

## MULTIFIT® NS

### A. GENERAL PRODUCT INFORMATION

MULTIFIT NS is a low-temperature thermoplastic sheet material for the fabrication of orthoses, external immobilization devices and rehabilitation aids.

MULTIFIT NS is applied directly to the patient after it is activated.

! **MULTIFIT NS is not suitable for internal use. It may not be used on open wounds or in the mouth.**

### B. PRODUCT RANGE

MULTIFIT NS is available in sheets of different thicknesses, sizes and types of perforation.

Art. no.	Colour	Thickness in mm	Size in mm	Perforation type	
7138.1/NS	Pearl White	2.4	450 x 600	non perforated	
7138.2/NS		2.4	450 x 600	micro perforated	
7138.4/NS		2.4	450 x 600	mini perforated	
7134.1/NS		3.2	450 x 600	non perforated	
7154.1/NS		3.2	600 x 900	non perforated	
7134.6/NS		3.2	450 x 600	macro perforated	
7154.6/NS		3.2	600 x 900	macro perforated	
7138Z.1/NS		Black	2.4	450 x 600	non perforated
7138Z.2/NS			2.4	450 x 600	micro perforated
7138Z.4/NS	2.4		450 x 600	mini perforated	
7134Z.1/NS	3.2		450 x 600	non perforated	
7154Z.1/NS	3.2		600 x 900	non perforated	
7134Z.6/NS	3.2		450 x 600	macro perforated	
7154Z.6/NS	3.2		600 x 900	macro perforated	

### C. PRECAUTIONS BEFORE USE

1. The workplace must be well ventilated to avoid overheating.
2. The necessary tools should in no way put the patient at risk.
3. Encourage the patient to assume a comfortable position and ensure that you yourself are in an easy working position.
- ! **4. Make sure that the temperature of the activated material will not burn the patient.**

### D. ACTIVATION TECHNIQUE

1. MULTIFIT NS is softened by heating at a minimum temperature of 65°C (149°F). Possible activation sources are: Suspan water baths, heat gun, heating plate, hot air oven.  
The activation time depends on the heat source and varies from 3 to 5 minutes.
2. When using a heating plate or an oven, the hot surface must be covered with a Teflon sheet.  
When using a heat gun, do not exceed the temperature of 250°C (482°F) to avoid breakdown of the material.
- ! **3. Be careful: temperatures of 65°C (149°F) or more can also be reached in the patient's daily life. Think of a closed car in the summer, the surface of a hot radiator, a sauna or the proximity of an open fireplace.**
4. High temperatures up to a maximum of 120°C (248°F) do not damage MULTIFIT NS, but are not user-friendly. Even higher temperatures are allowed for activation on the condition however that the material is removed from the heat source as soon as it is soft. Wear gloves and do not apply MULTIFIT NS immediately to the patient's skin at these high activation temperatures.
- ! **5. Never use an open flame to activate MULTIFIT NS.**

### E. WORKING PROPERTIES

#### Cutting

1. Draw the brace pattern on the MULTIFIT NS sheet by means of an Orfit marker
2. Cut the pattern roughly with a suitable pair of scissors), or use a cutter. When using a cutter, carve a straight line and break the sheet in two.  
! **Be careful of possible cuts when using a cutter; always keep the assisting hand away from the cutting line.**
3. For a precise pattern, heat the MULTIFIT NS sheet until it is formable but not yet stretchable and cut the pattern by means of a pair of scissors.

#### Applying

1. Activate the MULTIFIT NS pattern until it becomes soft and stretchable. Remove from the heat source and let cool sufficiently before applying to the patient.
2. Several application techniques are possible:
  - manual moulding: moulding by manual stretching and holding.
  - bandaging technique: secure the orthosis by means of a bandage.
 Permanent adhesion to attach fixation straps and orthosis accessories is possible with dry heat.

- ! **In order to ensure that the material is well-adhered, both surfaces should be BRIEFLY DRY heated at high temperature (max. 250°C – 482°F).**
3. Do not remove the orthosis from the patient before MULTIFIT NS is sufficiently hard. MULTIFIT NS sets relatively quickly and therefore the excessive material should be trimmed before complete hardening. The setting time can be shortened by means of cold air, a cold bandage or a cold spray.

#### F. FINISHING

There are several ways to give the edges of a MULTIFIT NS brace a smooth and even finish:

- local reheating and rubbing with a wet finger,
- after hardening, edge finishing can be done by means of a deburring knife,
- grinding by using a suitable grinding tool at a low turning speed.

#### G. MAINTENANCE AND WASTE MANAGEMENT

Orthoses made of MULTIFIT NS should be cleaned daily. Use lukewarm water and liquid soap, biological detergent or toothpaste, and rinse well.

! **Never use solvents. Avoid acid detergents.**

Sterilization of MULTIFIT NS orthoses in an autoclave is impossible.

Disinfection is possible with alcohol, quaternary ammonium or a solution of commercial disinfection soaps (HAC®, Sterilium®, etc.).

After use, an orthosis can be disposed of with normal household waste without harming the environment.

#### H. ADVICE FOR THE PATIENT

**Give the patient sufficient information about the exact use and the possible constraints of the orthosis.**

#### I. STORAGE

- MULTIFIT NS can be stored vertically if supported, or horizontally.
- It must be stored in a dark, cool, dry place at a temperature of min. 10°C (50°F) and max. 30°C (86°F) and in the original packaging.
- Once removed from the packaging, the leftovers should be stored back in the packaging to avoid biodegradation.

Low-temperature thermoplastics can only be kept for a limited period of time and must be protected as much as possible from light, heat and humidity. The material ages in relation to storage circumstances. When too old, it becomes brittle and soft when activated.

#### J. GENERAL SAFETY ADVICE

- ! \* **MULTIFIT NS is not suitable for internal use. It may not be used on open wounds or in the mouth.**
- ! \* **Never use an open flame to activate MULTIFIT NS.**
- ! \* **To make orthoses and rehabilitation aids, MULTIFIT NS may only be used by qualified health professionals.**

#### K. ADDITIONAL INFORMATION

For additional information such as distributor contact information, product brochures, Safety Data Sheets and regulatory information, please visit our website [www.orfit.com](http://www.orfit.com).

#### Note:

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