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WARNINGS AND PRECAUTIONS WHEN USING A TENS MACHINE

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Department*

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POSSIBLE SKIN REACTION

a) Allergic Reaction

If you experience red, irritated or broken skin, remove the electrode and place it on a patch of healthy skin. Do not use the irritated area again until it has properly healed. Let your therapist know you have had a problem.

b) Minor Burns

It is possible to experience a minor burn for several reasons:

- i) **The skin under the electrode is damp.** Always make sure the skin is clean and dry before you put the electrodes on. Do not use any moisturisers, bath oil, talcum powder, etc as the electrode will probably not stick on. If you are experiencing problems with sweating under the electrode, please let your therapist know.
- ii) The electrodes should not be placed too close together otherwise, as you move, they could shunt and touch. We recommend at least the width of an electrode between them.
- iii) You must have good contact between electrode and skin. If you put an electrode on a bony point

DRIVING

You should not drive or operate machinery with the TENS machine turned on. If, for some reason, you dislodge an electrode, or pull a lead out, it will give you a slight electric shock which may distract your attention. The makers of TENS machines will not be held responsible if you have an accident whilst using a machine in these circumstances.

NIGHT-TIME USE

You can use your TENS machine at night. However, as a small proportion of users are made worse by TENS and there is no way of telling beforehand if you are going to have an adverse reaction or not, we recommend that you try the TENS during the day for several days and if there are no problems, you can safely use it at night. Otherwise you could go to sleep with the TENS on for several hours and wake up feeling worse in the morning.

Use plenty of tape to secure the electrodes, junctions and leads to your skin so that if you roll over in your sleep, nothing is disconnected.

POSITION OF CAROTID SINUS

(This is marked on the body chart)

This area is situated over the inner half of the **left** collar bone and is the area which supplies the timing to the heart. Therefore, **DO NOT** place an electrode here as it could affect the timing.

PLACEMENT OF ELECTRODES

Do not place electrodes too far forwards on the neck, or it could cause your blood pressure to drop.

If you are using electrodes on your neck and it appears to bring a headache on, or worsen a headache, move the electrodes down and wear them as high as possible without aggravating the headache.

REMOVAL OF ELECTRODES/ DISCONNECTION OF LEADS

If you dislodge an electrode (eg when dressing or undressing), yank out a lead or drop the machine and pull the leads out or take the electrodes off while the machine is still on, you will get a minor electric shock. It won't be enough to do you any harm, but it is an unpleasant surprise, therefore take care and always **TURN THE MACHINE**