

- Shave or trim excessive hair with scissors 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.

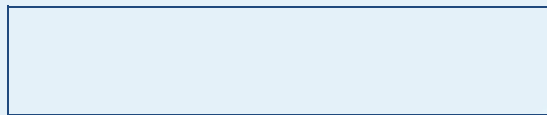
### Important information

**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



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## Transcutaneous Electrical Nerve Stimulation (TENS)

This leaflet can be made available  
in alternative languages / formats on request.

如有需要，本传单可提供其他语言/版式  
此單張的其他語言/格式版本可按要求提供

Na żądanie ta ulotka może zostać udostępniona  
w innych językach/formatach.

## Information about TENS

### 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. Pain felt is therefore reduced.

#### 2. Low Frequency Stimulation

Encourages the release of the body's natural pain relieving chemicals e.g. endorphins, thereby reducing pain felt.

### Using the 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 the 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 an hour to one hour only**. This is in case you have an allergic reaction to the gel/electrodes.
- If no allergic reaction is detected, on subsequent days wear the machine for 4 hours at a time. There is no danger in wearing the machine for longer if necessary.

### Skin Care

- Your skin may be irritated in the area of electrode placement. To minimise the chance of this occurring, follow the directions below.
- **Do not** apply to broken skin or skin that has decreased feeling 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.