

Directions for Use

REF 2" Square Fabric Electrodes

Application

1. Clean skin thoroughly prior to each application of electrodes. Electrodes do not stick well if lotion, oil, make-up, dirt, etc. is left on the skin.
2. Turn the stimulator off before you apply the electrodes to your skin.
3. Insert the lead wire pins from the stimulator into electrode wire connectors.
4. To remove the electrodes from the protective liner, lift at electrode edge and peel from the liner. Apply electrodes firmly to the skin. Adhesion improves when electrodes reach skin temperature. Retain the liner in bag for electrode storage after use.
5. To improve electrode life and adhesion, moisten skin with a damp cloth prior to application.

Removal

1. Turn the stimulator off before you remove the electrodes from the skin.
2. Lift at electrode edge and peel from the skin. Do not pull on the lead wires when removing electrodes from the protective liner or skin. You may damage the electrodes.
3. Place electrodes on the liner and remove lead wires by twisting and pulling at the same time.

Care and Storage

1. Store electrodes in the resealable bag in a cool, dry place between uses. Recommended sealed storage: 41°F - 104°F (5°C - 40°C).
2. Electrode life varies depending on stimulation type, skin conditions, storage, climate, amount of use and stimulation site. Electrode life may be extended by following the instructions.

Important Warnings

1. The electrodes are intended for use by one patient only. Do not share.
2. Adjust stimulator according to stimulator and your health professional instructions.
3. Do not apply to broken skin. If irritation occurs, discontinue use and contact your physician.
4. Do not use while driving a motorized vehicle, or operating machinery.