

GROWNSY BLM-3

GROWNSY Lactation Massager BLM-3 Instruction Manual

Model: BLM-3

1. INTRODUCTION

The GROWNSY Lactation Massager BLM-3 is designed to assist mothers with common breastfeeding challenges. It utilizes continuous warmth and vibration to help alleviate issues such as clogged milk ducts, mastitis, engorgement, and to improve overall milk flow during lactation.

This device aims to make the breastfeeding journey more comfortable and efficient by providing targeted relief and support.



Image 1: The GROWNSY Lactation Massager BLM-3, showing its compact and ergonomic design.

2. PRODUCT FEATURES

- **Heat and Vibration Support:** Provides continuous warmth and vibration with multiple levels to address various lactation needs.
- **Ergonomic Design:** Specifically shaped to fit the breast comfortably, allowing for effective massage and heat application.
- **IPX7 Waterproof:** Designed for safe use, even in a warm shower, facilitating comfort and hygiene.
- **Safe Materials:** Constructed from food-grade silicone and ABS, ensuring it is BPA-free and safe for use.
- **Rechargeable Battery:** Offers approximately 90 minutes of use after a full charge, providing convenience for on-the-go use.
- **Improved Milk Flow:** Helps to empty breasts more effectively, potentially reducing pumping time and increasing milk output.



Engorgement



BLOCKAGE



PAIN



LESS MILK

GROWNSY

Lacation Massager Can Help You

- **Reduce Pumping Time**
- **Improve Milk Flow**
- **Relieve Clogs**
- **Relieve Pain**



Image 2: Diagram illustrating how the GROWNSY Lactation Massager can help with engorgement, blockage, pain, and low milk supply.

GROWNSY  VS	Heating Pad 	Other Massager 
<input checked="" type="checkbox"/> IPX7 Waterproof	<input checked="" type="checkbox"/> NO	<input checked="" type="checkbox"/> NO
<input checked="" type="checkbox"/> Larger Every Position	<input checked="" type="checkbox"/> Only For Small Size Breast	<input checked="" type="checkbox"/> Smaller One Position
<input checked="" type="checkbox"/> Keep Warm For 90 Minutes	<input checked="" type="checkbox"/> 5 Minutes	<input checked="" type="checkbox"/> 60 Minutes
<input checked="" type="checkbox"/> Warming Up Fast	<input checked="" type="checkbox"/> Microwave Heating Easy To Explode	<input checked="" type="checkbox"/> Warming Up Slow
<input checked="" type="checkbox"/> Comfortable 95-113°F	<input checked="" type="checkbox"/> Uneven Heating	<input checked="" type="checkbox"/> Scalding 97-120°F

Image 3: Comparison chart highlighting the advantages of the GROWNSY massager, including IPX7 waterproof rating, larger coverage, longer warmth retention, faster warming, and comfortable temperature range.

3. SETUP

3.1 Initial Charging

1. Before first use, fully charge the device.
2. Connect the charging cable to the massager's charging port. Ensure the groove on the power cord aligns with the bulge on the massager for correct orientation.
3. A full charge typically takes a few hours. The indicator light will show charging status.

3.2 Cleaning Before First Use

1. Wipe the massager with a damp cloth or rinse under warm water.
2. Do not use abrasive cleaners or immerse the device in water for extended periods, despite its waterproof rating.
3. Ensure the device is completely dry before charging or storing.

Long-lasting Rechargeable

90 Minutes After Charging



Warming Fast
95-115°F



4-5 Pumping Session
(each pumping session 20 mins)



Outdoor



Work



Feeding



Housework



Your Whole Day Partner!

Image 4: Illustration of the massager's long-lasting rechargeable battery, providing 90 minutes of use and quick warming.

4. OPERATING INSTRUCTIONS

4.1 Power On/Off

- To power on, press and hold the power button for a few seconds.
- To power off, press and hold the power button again.

4.2 Mode Selection

- The massager features both heating and vibration modes, each with multiple intensity levels.
- Press the respective buttons to cycle through the heat and vibration settings.
- You can use the device with heat only, vibration only, or a combination of both.

