



InkWell Health

Supporting Your
Recovery Journey:

Patient Onboarding Guide



Table of Contents

Welcome	3
Our Temporary Tattoo	4
QuickStart Guide	5
Download and Set Up	8
Making Photo Entries	10
Caring For Your Tattoo	15
Applying A New Tattoo	17
FAQs and Troubleshooting	20

Welcome to InkWell Health

Helping you take control of your recovery journey.

Thank you for using the InkWell Health App. Our revolutionary new technology shows real-time progress and identifies early problems to help you and your healthcare practitioners optimize your recovery plan. Our technology will identify if you are recovering well or need support. We provide real-time data to your care team that monitors swelling, temperature and range of motion. Since no two bodies and no two musculoskeletal recovery journeys are the same, we give you the knowledge and power to help better understand your healing process, and your healthcare teams the tools to support your best recovery.

This guide should provide you with everything you need to know to get started, including using the tattoo and App, caring for your tattoo, making photo entries in the App and troubleshooting tips.

If you have any questions or run into any issues, please email support@inkwellhealth.com.



Our Temporary Tattoo

Your healing should happen comfortably, effectively and with full medical transparency.

We know that every patient, every body, and every recovery is different. The InkWell Health App merges groundbreaking technology to model your recovery journey – all through a simple temporary tattoo that is applied to the skin.

Why a tattoo?

The tattoo allows us to provide your clinician with a true picture of how you are healing. By providing medical grade data on swelling, temperature, and range of motion, you and your clinicians can see exactly how far you've come on your recovery journey, know how your body is responding, and how much further you have on the road to recovery.

How does it work?

You'll be making daily entries within our App, which helps your clinician monitor potential complications like a surgical site infection. They'll also be able to monitor your range of motion to prevent the need for manipulation. It even provides real time information sharing and visualizations, helping you and your clinician understand your current condition, and adjust to ensure you achieve your recovery goals.

What are the benefits?

By tracking your progress daily, you're taking your recovery into your own hands. Thanks to the real-time monitoring of your healing journey, you can rest easy knowing that your progress is being tracked even when you don't see your surgeon or physical therapist.





