

# TENS

## Replacement Pads

User Manual



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## Introduction

Thank you for purchasing the Careway TENS Replacement Pads (Model CTRP1). For use with Careway Digital Pain Relievers range.

The TENS Pain Relievers are a safe, drug free device which helps to ease aches and pains. TENS stands for Transcutaneous Electrical Nerve Stimulation and is recognised as a safe method of easing pain. TENS is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK. Before using, please read all the instructions in this user manual carefully and keep it safe for future reference.

### Why consider digital pain relief?

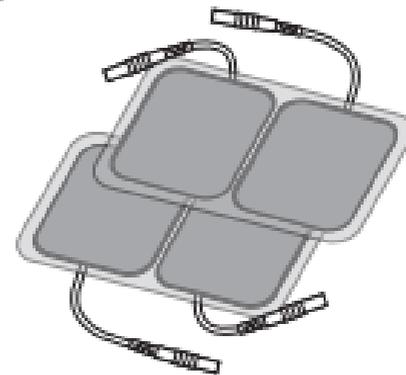
Pain is a warning signal; we need these signals to tell us that something may be wrong with our body.

Without it, we may not know that parts of our body might be

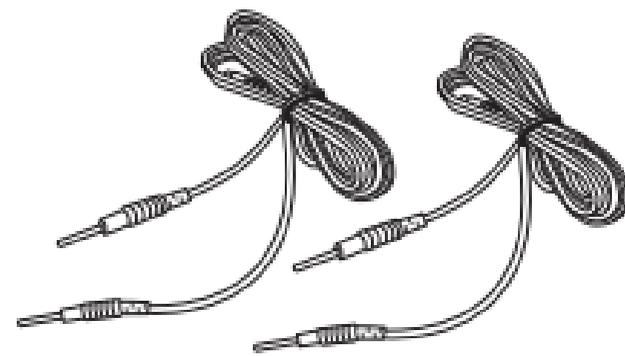
## Introduction

damaged, thereby damaging them further. However once we have identified damage, pain serves little purpose.

## Parts



Gel pads



Output cables

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## General Warnings and Safety

### Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of the TENS Pain Reliever and to prevent injury.

- Connect the output cable to the gel pads and then connect to the TENS Pain Reliever
- Attach the gel pads around the area of pain
- Do not use the gel pads if they are scratched or damaged in any way
- The use of the TENS Pain Reliever must be supervised by an able adult of sound mind, where applicable

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## General Warnings and Safety

- For treatment of pain control, muscle injuries or rehabilitation, the TENS Pain Reliever should be used under close supervision and direction of your doctor or professional therapist

### Is it safe to use TENS Pain Relievers?

TENS Pain Relievers are a medical device that have been subject to stringent testing. It is safe to use for most people, with the following exceptions:

- People with pacemakers, pulse regulators or any other implanted medical devices
- People with heart rhythm problems
- People with inflammation, acute diseases, or infectious skin wounds

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## General Warnings and Safety

- People with leprosy or chronic alcoholism
- Children under 16 years of age
- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR, OR IF YOU SUSPECT YOU MAY BE PREGNANT. Please ask your local pharmacist about other drug free pain relief during pregnancy
- Patients must consult their doctor before using TENS Pain Relievers if receiving any physical therapy or suffering from any of the following:
  - o Acute diseases
  - o Heart diseases or heart rhythm problems
  - o A fever
  - o Abnormal blood pressure
  - o Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body

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## General Warnings and Safety

- Cancer patients, people with diabetes or epilepsy should seek medical advice from their consultant, doctor or pharmacist before use
- Keep the TENS Relievers and gel pads out of the reach of children
- Electrode gel on the pads may cause a skin irritation, please seek medical advice
- Do not use TENS Pain Relievers with an electrocardiograph meter (ECG) or any other medical apparatus
- Do not use TENS Pain Relievers or gel pads with any topically applied creams or ointments
- Do not use on scarred areas following surgery for at least 10 months after the operation

