Sometimes the rubber in Model-med models will be dented or flattened if left for a long time in one place.

If you find that the rubber is deformed, gently warm the rubber with a hairdryer. But be careful not to overheat the rubber. A gentle heat is all that is needed.

This will bring the rubber back to its original shape.
IF YOU ARE IN A COLD CLIMATE MAKE SURE SOPHIE AND HER MUM HAVE BEEN SITTING AT ROOM TEMPERATURE FOR AT LEAST A DAY. THE RUBBER IS STIFFER WHEN IT IS COLD, AND THUS IT IS HARDER TO PUSH THE BABY THROUGH. AT ROOM TEMPERATURE THE RUBBER WILL BE A BIT SOFTER AND EASIER TO USE.
“Sophie and Sophie’s Mum” Obstetric Trainer Care and Handling Instructions

Congratulations on your purchase of the “Sophie and Sophie’s Mum” Obstetric Trainer.
If you follow one simple rule you shouldn’t have any problems. That is:–

Treat the models as you would treat a person

That is:–

1. Only use water based lubricants.
Any standard water-based lubricant will work on the synthetic skin. Do not use oils, vaseline, petroleum jelly etc. Something like K-Y Jelly or its equivalent works best. Make sure that the lubricant is slippery in texture. We have found that some hospitals use lubricants that can be “gluggy” and make it difficult for Sophie to pass through. If in doubt, use K-Y Jelly.
PLEASE NOTE THAT ULTRA-SOUND GEL DOES NOT WORK. NEVER USE THE TRAINER WITHOUT USING LUBRICATION.

2. Be gentle.
When picking up the models, and when inserting and pushing Sophie through the birth canal be firm without being rough.

3. Clean Sophie and her Mum immediately after use.
After use you can clean Sophie and her Mum with warm soapy water, but do not immerse either in water. Instead wipe them down with a warm soapy cloth. Then rinse with a clean wet cloth, and then pat dry with a clean towel, not a tissue. The synthetic flesh can feel slightly tacky, and sometimes a stubborn mark can be picked up. Use a small amount of the special cleaning fluid with a clean white cloth to remove the mark. Then re-wash as before. If you have a very stubborn mark then a small quantity of Kerosene on a clean cloth can be used to remove it. Then re-wash as before, then pat dry.

4. Sprinkle with a little talcum powder.
When the models are dry you can dust them with a little talc to remove the tacky feel from the synthetic flesh, and to reduce the possibility of picking up dust and dirt.
How to use the “Sophie” Obstetric Trainer

Prior to using Sophie and her Mum it is essential to use COPIOUS quantities of water-based lubricant such as K-Y Jelly.

USE A BIG HANDBFUL (50ml) TO COAT SOPHIE ALL OVER AND ANOTHER BIG HANDBUL (50ml) TO COAT THE INSIDE OF SOPHIE’S MUM’S BIRTH CANAL THOROUGHLY.

Spraying some water inside Mum will help make the birth canal extra slippery. You must lubricate the birth canal every time you wish to pass Sophie through her Mum, so you need a lot of water-based jelly to use this model properly. Failure to do this may result in damage to the model.

You will find two G-clamps in the box. You can use these to fasten Sophie’s Mum to the table.

In this cut-away view you can see how to position Sophie’s head in the pelvis

Now place your thumb on her teeth and grasp her firmly at the back of the neck and push her into the pelvis. With enough lubrication she will ease in.
Once Sophie is positioned well into the pelvis place your hand on her backside with the thumb between her legs and push gently but firmly. There is a certain amount of technique to this and with practice you will get the feel for the right angle at which to push.

You will observe that the head rotates. Sometimes the head will not go quite the way you want it to, and you may have to reposition it via the vagina. Again with practice you will get the feel of how the model behaves. You should see the face sweep across the coccyx and the head begin to emerge from the vagina.

**PUSH S-L-O-W-L-Y**

There is a T-bar that screws into a hole between Sophie’s buttocks. This can be used to slow or prevent Sophie moving out.