QuickStart Guide

QUICKSTART
GUIDE

DOWNLOAD
AND SET UP

MAKING
PHOTO ENTRIES

CARING FOR
YOUR TATTOO

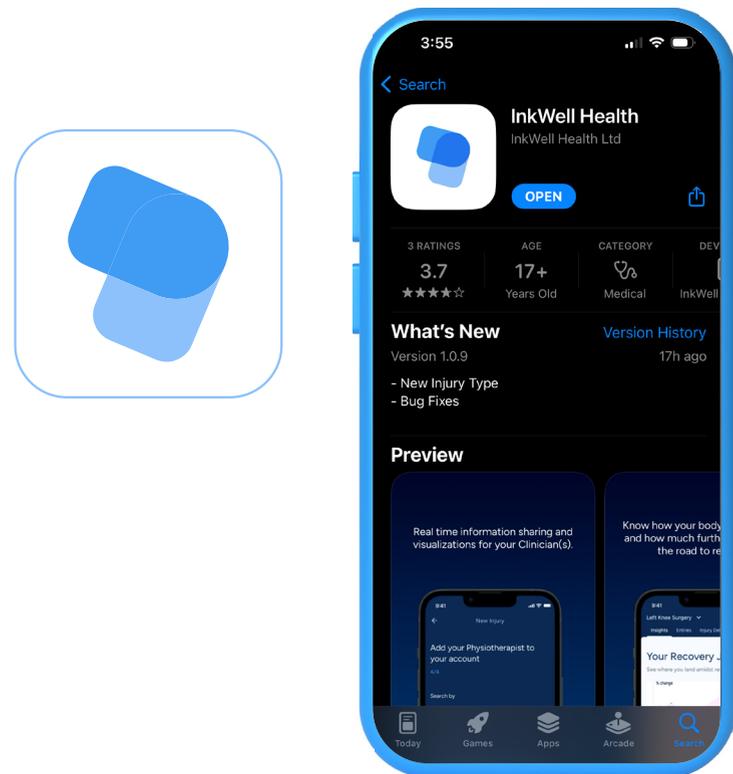
APPLYING
A NEW TATTOO

FAQS AND
TROUBLESHOOTING

QuickStart Guide

Download and Set Up the App

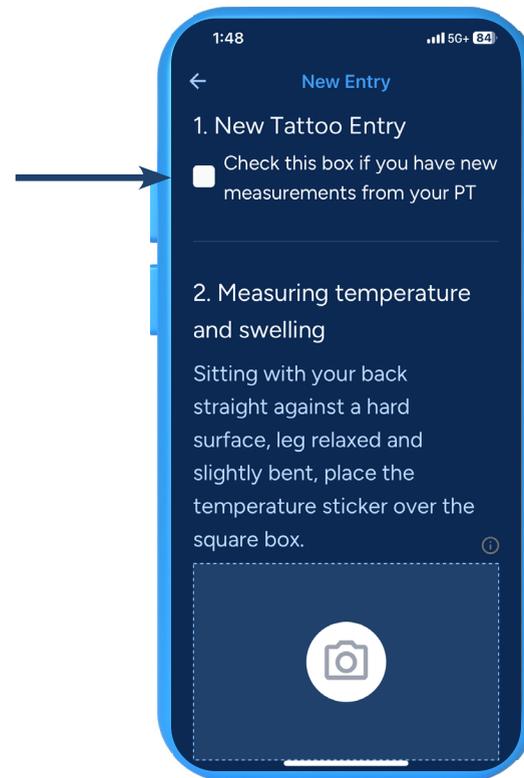
- To begin, download the InkWell Health App from the Apple Store (iPhone) or Google Play (Android).
- Verification step – If you do not get a verification email, check your junk and spam folders. If you still cannot find it, contact support@inkwellhealth.com for assistance.



Making Your First Entry

Section 1. New Tattoo Entry

- Only check this box if you have “Extension” (straight leg) and “Flexion” (bent leg) measurements from your clinician, otherwise leave this section blank.



Note: Ask your physical therapist for your “extension” (straight leg) and “flexion” (bent leg) measurements at your next appointment, otherwise do not check this box and leave this section blank.

QuickStart Guide

Taking The Pictures

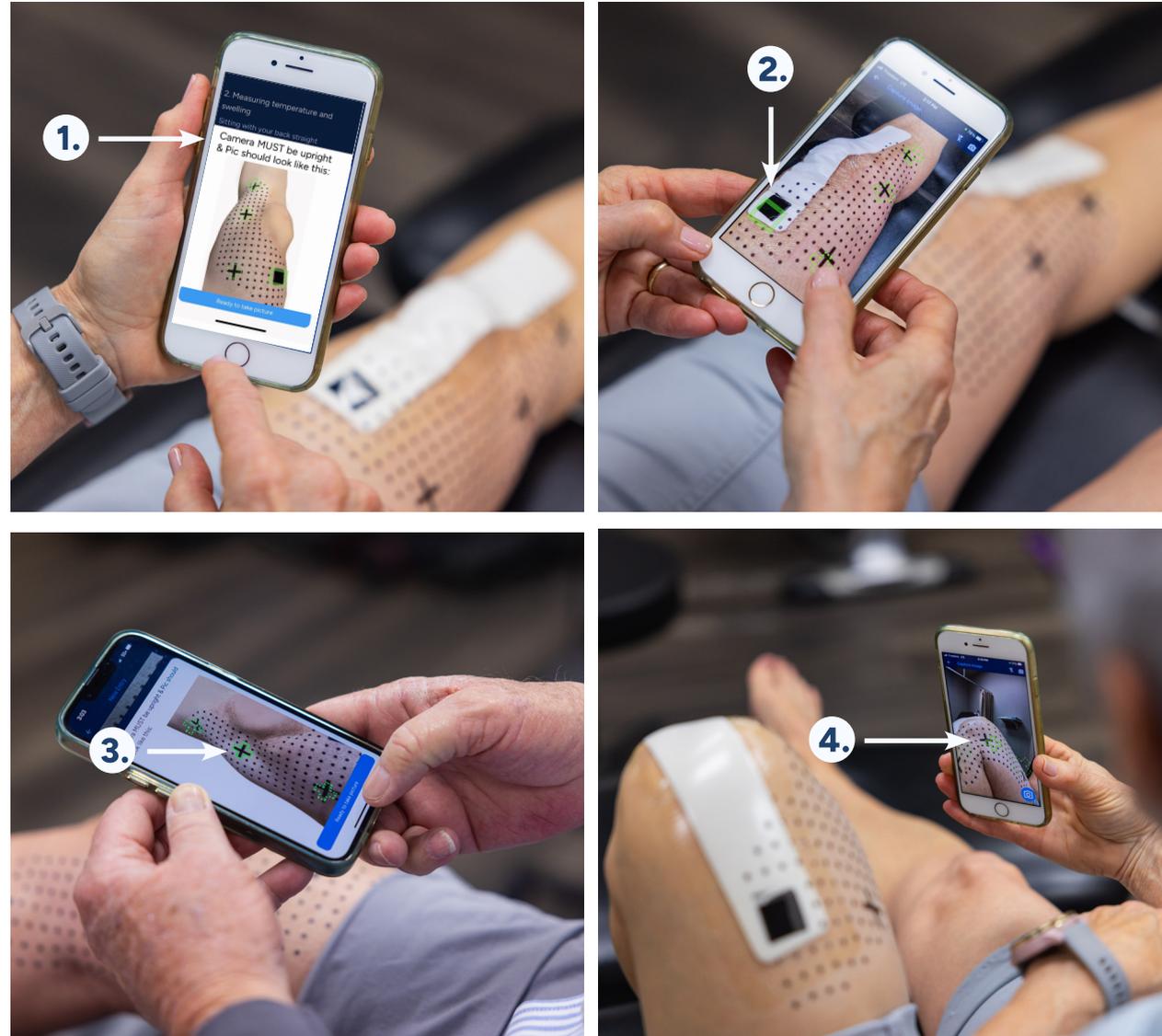
The App is designed so you can take the pictures yourself. If someone is taking the picture for you, have them stand beside you.

