

PATIENT GUIDE

May 2023

Presto Gel is a well-established successful treatment that stands out by promoting natural healing without side effects. It should be tried even when everything else has failed.

Your condition is described as: "Approximately 50% to 66% of people have problems with haemorrhoids at some point in their lives. If not thrombosed, external haemorrhoids may cause few problems. However, when thrombosed, haemorrhoids may be very painful." It is not unlikely that you may have waited a little too long before seeking help or self-treatment, and the area may have become badly inflamed or is causing you problems with hygiene/cleaning.

Presto Gel focuses on achieving long term beneficial effects by optimising conditions required for the body to heal the damaged tissues. Achieving such healing will likely require a little time and perhaps some patience.

On first use:

- You should expect feeling anything varying from 'cooling' to 'stinging'. Although allergic reactions are extremely rare (aloe vera is not a hazardous substance, application to raw wounds or burns could result in nerves triggering stinging). There is – for non-allergic patients – continuous healing to be expected from aloe vera in Presto-gel's formula, but nerves exposed in a wound can "translate" the first cover by gel of the wound in various ways different for each person. The worse stinging you feel, the worse is the inflammation to be dealt with.
- Apply a minute amount of gel to your hand or arm, to see if there is an allergic reaction, and wait for 1-2 minutes. **No pain/swelling/rash?** Congratulations: you are not allergic, and can proceed.
- Apply a minute amount of gel to your haemorrhoids/ fissure area.
If fissures or broken skin have badly inflamed tissue, stinging may occur for some people, but this will fade. Wait for 15 minutes and expect sensations like "**cooling effect**" or "**warming effect**" or "**some stinging**", these will disappear, but obviously no healing has started in this short time-span.
15 Minutes and all is good? Congratulations: your inflammation is coping. Proceed.
15 Minutes and not ready for more? Try tomorrow and try and avoid touching the inflamed area till then.
Remember: you are not allergic and have already started protecting the inflammation.
- Apply the gel "pea sized" to the area for it to start working. The beneficial effect from continuously applying the gel is cumulative. The covering on raw tissue will already from the first application provide a barrier to infections.

On further treatment:

- Depending on the severity of the condition, you should generally expect to continue using the gel intensively (250 mg - 4 to 6 times per day), for some 30-60 days to allow time for the tissues to repair and become more able to resist distension.
Please ensure you treat the area carefully, and neither over-clean, nor under-clean.
- Applying "a little & often" yields better, faster results than less frequent larger amounts. If at times you are unable to maintain the recommended level, a minimum of two applications per day should be applied to maintain the gains achieved. You should resume a minimum of four applications per day as soon as you are able.
- Once a haemorrhoidal episode has been resolved to your satisfaction, you may optionally cease applying the gel or continue application say once per day to help reduce or avoid a future episode.
- You should ideally learn to identify and avoid the conditions that led to your haemorrhoidal episode. The "Known Treatments" page on our website (<https://www.prestogel.co.nz/hemorrhoid-treatments/>) contains information to help you help yourself. Not only will this approach speed up the improvement that comes from using Presto Gel, but it will help reduce or depending on the circumstances, even avoid future episodes. This Patient Guide should be read in conjunction with our standard Directions for Use which is available for download at <https://www.prestogel.co.nz/about-presto-gel/directions-for-use/>

We are not medical practitioners and cannot give you medical advice, but if after reading this material, you still have questions, please in the first instance send us an email and we will do our utmost to help.

BROCHURE

May 2023

Presto Gel is a clinically proven, non-toxic, non-irritating, non-hazardous, non prescription, alternative to antiseptic, antibiotic and hydrocortisone drugs.

Presto Gel is *registered as a medical device*, Class I, according to Directive 93/42/EEC.

Presto Gel contains a unique, advanced composition of highly active natural ingredients. Thousands of haemorrhoid sufferers around the world use Presto gel.

Presto Gel supports our natural biological wound healing mechanisms that enable normal tissue repair and soothe anal burning, itching, irritation, bleeding, swelling and sensitivity.

Research

The quest for a safe, natural preparation to help the body resolve haemorrhoidal issues was begun in 2006 by two highly respected physicians at the Israpharm Clinic in Israel. Their research confirmed that most haemorrhoidal discomfort and inflammation is caused by bacteria and faecal acids and toxins, so work was begun to develop a gel to act as a protecting barrier based upon extracts from the aloe plant. After 15 months of clinical trials involving over 200 patients presenting all stages of the condition, a formulation was achieved that greatly exceeded expectations, offering a strong and lasting analgesic effect (up to 5 hours), despite the formula containing no analgesics! They named their product "Presto Gel" because its effect was so rapid.

Feel the difference!

Individual response may vary but from soon after the first application, Presto Gel users will likely experience a brief, pleasant cooling sensation as the bacterial barrier takes effect. Continuing to use Presto Gel will bring increasing and longer lasting relief as healing progresses.

Who may use Presto Gel?

Presto Gel is for use by men and women (all ages), including pregnant or nursing women and children over 12 years.

Side Effects

No side effects are known or expected. Presto Gel may be used in conjunction with any prescription or other medicine as often and for as long as necessary. In the very first application a slight stinging may be experienced as the healing starts.

Active Ingredients



Presto Gel contains natural ingredients selected to provide conditions that are favourable to self healing.

- Aloe Barbadenis Extract (Aloe Vera). This remarkable plant extract blocks bacteria and faecal toxins/acids, preventing the associated inflammation.
- Geranium Thunbergii and Pogostemon Cablin Leaf extracts. These natural preservatives avoid the use of synthetic, chemical preservatives.

Presto Gel contains no fragrance, animal ingredients, drugs, or harsh chemicals, synthetic preservatives or alcohol. For emulsifier, a minimum of organic compound triethanolamine is added, this buffers the pH.

Use by and storage

Use by date: please check the box. We won't sell product unless it has at least 6 months of shelf life left. Recommended is to store a box of suppositories in the fridge as the capsule (vegetable fat based) may melt at high room temperature.

For further information please visit www.prestogel.co.nz