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The TENS Specialists

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FREELADY **Menstrual Pain Management**

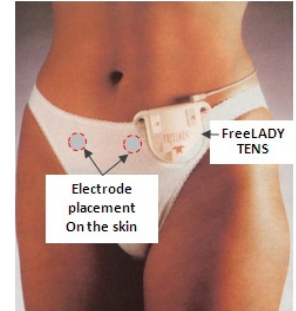
INSTRUCTIONS

STEP 1 - Placement of the electrodes

Use a 'Clean-Cote wipe' to wipe the area where the electrodes are to be placed.

The applicable area is either side of the pubic bone (below the belly-button) near to the groin.

Place the electrodes 10-15cm apart from one another on the cleaned area.



STEP 2 - Connect the electrodes

Ensure the **FREELADY** is **OFF** before you connect the cable to the electrodes and the **FREELADY**.

Connect the electrodes to the supplied cable.

Connect the cable to the **FREELADY** stimulator.

[The red and black plugs are connected to each electrode socket. Note: plug colours do not matter]

STEP 3 - Turn ON the **FREELADY and adjust its strength**

Always use fresh AAA Alkaline batteries and insert these into the battery compartment.

To start the **FREELADY** press the **ON** button.

Slowly press + marked on the 'amplitude button' until the "tingling sensation" is strong but comfortable.

This strong tingling acts as a "distraction", helping to control the discomfort.

STEP 4 - Turn OFF the stimulator

After applying for 1 hour, turn **OFF** the **FREELADY**

[The relief may last from 1 to 4 hours. You are able to repeat the procedure as required throughout the day.]

At the end of the day, the electrodes must be removed from the skin.

Return the electrodes onto the backing sheet and seal in the supplied resealable bag. The life of the electrode is extended by keeping the electrodes overnight in a cool place (usually a refrigerator).

Wash the skin electrode placement site with water and apply moisturising cream to the location site.

This procedure may be repeated on a daily basis (as the need arises).

IMPORTANT INFORMATION

Please remove the batteries from the **FREELADY** if you are not planning to use the stimulator for some time.