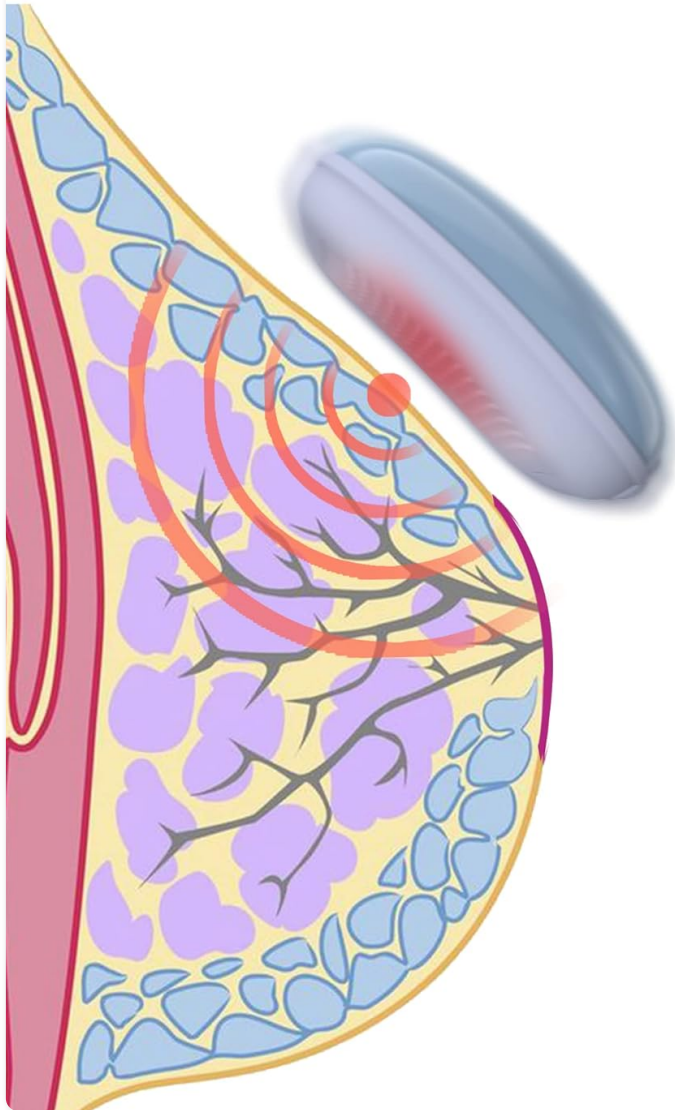
4.3 Application

1. Place the massager on the affected area of the breast. For clogged ducts, position it directly over the blockage.
2. Gently move the massager around the breast, focusing on areas of discomfort or engorgement.

3. Use before or during pumping/feeding to encourage milk flow and relieve discomfort.

4. For optimal results, use for 10-20 minutes per session.

Improve Milk Flow Relieve Clogs



Vibration mode
Heating mode

Before



After



Image 5: Diagram illustrating how vibration and heating modes help improve milk flow and relieve clogs, showing milk output before and after use.



Image 6: A mother using the GROWNSY Lactation Massager while pumping, demonstrating its practical application.

5. MAINTENANCE

5.1 Cleaning

- After each use, clean the surface of the massager with a soft, damp cloth.
- The IPX7 waterproof rating allows for rinsing under running water. Ensure the charging port cover is securely closed before rinsing.
- Do not use harsh chemicals, abrasive pads, or immerse the device in water for prolonged periods.
- Allow the massager to air dry completely before storing.

5.2 Storage

- Store the massager in a cool, dry place, away from direct sunlight and extreme temperatures.
- Keep out of reach of children.

6. TROUBLESHOOTING

If you encounter any issues with your GROWNSY Lactation Massager, please refer to the table below for common problems and their solutions.



Image 7: Troubleshooting table detailing common problems, their analysis, and recommended solutions for the massager.

Troubleshooting Guide

Problem	Analysis	Solution
Not working, Can't charge, Turns off randomly	<ol style="list-style-type: none"> 1. Charging port is reversed - charging failure (out of power). 2. Device has auto-shutoff function every 30 minutes. 3. Internal connection wire is disconnected. 	<ol style="list-style-type: none"> 1. Plug charging port in correct direction with GROOVE on power cord aligned with the BULGE at massager. 2. Re-start. 3. Contact GROWNSY customer service team.
Overheat	Heating set is high.	<ol style="list-style-type: none"> 1. According to the individual's different sense of temperature, if the temperature is too hot, you can switch back to the lower heating mode. 2. Move the heating pad regularly for even heating.
Short battery life, device flashing red light very quickly	The battery enters the charging reminder state too early. Red light flashes when battery voltage is lower than 3.6V.	<ol style="list-style-type: none"> 1. Recharge after device stops working. 2. Turn off heating button if you only need vibration to save power.

7. SPECIFICATIONS

- **Brand:** GROWNSY
- **Model:** BLM-3
- **Material:** Food-grade silicone and ABS
- **Power Source:** Rechargeable Batteries
- **Waterproof Rating:** IPX7
- **Dimensions:** 23.1 cm (length) x 3.2 cm (width) x 11.3 cm (height)
- **Special Features:** Mastitis relief, clogged milk duct relief, increased milk supply, breast massage, warm breast.
- **Wireless:** Yes

IPX7

WaterProof

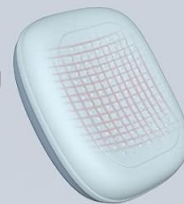
✓ **Food Grade Soft Silicone**

⚡ **Strong Battery Life**

⊘ **BPA Free**



- **90 Minutes After Charging**
- **Anytime Anywhere**



- **Ergonomic Shape**
- **Suitable Temperature**

Image 8: Visual representation of the massager's IPX7 waterproof feature, food-grade soft silicone material, strong battery life, and BPA-free composition.

8. WARRANTY AND SUPPORT

For any product inquiries, warranty information, or technical support, please contact GROWNSY customer service. Refer to the product packaging or the official GROWNSY website for contact details.