

- **Do not** apply to broken skin or skin that has reduced sensation or numbness.
- **Ensure** skin is always clean and dry. Between applications wash area of skin with warm soapy water. Dry thoroughly.
- **Do not** use any other lotions/creams/gels, other than those with the TENS.
- Shave or trim with scissors excessive hair from skin as necessary.
- **Do not** stretch skin or tape when fixing. Remove gently.
- **Ensure** electrodes are well coated with electrode gel before applying to skin.
- Check skin after treatment. If skin is red or irritated in any way **Do not** continue to use TENS and report it to your physiotherapist.

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Transcutaneous Electrical Stimulation (TENS) Patient Information Leaflet

If you need this leaflet in a different language or accessible format please speak to a member of staff who can arrange it for you.

اگر به این بروشور به زبان دیگر یا در قالب دسترس پذیر نیاز دارید، لطفاً با یکی از کارکنان صحبت کنید تا آن را برای شما تهیه کند.

Jeśli niniejsza ulotka ma być dostępna w innym języku lub formacie, proszę skontaktować się z członkiem personelu, który ją dla Państwa przygotowuje.

Dacă aveți nevoie de această broșură într-o altă limbă sau într-un format accesibil, vă rog să discutați cu un membru al personalului să se ocupe de acest lucru pentru dumneavoastră

如果您需要本传单的其他语言版本或无障碍格式，请联系工作人员为您安排。

إذا احتجت إلى هذه النشرة بلغة أخرى، أو بتنسيق سهل الوصول إليه، يرجى التحدث إلى أحد الموظفين لترتيب ذلك لك.

What is TENS?

TENS is a battery-powered stimulator, leads and electrodes that are applied to the skin either by gel and tape or with self-adhesive electrodes.

The battery-powered stimulator passes a small electrical impulse via the skin surface where the electrodes are attached.

How does it work?

TENS boosts the body's own natural pain relief mechanisms. Two ways of doing this have been noted:

1. High frequency stimulation

Normally all messages (including pain) travel to the brain via nerve fibres. The TENS machine works by sending a tingling sensation along the fibres to the brain more quickly than the pain messages. The pain felt is, therefore, reduced.

2. Low frequency stimulation

This encourages the body's natural pain relieving chemicals, such as endorphins, therefore, reducing the pain felt.

Do not use the machine if you are:

- a) Epileptic
- b) Pregnant
- c) Fitted with a cardiac pacemaker

Do not use the machine:

- a) Whilst driving
- b) When sleeping (can be discussed)
- c) In the bath/shower

Using TENS

- Please ensure that the skin is clean and dry before application.
- If using self-adhesive electrodes, take off the protective backing first and then place over the area shown by your physiotherapist.
- If using carbon rubber electrodes, put a thin layer of gel over the electrode, ensuring it is completely covered. Place it in the area shown by the physiotherapist and then if required secure with tape.
- The settings will be decided by the physiotherapist. Do not adjust unless instructed to do so.
- Once you have the electrodes securely in place, turn the intensity up slowly until you feel a comfortable tingling sensation. This is as high as you need to go – it is not a case of the higher the better.
- You may find that after a while your body gets used to the sensation and stops feeling it. In this case, just turn the intensity up again until you can feel it once more.
- On the first day, you need to wear the machine for **between half to one hour only**. This is in case you have an allergic reaction to the gel/electrodes.
- If no allergic reaction occurs, on subsequent days wear the machine for 4 hours at a time. There is no danger in wearing the machine for longer if necessary.