1. Camera must be upright (portrait mode) for all pictures. Do not turn your camera sideways.
2. For your temperature and swelling picture, place a temperature sticker on your tattoo and align the 4 green shapes with the shapes on your tattoo.
3. Take your straight leg picture next and make sure to get all 3 crosses in the picture.
4. Take the bent leg picture next. It may be easier to use the front camera by clicking the  icon. Make sure to get all 3 green crosses in the picture.

Note: You can use the volume buttons as well to take pictures. If it does not work, close any open apps.

Troubleshoot If Needed

If you're still having trouble, we can help. Contact support@inkwellhealth.com at any time.





Download and Set Up

Download and Set Up

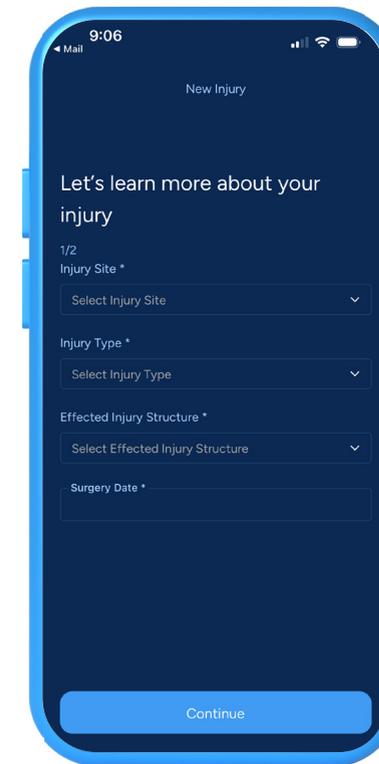
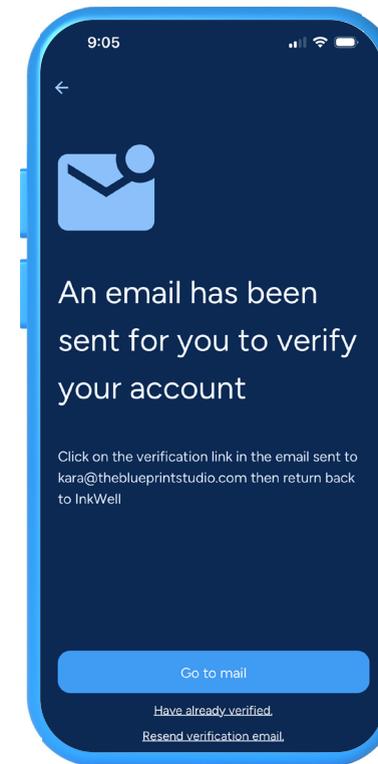
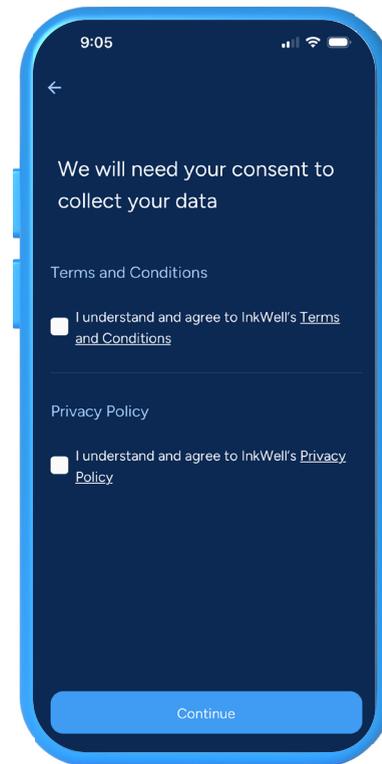
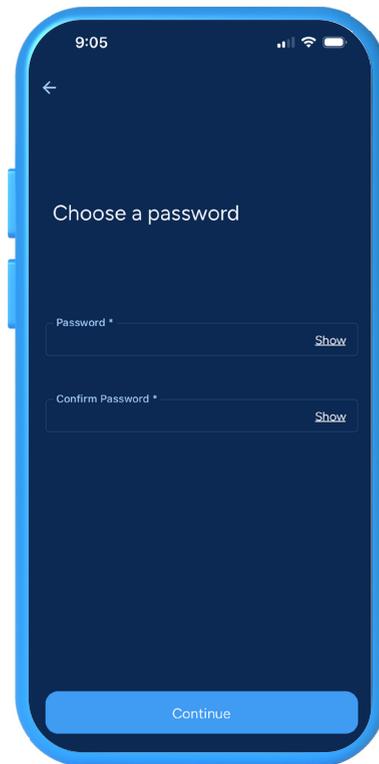
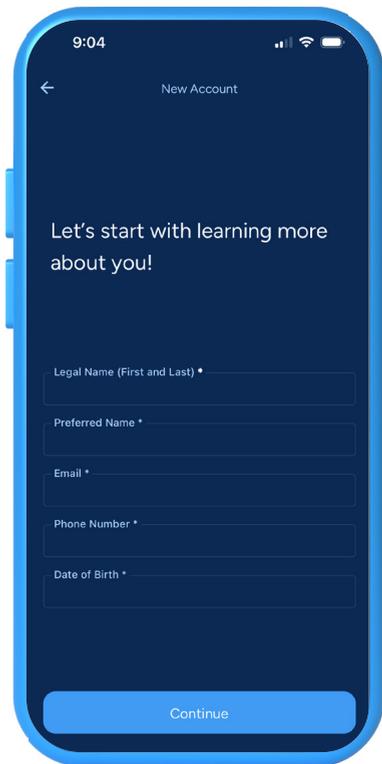
Download the App