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## General Warnings and Safety

- Do not use on or around an area of the body with skin disease, damage or inflammation
- Do not place the gel pads on the head, face, heart, chest area, eyes, oral cavity, sexual organs or onto the spine or bones
- Do not use on a wet body
- Do not use on stomach muscles within 90 minutes of eating

Please stop using the TENS Pain Reliever immediately if you notice any reddening of the skin, if you feel any discomfort or feel unwell (seek medical advice). Improper use of the TENS Pain Reliever can lead to harm and damage. For safe use of the TENS Pain Reliever, please note the following safety instructions:

- The TENS Pain Reliever must be turned off before moving the gels pads to different parts of the body

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## General Warnings and Safety

- Do not use the TENS Pain Reliever in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation
- Do not use the TENS Pain Reliever whilst driving or operating any other mechanical equipment
- Do not use the TENS Pain Reliever whilst sleeping
- Avoid contact of the gel pads with anything made of metal, such as belts or necklaces
- The TENS Pain Reliever has no AP or APG protection;  
AP: Flammable anaesthetic proof mixtures with air  
APG: Flammable anaesthetic proof mixtures with oxygen or nitrous oxide

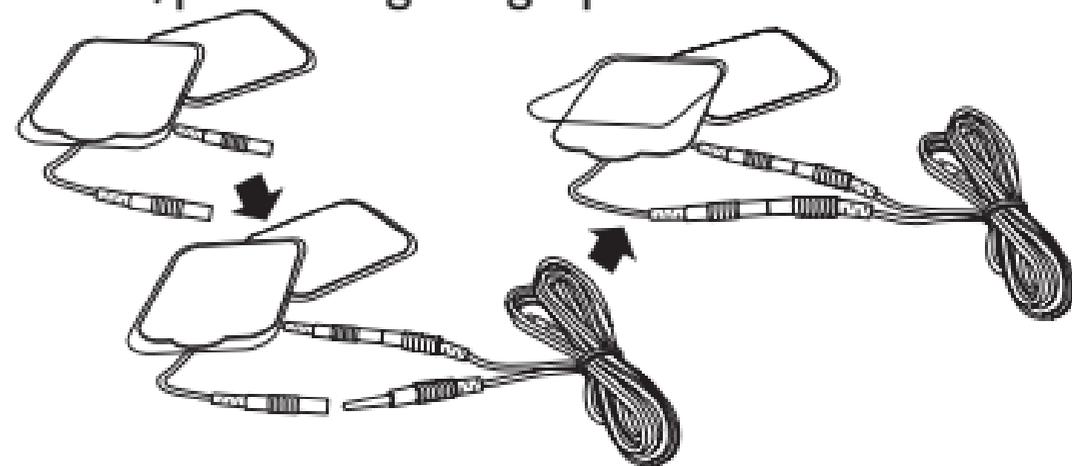
## General Warnings and Safety

- Do not insert the output cable into any other socket other than the socket of the TENS Pain Reliever as instructed, as this may lead to an electric shock
- Do not disassemble, repair or modify the TENS Pain Reliever in any way as this may lead to malfunctioning or an incident and will invalidate the warranty
- The TENS Reliever should not be used whilst the user is connected to high-frequency surgical equipment, it may cause burn injuries on the skin under the gel pads, as well as problems with the device
- Do not use the TENS Pain Reliever in the vicinity of shortwave or microwave therapy equipment, since this may affect the output of the device

## Using your TENS Replacement Pads

How to connect the gel pads:

Each gel pad is pre-fixed with a cord-socket and protected by a transparent film. Attach the gel pads to the output cables and insert into the output socket. Remove the layer of film and place that side of the gel pad to the skin, positioning the gel pads on the area of pain. Press to ensure adhesion.



