

This guide will help you to better understand problems associated with diminished female sexual responsiveness, what the Huuddii can do for you, and how to use it.

#### **WHAT IS THE HUUDDII?**

The Huuddii is a wearable device that is placed over the clitoris for up to thirty minutes before beginning sexual activity to increase desire, arousal, lubrication, sensation, orgasm, and satisfaction. Huuddii works by creating a gentle suction on the clitoris that increases blood flow and improves the body's natural sexual response. The results from a clinical study of the Enhance Suction Cup Clitoral Stimulation Aid (ESCCSA), the first version of the Huuddii device, supported the following improvements: sexual desire 63%, arousal and lubrication 82%, orgasm 84%, and overall sexual satisfaction 79%. Because of the study design, it is impossible to rule out the possibility that the responses to the ESCCSA may not be due entirely to the device's action. The Huuddii can be worn under clothing as you go about your normal activities, it is easy to place, quickly removed, and very discreet. The Huuddii is a one-size-fits-all device and is designed for use in all women.

#### **DO I HAVE A PROBLEM WITH SEXUAL RESPONSE?**

The normal female sexual response involves adequate desire, arousal, lubrication, sensation, orgasm, and satisfaction. Many women; however, experience difficulty with or reduction in some or all of these responses.

#### **KNOW THAT YOU ARE NOT ALONE.**

If you are experiencing some or all of these reductions, know that you are not alone, about 43% of women report have problems associated with sexual function, including decreased vaginal lubrication, clitoral sensitivity, ability to achieve orgasm, sexual satisfaction. Pain and a complete loss of sexual satisfaction are also commonly reported.

#### **IS HUUDDII FOR ME?**

If you are experiencing any of the difficulties or reductions discussed above, Huuddii may be right for you. Huuddii is a one-size-fits-all device and is designed for use in all women.

#### **WHEN TO USE HUUDDII?**

Huuddii should be used for 30 minutes before the initiation of any sexual activity to improve sexual desire, arousal, lubrication, orgasm and sexual satisfaction during each encounter. NOTE: an immediate change in symptoms may not occur in all women. With regular use, you should notice an improvement within several weeks.

#### **RE-USING AND CLEANING HUUDDII.**

While each Huuddii can be used more than once, we do not recommend using each more than 4 times. This is because the material it is made of loses some of its elasticity resulting in a sub-optimal fit and amount of suction. Huuddii cannot produce its desired effect if it does not fit correctly and deliver the right amount of suction for the required amount of time.

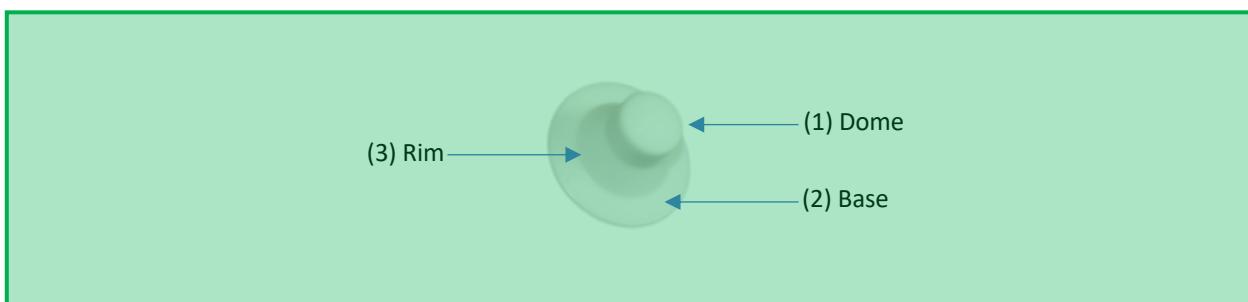
After each use Huuddii should be thoroughly cleaned using hot water and liquid hand soap. Antibacterial soap is fine but not necessary. Avoid using harsh soaps like dish soap. Once clean, dry Huuddii with a paper towel and store in its container in a cool, dark dry place until its next used.

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### A TWO-WEEK CONDITIONING PERIOD MAY BE REQUIRED.

For some women, the Huuddii will work immediately, and they will feel benefits from first use. For some women, they may need to use the Huuddii a few times to feel benefits. For many women, a two-week conditioning period is required. This is entirely normal. During the conditioning period, use the Huuddii every day for 30 minutes to improve blood flow to the genital area. After this initial two-week conditioning period, you may stop using the Huuddii daily and instead use it before sexual activity.

**Fig 1. The Huuddii Device**



### HOW DO I USE HUUDDII?

The Huuddii is designed to be worn over the clitoris for up to 30 minutes prior to any sexual activity to encourage clitoral blood flow and engorgement and stimulate desire, arousal, and lubrication.

1. Make certain a thin coat of any over-the-counter vaginal safe lubricant such as Vaseline® or Aquaphor® is applied evenly around the inside of the rim (3 in Fig 1) and underside of the base (2 in Fig 1) of the device.
2. With one hand, gently open the folds of the skin (labia) that cover the vagina to expose the clitoris.
3. With your free hand, hold the Huuddii between your thumb and forefinger and squeeze the dome (1 in Fig 1) as much as possible. Whilst squeezing the dome, position the rim over your clitoris. When Huuddii is seated so that it surrounds and engulfs the clitoris, release the dome. After releasing the dome, you will feel the mild suction being applied to the clitoris that is created by the Huuddii. The more you squeeze the dome, the more suction you will create. If you feel uncomfortable, remove the Huuddii and reapply, squeezing the dome less to decrease its suction.
4. Release the labia, which will then return to their normal resting position and fold around the Huuddii, keeping it snug against your body.
5. If the Huuddii pops off or is incorrectly placed, reapply it according to the instructions in Steps 2 and 3.
6. Wear the Huuddii for 30 minutes.
7. Remove the Huuddii by squeezing the dome and lift it away from your body.
8. After every use, wash Huuddii thoroughly with warm water and liquid hand soap then dry with paper towel.
9. Between uses, store Huuddii in its container in a cool dry place.