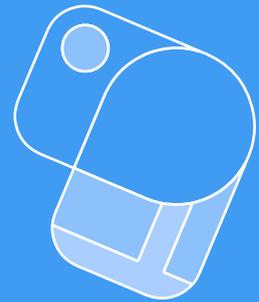
- To begin, download the InkWell Health App from the [Apple Store \(iPhone\)](#) or [Google Play \(Android\)](#).



iPhone iOS 13 or Android OS 5, or greater, is required for the App to work optimally.

Set Up the App





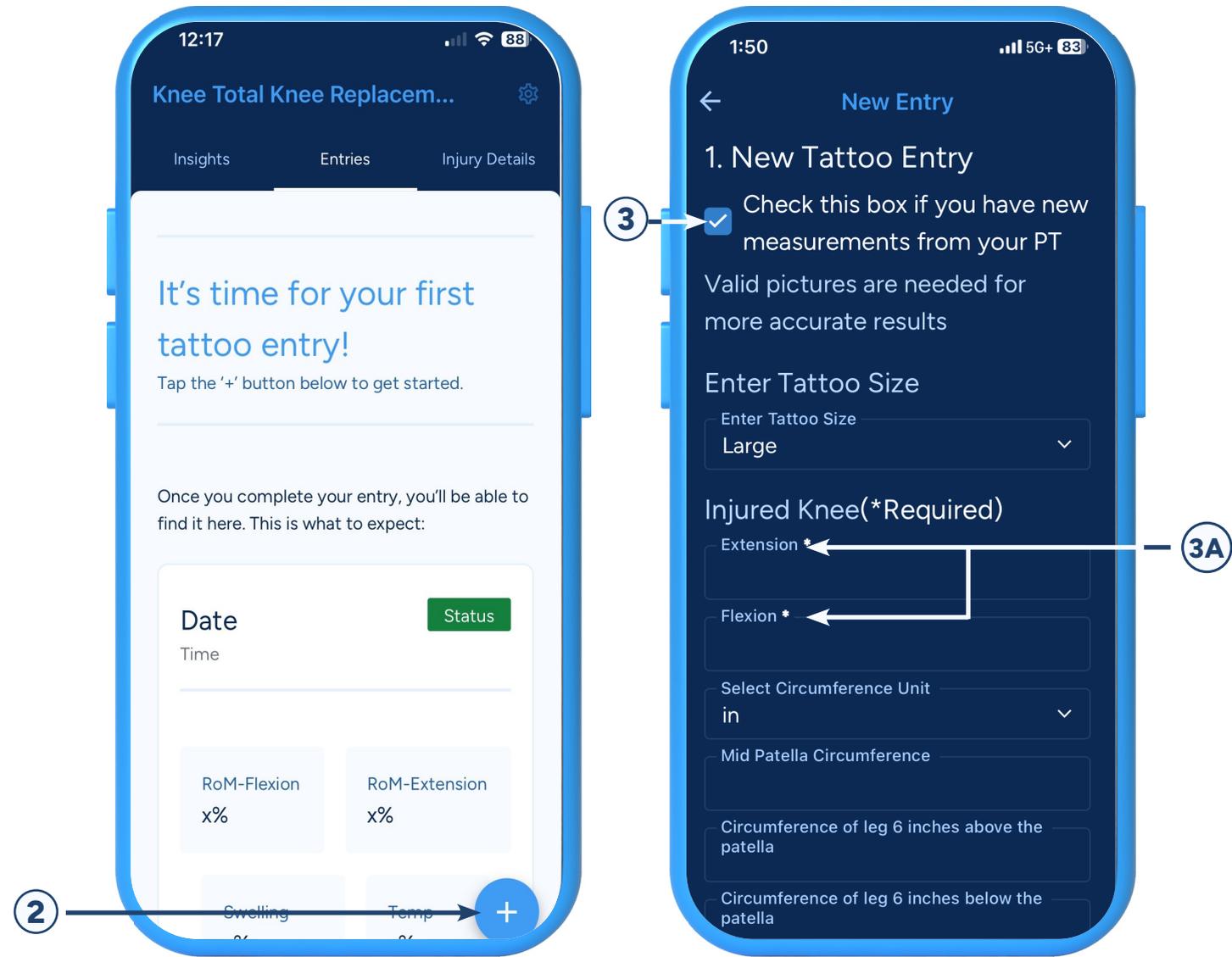
Making Photo Entries

Making Photo Entries

Your First Entry

1. Open the App and select "Entries" to make your first tattoo entry.
2. Click on the blue cross in the bottom right-hand corner.
3. Section 1. New Tattoo Entry
 - Only check this box if you have "Extension" (straight leg) and "Flexion" (bent leg) measurements from your clinician, otherwise leave this section blank.
 - If you have measurements from your clinician, enter them into Section **3A**.