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## Using your TENS Replacement Pads

**Caution:** Affix the gel pads so that they do not overlap one another and are approximately 4-6 inches apart. Be sure not to move the gel pads to another part of your body without turning off the power first.

**Please note:**

- Never stick the gel pads to each other
- Keep the gel pads clean and do not expose to heat or direct sunlight
- If the gel pads do not adhere to your body or are dirty, wipe with a damp, lint free cloth or replace with new ones
- Do not clean the pad or adhesive gels with any chemical
- Place the gel pads on intact skin only. Do not place on cuts or damaged skin

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## Using your TENS Replacement Pads

- The TENS Pain Reliever should only be used on one person at a time
- Replace the transparent film on the gel pads when not in use
- The recommended number of uses per pad is 10 uses

**IMPORTANT NOTE:** When removing the gel pads from the skin, peel off from one corner of the gel pad. **DO NOT** pull the cord-socket or output cable to remove.

## Troubleshooting

Problem	Check points	Possible solution
The stimulation is weak even after new batteries have been inserted.	Are the gel pads secured on the skin properly?	Re-attach the gel pads correctly.
	Are the gel pads dirty?	Clean the gel pads with a damp, lint free cloth or replace with new gel pads.
The stimulation is uncomfortable.	Is the intensity too high?	Decrease the output intensity.
	Are the gel pads too close together?	Reposition the gel pads further apart.
	Are the gel pads or cables damaged or worn?	Replace with new gel pads or cables.

## Troubleshooting

Problem	Check points	Possible solution
The stimulation is uncomfortable.	Are the gel pads stuck on the skin correctly?	Reposition the gel pads and make sure they are placed on the skin firmly.
The skin becomes red and/or you feel a stabbing pain.	Are you wearing the gel pads on the same site every time?	Re-position the gel pads. If at any time you feel pain or discomfort stop use immediately.
	Is the surface of the gel pads scratched?	Replace with new gel pads.
	Are the gel pads dirty?	Please clean the gel pads using a damp, lint free cloth.

## Troubleshooting

Problem	Check points	Possible solution
Stimulation stops during therapy.	Have the gel pads come off the skin?	Turn off the TENS Pain Reliever and stick the gel pads firmly to the skin.
	Is the output cable disconnected?	Turn off the TENS Pain Reliever and re-connect the output cable.

## Maintenance and Cautions



- After using the TENS Pain Reliever, please remove the output plug from the output socket and re-attach the gel pads to the protective transparent film
- Always use the protective film when the gel pads are not in use
- Do not twist or pull the output cables
- Do not use any chemical to clean the main TENS Pain Reliever or the gel pads. In case you need to clean them, please wipe with a damp, lint free cloth
- Do not let the gel pads dry out or expose to direct sunlight
- Keep the gel pads clean

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## Storage

- After use, disconnect the output cable and the gel pads, and then store safely and out of the reach of children
- Store the TENS Pain Reliever and gel pads in a cool, well ventilated place
- Do not expose the gel pads to direct sunlight and protect them against dirt and moisture
- Do not make any sharp kinks in the output cables or the gel pads

## Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our devices as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in

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## Customer Feedback

reviewing this product. Please visit [www.careway.co.uk](http://www.careway.co.uk) and look for the customer services section on the home page.

## Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the instrument. Any attempted repair by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

An electronic version of the User Manual is available for download from [www.careway.co.uk](http://www.careway.co.uk)

## Warranty



Shenzhen Dongdixin Technology Co., Ltd.,  
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**EC** **REP** Shanghai International Holding Corp. GmbH  
(Europe) Eiffestraße 80, 20537 Hamburg Germany

## Explanation of Symbols on the TENS Replacement Pads



Follow instructions for use



Caution!

## Explanation of Symbols on the TENS Replacement Pads



The name and the address of the manufacturer



Date of manufacture



Batch code



Model number



The name and the address of the authorised representative  
in the European Community



Complies with the European Directive