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### WARNINGS AND PRECAUTIONS.

1. The Huuddii must be used with a vaginal safe lubricant to help prevent skin irritation.
2. The HUUDII is made of silicon and should not be used by women who are allergic to silicon.
3. The Huuddii should not be used by women who develop a possible allergic reaction (e.g., hives, rash, fever or genital swelling) to the device. If such a reaction occurs, discontinue use and contact your physician immediately.
4. Remove Huuddii immediately, discontinue use, and contact your physician if vaginal pain, discomfort, bleeding, irritation, infection, swelling or sores occur.
5. The Huuddii should not be used immediately following gynecological or incontinence surgery, during a bladder or vaginal infection, or if you have an irritation of the vagina or the folds of the labial skin that cover the vagina.
6. Do not use the Huuddii for more than 30 minutes at a time.
7. Do not wear the Huuddii while falling asleep or while sleeping.
8. Use of the Huuddii may not be advisable if you have any of the following conditions: decreased pain sensation, manual dexterity problems, pelvic inflammatory disease (past year), substance abuse, untreated atrophic vaginitis, prolapse, or vaginal spasms (vaginismus).
9. The Huuddii is not intended to treat sexual problems related to psychological causes including sexual abuse or depression.
10. Keep out of the reach of children; the Huuddii can be a choking hazard.

### RISKS

1. The Huuddii should not be used by women who develop possible allergic reactions to this device such as hives, rash, fever or vaginal swelling. If such a reaction occurs, both discontinue use and contact your physician immediately.
2. The Huuddii should not be used by women who have a known allergy to silicon.
3. Do not have penetrative sexual intercourse with the Huuddii in place. Remove Huuddii before have sexual intercourse of any kind.
4. Misuse or prolonged use of the device (without removal) may result in bruising, pain, swelling and/or permanent injury to the clitoris. Misuse may also aggravate some already existing medical conditions.
5. Discontinue use and contact your physician if you develop vaginal pain, discomfort, bleeding, irritation, infection, swelling or sores.

### QUESTIONS AND ANSWERS

1. Do a lot of other women have difficulty with sexual function?  
About 43% of women have problems associated with sexual function, including decreased vaginal lubrication, clitoral sensitivity, ability to achieve orgasm and lowered sexual satisfaction. These conditions are known as Female Sexual Arousal Disorder and Orgasmic Disorder.
2. What are the advantages of the Huuddii?  
The Huuddii provides gentle suction to the clitoris, thereby increasing blood flow to the genitalia area. The Huuddii is discreet, simple to use and easy to wear since it is usually covered by the labia which holds it in place.
3. Do I need to do the two-week Conditioning Period?  
Yes, it is currently recommended that most women use the Huuddii for 30 minutes each day two weeks in order to condition the genital area. After this period, you may use Huuddii only before sexual activity. Some women may experience improvement right away or with shorter wear time.
4. Do I need to use the Huuddii before vaginal sex?  
Yes, during and after the conditioning period is completed, it is important that you use the Huuddii for 30 minutes each time prior to vaginal sex in order to increase clitoral blood flow, arousal, lubrication and orgasm.

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### QUESTIONS AND ANSWERS CONTINUED

5. How long before I notice improvement with Huuddii?  
A change in sensation, arousal, lubrication, orgasm or satisfaction may not occur immediately. By following the conditioning period and with regular use, improvement should occur within several weeks.
6. Can I perform any type of activity while I wear the Huuddii?  
Yes, you can perform most of your normal daily activities while wearing the Huuddii.
7. Can I wear Huuddii while having vaginal intercourse?  
No. the Huuddii should be removed just before vaginal sex including oral sex, masturbation and penile intercourse. You may wear the Huuddii during foreplay that does not involve the vaginal area.
8. Can I vary the suction?  
Yes, by squeezing the dome harder, you can increase the suction to the genital area and the amount of clitoral stimulation delivered. Remember, if Huuddii is uncomfortable, use less suction and check that it is placed correctly.
9. Can I use Huuddii more than once?  
Yes, while each Huuddii can be used more than once, we do not recommend using each more than 4 times. After each use Huuddii should be thoroughly cleaned using hot water and liquid hand soap.
10. How do I clean and store Huuddii?  
After each use Huuddii should be thoroughly cleaned using hot water and liquid hand soap. When clean, dry Huuddii with a paper towel and store in its container in a cool dark dry place.

**Female Sexual Dysfunction can be a symptom of a medical condition requiring care of a health professional. Please contact a health professional if you do not notice an improvement in your sexual response with the use of the Huuddii device.**

**If you do not understand any of the instructions or directions presented in this pamphlet, if the Huuddii is not working for you, or you want more information, please contact us by email at [support@Huuddii.com](mailto:support@Huuddii.com) or call us at (470) 237-6322 Monday through Friday from 9 AM to 5 PM EST.**

### CONTACT US

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