Note: Ask your physical therapist for your "extension" (straight leg) and "flexion" (bent leg) measurements at your next appointment, otherwise do not check this box and leave this section blank.

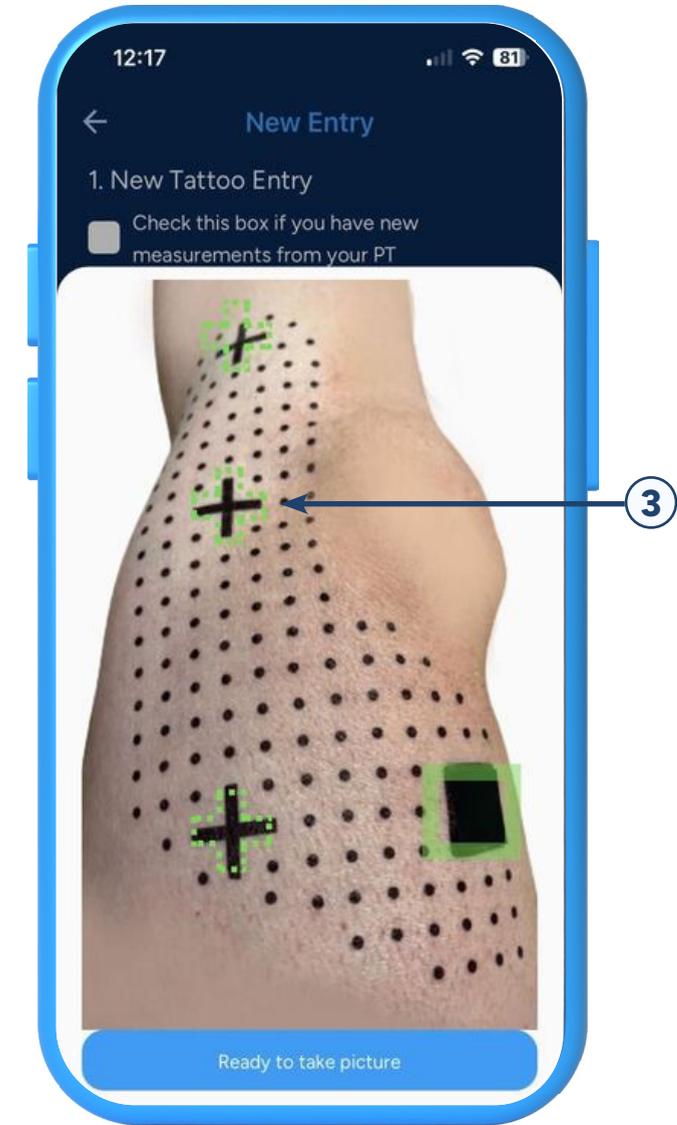
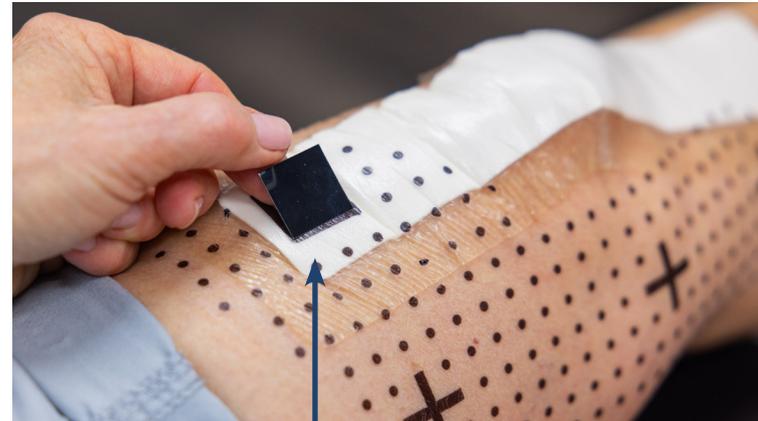


Taking The Pictures

The App is designed for you to take pictures of yourself. If someone is taking a picture for you, have them stand behind you.

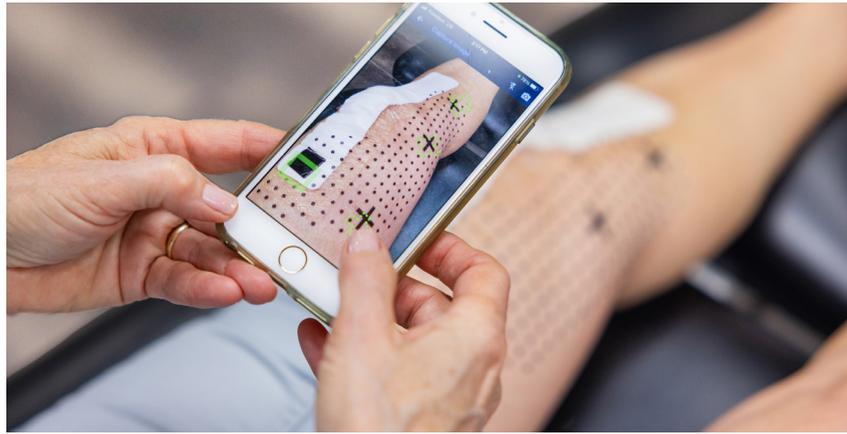
1. Put the temperature sticker on the black box of your tattoo.
2. Click on the first  in section 2.
3. Simply line up the green shapes on your screen with the same shapes of your tattoo.

