



GETTING STARTED

Front Pillow:

1-2 **Attach** the air pump's **blue air hose to the blue outlet** in the air pump and insert the nozzle end of the hose to the air valve in the front pillow and begin pumping.
When the blue hose is removed, flap at the base of the valve keeps air inside eliminating any need to "finish-off" the inflation by blowing.

2b For **RAPID DEFLATION** squeeze the valve to open the flap at the base of the valve. Compress the Pillow. You will hear the air escaping.

3 Using the pump, **inflate the front pillow** approximately half full and then **insert pillow into the fabric cover**.

4 **Finish inflating** the front pillow

Note: After removing the pump you probably want to finish off the inflation by blowing air through your mouth in order to prevent air from escaping.

Push the air valve in flush with the pillow.
Zip up the fabric cover.

Back Support Pillow:

5 **Insert strap** through the middle of the inflatable **back support** as if it were a sleeve around the strap.

6 **Fold the back support** two times accordion style first on one side of the strap.

7 Then **flip it over** and fold the back support the same way on the other side of the strap.

8 Pull either end of the **strap through** either side opening of the back support **cover**.

Note: The size of the openings in the fabric might seem small at first but they are necessary to keep the Strap in the middle of the Pillow and the Back Support balanced.

9 Push the **inflatable back support inside** of the fabric **cover**.

10 **Inflate the pillow** while completely inside of the fabric cover using the pump.

Note: Pillow will unfold as inflated. First you feel the air valve side getting filled. When the pressure gets high enough the air will start flowing to the opposite side.

Joining the Two Pillows:

11-13 **Loop** the free end of the **strap around the D-ring** of the front pillow and secure the end of the strap under the sliding buckle.

Nursing: This is what you will do each time you use your Viva Pillow

14 a) **Wrap the Pillow** around you. **Be sure the strap is on top of the elbow supports** of the front pillow.

b) **Snap the hook** to the D-ring on the other side of the pillow. Adjust the tightness of the pillow suitable for you.

Note: Pull the end of the strap forward to tighten or lift the plastic buckle to loosen the strap.

With Viva! you can adjust the height or placement of the back support, as well as the thickness of the back support to best suit your individual needs.

