

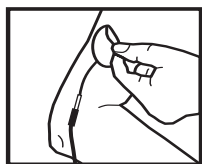
Use and Care of Reusable Solid Gel Stimulating Electrodes

Preparing the Skin

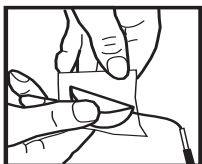


Clean skin is the best preventative against irritation, so always wash skin at the electrode application site with soap and water. Pat the skin dry with a towel. Never use alcohol, lotions, oils, or creams on the skin prior to placing electrodes. Trimming, (not shaving) body hair from the electrode application area is often helpful. If skin irritation does occur, do not continue treatment on that site until the skin heals.

Electrode Removal



To remove electrodes with pre-attached wires, **DO NOT** pull on the wire, as this may damage or destroy the electrode. The proper method of removal is to grasp the edge of the electrode and lift it from the liner or the skin.

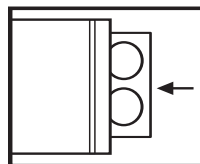


To remove electrodes from their liners, bend the liner slightly at a corner. Loosen the gel from the liner by rubbing your thumb across the edge of the electrode in an upward motion. Once the gel has loosened from the liner, grasp the edge of the electrode and peel from liner.

Cleaning the Electrodes

The electrode gel surface should be kept free of lint and oils to maximize their life. Rub a clean, damp sponge gently over the solid gel to remove any oil or debris. After cleaning the gel, return the electrodes to their liner and storage bag and place in a cool environment, such as a refrigerator.

Storing Electrodes



Electrodes should be returned to the release side of their liner and returned to the resealable storage bag. It is best to store electrodes in a cool, dry place, such as a refrigerator, to avoid exposure of the gel to heat and humidity.

Rotating Electrodes

To extend the life of electrodes, rotate their use. Electrodes should be rotated every 4 to 6 hours if being used in a hot or humid environment. For use in a less stressful environment, rotate electrodes every 24 hours.

Over-Saturation of the Solid Gel Adhesive

This occurs when a solid gel electrode absorbs and retains moisture. It results in an eventual lessening of the physical and adhesive properties of the gel, shortening the useful life of the electrode. The electrodes should be removed from the skin and allowed to air dry in a cool and dry environment such as a refrigerator, with the gel exposed to the air for at least 24 hours. The most common reasons that electrodes become over-saturated are perspiration, hot/humid environments, or excessive addition of water to re-hydrate the gel surface.

Rehydrating the Solid Gel Surface

Always check the electrode gel for tack prior to use. Gently touch the gel surface with the fingertip. If the gel does not readily adhere, run a finger under tap water and rub over the gel surface. Continue with this process until the entire gel surface has been completely rehydrated. The electrodes are now ready to apply to clean and dry skin.