The camera must be upright (portrait mode) for all three (3) pictures.

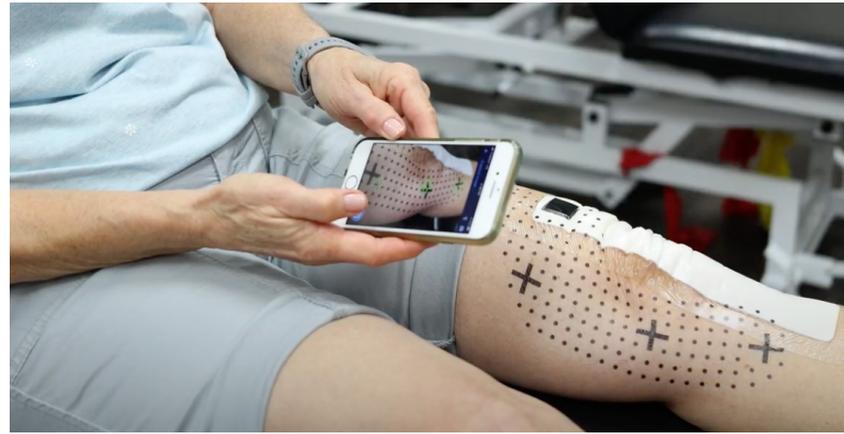


Taking The Pictures

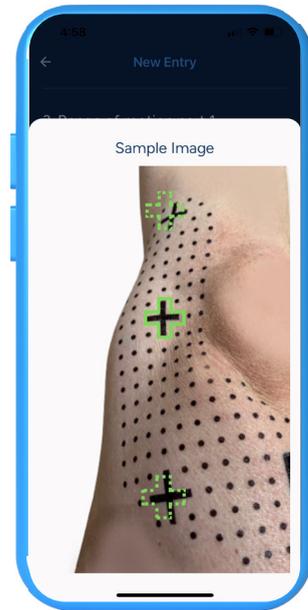
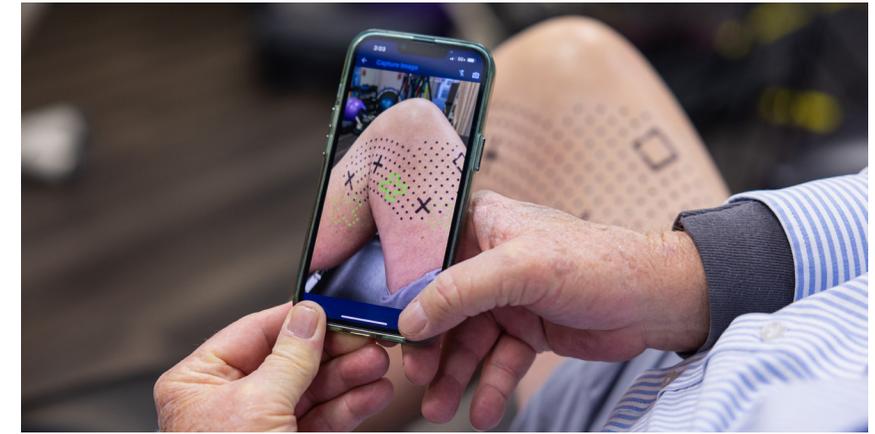
Temperature and Swelling Picture