As Sophie continues to emerge she will naturally rotate. You can aid restitution by giving her a slight turn with your hand as you push her through.
For breech birth you simply fold Sophie over at the waist and place her inside her Mum. **You need to use lots of lubricant because this is a tighter fit than a head-first delivery. And don’t forget to give Sophie and the birth canal a light spray of water.**

Place your hands over her neck and push on her shoulders as in this cut-away picture. Push firmly but gently. As before there is a bit of practice and technique needed to make it happen.

Sophie will begin to emerge. As with head-first delivery you will find the angle at which to push in order that she comes out without too much difficulty.
SAFETY, AND TIPS AND TRICKS.

The models come dusted with Talcum Powder. Avoid inhaling any dust as a general rule.

The models do not contain any latex, and therefore are not a problem for people with latex allergies.

When using Sophie you will find that until you get the technique right it can be quite a hard push to get her through the birth canal. If you are finding this don't strain yourself. Get someone stronger to help push her through.

It is not uncommon for us to get a call along the lines of “We can't get Sophie through. She doesn't fit.” The most common problem is that people tend to push in the wrong direction. They push in the direction of the vaginal opening when they should be pushing down. Having inserted her head in the pelvis and rotated her head with your fingers, put your thumb between Sophie's legs and your hand on her bottom. Lift her bottom right up and push down. Remember, you are pushing her through the Curve of Carras, which is a 90 degree bend, not straight toward the vagina.

When doing a breech you need to ensure that Sophie's bottom is pushed through at an angle as in the diagrams overleaf, rather than at the horizontal or vertical. Also it is important that when doing a breech her arms are in front of her rather than behind her head which can put a large strain on the skin in the armpit.

Be careful of sharp fingernails. We have found that the flesh of our models can be pierced by someone with long sharp fingernails. As we say, treat our models like a real person and you won't have a problem. Be gentle.

REMEMBER, LUBRICATE THE MODELS EVERY TIME YOU PUSH SOPHIE THROUGH THE BIRTH CANAL.
Breech Delivery Angles
As in real life, Sophie needs to go through the pelvis on the angle rather than flat. In the diagram you can see a representation of the buttocks and the internal shape of the pelvis.
Model-med Medical International Pty Ltd Warranty

Our products are made from a soft, yet tough, material. They will last if they are treated like a person. That is, gently.

Model-med International Pty Ltd offers a one year warranty to the original purchaser from the date of purchase on our models when they are handled, operated and maintained in accordance with the printed instructions accompanying them. This Limited Warranty shall be limited to the repair or replacement of parts that prove defective under normal use and service and which on examination shall indicate, to Model-med's satisfaction, they are defective. If Model-med confirms the defect and approves the claim, Model-med will elect to repair or replace, or have parts repaired or replaced without charge by a nominated representative of Model-med's choosing. We may ask for photographic evidence of the damage to the model. The Warranty does not cover any costs of shipping. Shipping costs will be paid by the Customer.

This Limited Warranty does not cover any failures or operating difficulties due to accident, abuse, misuse, alteration, misapplication, vandalism, improper maintenance, or failure to perform normal and routine maintenance.

We will repair a model if it fails within one year of purchase providing it has not been mistreated or abused. We define mistreated or abused in, but not limited to, the following ways:-

- If the model is cut, punctured or sliced by any object, including but not limited to forceps, knives, or any other implements.

- Damage caused by fingernails is not covered by this warranty.

- If any lubricant other than a water-based lubricant is used on the model. Only recognised water-based surgical lubricants should be used.

- If any chemicals other than those described in the care and handling documents are used on the skin, or if the chemicals described in the care and handling documents are used in quantities greater than those recommended.

- Hot objects should not be placed on or around the model. We define hot as being above 50 degrees celcius.

If you believe you have a claim under warranty you must first contact your local distributor for instructions on how to proceed with the claim.

Model-med International Pty Ltd shall not be liable under this or any implied warranty for incidental or consequential damages.