

WARNINGS/PRECAUTIONS

1. Do not use the TENS machine if:
 - You have a pacemaker
 - Over broken/Infected skin
 - Over the carotid sinus area of the neck
 - On or near the eyes
2. Keep out of the reach of children
3. Do not lend your machine to anyone else, it may not be appropriate for them to use it and could harm them.
4. Remove when bathing or showering.
5. If you become pregnant, stop using the TENS machine and contact the Physiotherapy Department.
- 6 Do not drive or operate machinery. The pads could move and produce a shock causing an accident.
7. TENS should not be used for undiagnosed pain, and should only be used on the advice of a medical practitioner.

If you require this leaflet in any other format, eg, large print, please phone
01935 384256

If you have any questions or require further information or advice, please contact

Therapy Department
01935 384358

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TENS a guide for use

Therapy Department

www.yeovilhospital.nhs.uk

GUIDE FOR USE OF TENS (TRANSCUTANEOUS NERVE STIMULATION)

1. Always make sure that the machine is switched off before starting
2. Plug the leads into the pads and attach the leads into the machine
3. Secure the electrodes in position
4. Switch the machine on and turn up the intensity until the sensation is strong but not unpleasant or uncomfortable.

Wearing the Machine

Timing: If using **constant** mode, use the machine for **at least** one hour. If you use it for less you may not achieve the maximum benefit from the machine.

Settings: **Pulse Rate**(frequency)

Pulse Width

Electrode Position: Position the electrodes as shown at the Physiotherapy Department, and as indicated on the body chart. If using black carbon electrodes, spread gel on flat surfaces then secure with tape. When you first start using the machine it is important to check your skin before and after use for a rash or blisters which may indicate you are allergic to the pads. If this happens, stop using the machine and contact the Physiotherapy Department. Always place the electrodes at least one electrode width apart.

When you stop using the machine

1. Switch the machine off.
2. Remove the electrodes, unplug them from the leads and store appropriately.
 - Replace self-adhesive electrodes on piece of plastic issued.
 - Wash carbon electrodes in mild soapy water.
3. If necessary wash the area where the electrode has been.
4. Store the machine safely in its bag/box

Problems:

1. Low or no sensation - replace the battery.
2. Burning sensation under electrodes - may be due to:
 - a) worn out pads - replace if necessary
 - b) intensity too high - try reducing the intensity until you feel a mild/moderate tingling
 - c) not enough gel on carbon electrodes
 - d) skin damp underneath electrode
3. Loose or broken plug/lead attachment switch off the machine and contact the Physiotherapy Department for a replacement lead.

The result of the use of TENS may vary from person to person. Pain relief experienced may be either partial or complete and will also vary in duration. Some people may only obtain relief while the stimulator is on, others may achieve a more lasting relief, which continues after the TENS has been switched off. This effect may last from a few minutes through to several days.