Range of Motion Part 1 Picture



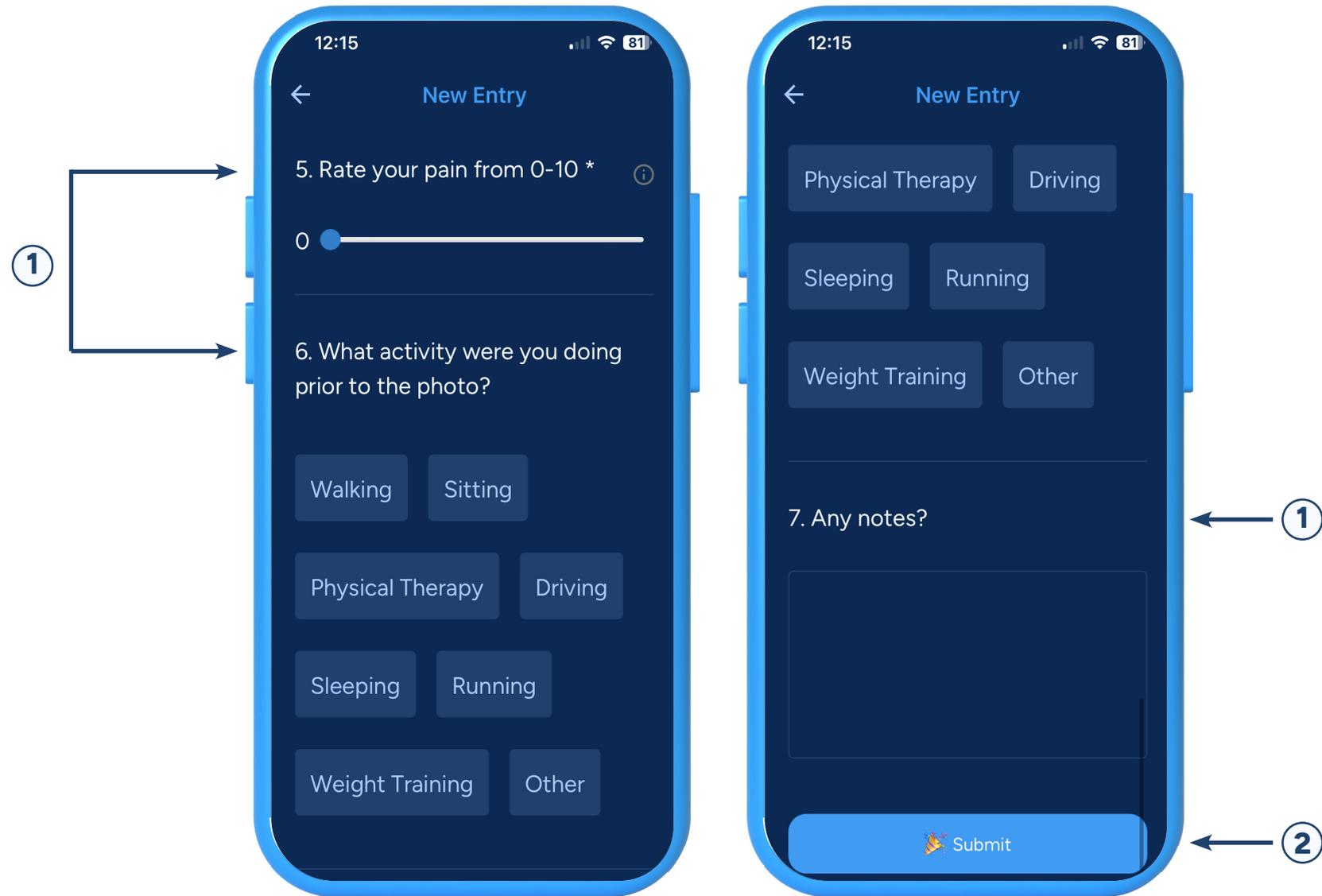
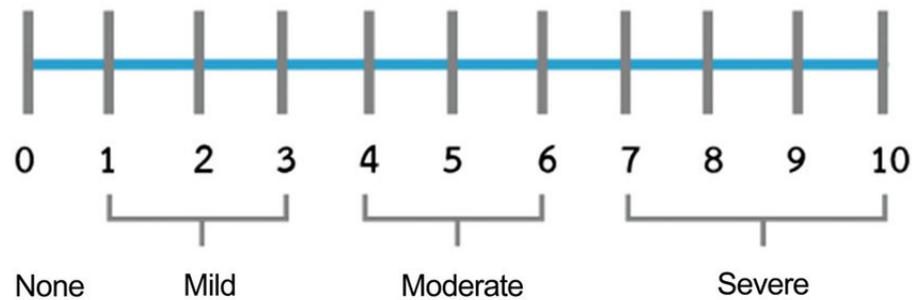
Range of Motion Part 2 Picture

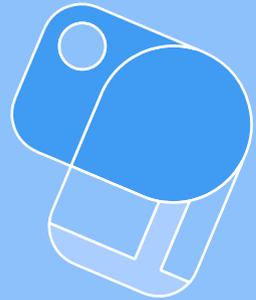


Finalizing Your Entry

1. After you have entered all three (3) pictures, you will then:
 - Rate your pain on a scale from 1-10 (see below).
 - Indicate any activities you were doing prior to taking the pictures.
 - Enter any notes you would like to send to your clinician.
2. When you've completed the steps above, click on the submit button at the bottom of the screen.
3. Remove the temperature sticker and replace paper backing to save it for your next entry. The stickers can be reused until the adhesive no longer works (typically 4-6 uses).

Numerical Rating Scale (NRS) for Pain





Caring For Your Tattoo

Caring For Your Tattoo

3 Tips To Keep Your Tattoo Looking Great

To ensure your tattoo lasts as long as possible, avoid excessive heat and friction, and keep the skin well-moisturized.

TIP 1: Avoid rubbing or scratching the area.

- Pat the area dry after getting wet.
- Do not rub the area as that will remove the tattoo.

TIP 2: Keep the skin moisturized by applying lotion as needed.

- Once the tattoo is dry, apply a thin layer of lotion to keep skin moisturized.
- This will also help prevent the tattoo from cracking or fading.

TIP 3: Try to avoid friction.

- Wear loose-fitting clothing, especially at night, to avoid rubbing the tattoo area and removing it.

