



Instructions for Electrode Application

- 1) Make certain stimulation device is switched off prior to applying or removing electrodes.
- 2) Clean electrode application area with soap and water, rinse and dry. For best results use "Pre-TENS Prep" available from either Body Clock or TENSunit.com. *(You are now ready to apply electrodes but please note that they should not be applied to any sore or broken skin area or any area of the body which does not have normal sensation).*
- 3) With electrodes still on liner, connect lead wires from stimulation device to electrode connectors.
- 4) Remove electrodes from liner by gripping the edge of each electrode and carefully peeling it off the liner. Retain the liner for storage.
- 5) Place the electrodes on the appropriate skin location (should be determined by a medical professional) by applying the centre of each electrode first and smoothing down the electrode edges. Attach lead wires to stimulation device.

Removal of Electrodes

- 1) Turn off stimulation device. Disconnect lead wires from the stimulation device.
- 2) Remove electrodes from skin by peeling from electrode edge.

Re-application and Storage of Electrodes

If adhesive becomes over-saturated, allow electrodes to air dry in a refrigerator with adhesive side up until gel regains its tackiness. If the electrode gel appears dry, add a few drops of water to the electrode gel. Allow to rest until tacky and apply to skin. Between uses return the electrodes to liner and store in the re-sealable bag in a cool place out of direct sunlight.

Note: The lifetime of electrodes varies depending on skin condition, skin preparation, and type of stimulation, storage and climate.
Caution: If skin irritation develops, discontinue use and consult your physician. For single patient use only. These electrodes may be repositioned several times on the same patient.