

# Use and Care of Single Use Disposable 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.

## Removing Electrodes From Liner

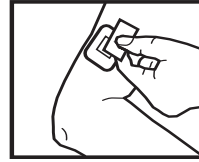
Single use disposable electrodes feature easy peel liners with thumb tabs for easier removal from both the liner and the skin. Remove the liner from the electrode while grasping the thumb tab and apply to the placement site.

## Application of Electrodes

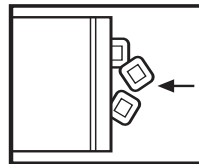
Short term disposable electrodes are designed to offer convenient one time application. Choose your stimulation site carefully; once applied, these electrodes are not repositionable.

With proper care the Multi-Day® disposable electrodes can remain on the skin for several days. They may be left on the skin while showering however first disconnect the lead wires. Discard electrodes if a loss in adhesion occurs, or a change in stimulation is noted.

## Electrode Removal



Because single use disposable electrodes feature an aggressive self-adhesive, we recommend the use of an adhesive remover to prevent irritation to the treatment site. Gently work the adhesive remover towelette onto the fabric of the electrode until saturated. Lift a corner of the electrode and apply the adhesive remover towelette to the edge while gently pulling up. After removal, wipe skin again with towelette to clear any remaining residue.



## Storing Electrodes

Whenever you remove electrodes from the pouch, be sure to re-seal the pouch tightly to prevent dry-out of the remaining electrodes.

Store the pouch at room temperature, but away from direct heat or sunlight.

## Features of Single Use Disposable Electrodes

- Economical
- Easy one-step application
- Disposable to reduce the risk of cross contamination
- Self-adhering with aggressive adhesives