Removing and Reapplying Your Tattoo

If one or more crosses are not visible, you will need to remove the old tattoo and reapply a new one.

Step 1

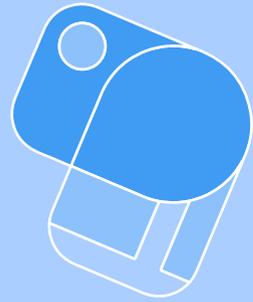
- Using the wipes provided, gently rub the tattoo off - do not scrub with soap and water. If you don't have any more wipes, you can use rubbing alcohol on cotton rounds.
- Clean and dry the area.

Step 2

- Apply a new tattoo by following the instructions on [page 18](#).

Step 3

- Follow the instructions on [page 11](#) to make your first entry with your new tattoo.



Applying A New Tattoo

Applying A New Tattoo

Please follow these steps carefully. It's very important that your tattoo is applied correctly in the appropriate location to provide real-time data and monitoring to your clinician.

Step 1:

- Do not remove the clear plastic cover.
- Use sharp scissors to cut around tattoo, removing excess paper.



Step 2:

- With the knee straight, line up the middle cross over the joint line of the knee (where the knee bends).
- The joint line can be felt by locating the prominent bony bump on the inside of your knee, roughly in line with the middle of your knee cap.

The tattoo can be placed over a post-operative bandage, but should **not** be applied over broken skin or unhealed incisions.



Step 3:

- If needed, remove hair with beard trimmer (or carefully use a razor).
- Clean and dry the area where you will apply the tattoo.



Step 4:

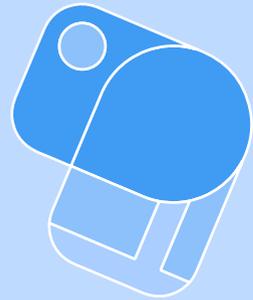
- Remove the clear plastic film over the tattoo and place that side on your skin.
- Be sure to place the center + over the bony bump on the inside of your knee (located in step 2) with the top and bottom + in a straight line along your leg.



Step 5:

- Wet a cloth or towel and place over the tattoo to completely cover it.
- Hold in place for 30 seconds, then carefully peel the paper away, leaving the tattoo on your skin.





FAQs and Troubleshooting

FAQs and Troubleshooting



What do I do with the temperature stickers?

- Prior to taking the temperature and swelling picture in step 2, it is recommended that you apply the temperature sticker (however it is not required to make an entry).
- To use:
 - Remove the white paper backing from one of the square stickers by folding one of the corners.
 - Place it on the “square box” of your tattoo.
 - Leave the sticker on your skin to take the picture.
 - After the swelling picture, remove the sticker and put it back on the paper backing for reuse.



Why is the temperature sticker black and no temperature showing up on the App?

- The temperature sticker will only register skin temperatures at and above 102 degrees Fahrenheit (or 39 degrees Celsius).

Why do I only have a few temperature stickers to use?

- Using the stickers is only required for the first few weeks after surgery and if your knee feels hot. It’s not required for all entries.
- You can obtain more stickers from your clinician at your next visit if you need them.



What’s the best way to take the “Flexion” (bent knee) picture?

- Click on the  at the top right of the screen to flip the camera to “selfie mode.”
- This allows you to see the screen and hold the camera beside you.
- Line up the green crosses with the crosses on your tattoo and use either volume button to take the picture.

What do I do if the volume button is not working to take pictures within the App?

- Other applications on your phone may be preventing the volume button from allowing you to take a picture when in picture mode. Close all other open applications and try again.

FAQs and Troubleshooting



Is there a video that I can watch that explains how to make entries in the App?

- Yes, there is a video on our website at: <https://inkwellhealth.com/resources/>
- You can also view it on [YouTube](#).

How do I get help to apply a new tattoo, or what if I do not have any more?

- Contact support@inkwellhealth.com any time for help applying a new tattoo or if you have run out of replacement tattoos.

I am having trouble making picture entries, how can I get help?

- Please contact support@inkwellhealth.com at any time for help.



Is the temporary tattoo safe?

- The temporary tattoos are made in the United States by a company with more than 8 years of experience manufacturing temporary tattoos under the trade name Momentary Ink.
- The tattoo ink is non-toxic, safe for all skin types and made with Cosmetic-Grade Inks, FDA-certified colorants, and are CSPA/CPSIA & ASTM compliant.
- Tattoos are hypoallergenic even if you have sensitive skin.
- They are easy to remove by simply using cotton rounds and rubbing alcohol to gently remove the tattoo.



What is the risk of a reaction to the tattoo?

- There is a risk of a mild reaction with any product that touches the skin. While chances are small, if a reaction does occur it's usually a mild case of "contact dermatitis," which may cause a rash or a light red outline of the tattoo.

Can I swim or workout after applying my tattoo?

- Be sure to ask your surgeon first if it is safe to swim.
- If yes, wait an hour after applying the tattoo.



InkWell
Health

Connecting patients and healthcare teams
through medical-grade data

INKWELLHEALTH.COM | SUPPORT@INKWELLHEALTH.COM



USE THE QR CODE
TO ACCESS OUR
DIGITAL RESOURCES