

PAIN RELIEF

LloydsPharmacy

Pain Reliever

Wireless TENS



Last revised: 03/09/13 V7

REF LWPRT1

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Introduction

Thank you for purchasing the LloydsPharmacy Pain Reliever Wireless TENS (Model LWPRT1).

This product is 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 these signals, our body could not react to damage and the damage could worsen. An effective way to soothe the feeling of pain is digital pain relief.

Introduction

How does TENS work?

TENS works by passing harmless electrical signals into the body from the gel pads. This eases pain in two ways:

- Firstly, it blocks the body's pain signals which are normally transmitted from the area of damage through the nerve fibres to the brain - TENS interrupts these pain signals
- Secondly, TENS stimulates the body's production of endorphins – its own natural painkillers

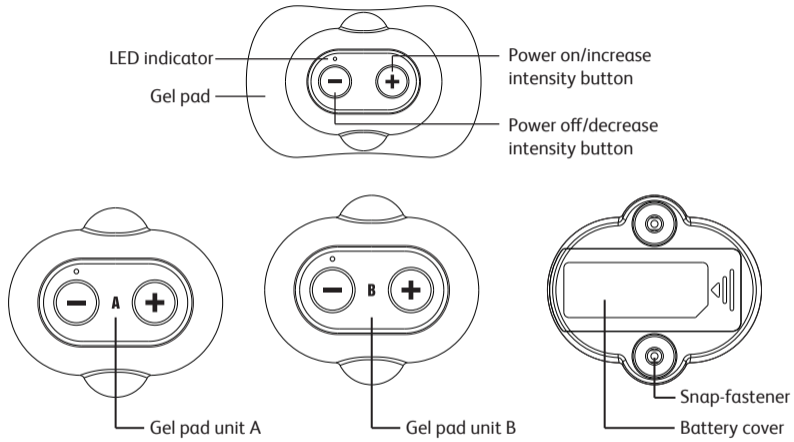
What conditions can TENS help relieve?

TENS provides pain relief for a number of different pain conditions, including:

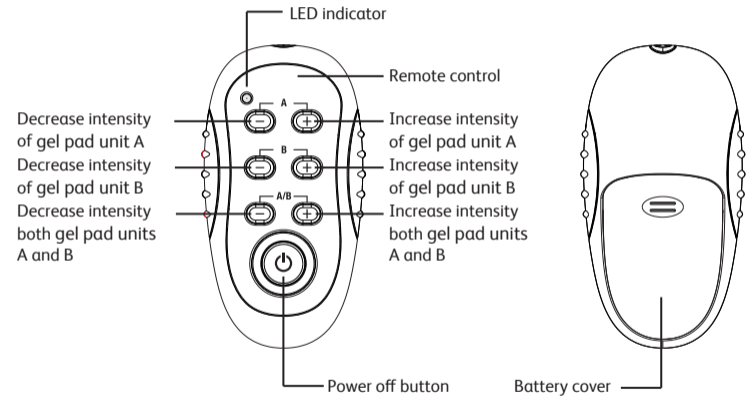
- Lower back pain
- Hip pain
- Strains and sprains
- Elbow pain

Please ask your local LloydsPharmacy pharmacist for advice about any specific condition.

Parts



Parts



Features

- Can be used alongside medication. Please see your GP if you have any concerns with severe or prolonged pain
- Touch control buttons
- Simple to use
- Lightweight and portable
- 2 gel pads

Use the pain reliever for at least 30 minutes a day, however, you may need to wear it for longer to initially ease your pain, please seek medical advice. If you wear it for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore.

Before using, please read the instructions included in this user manual carefully.

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 Pain Reliever and to prevent injury.

- Make sure the battery is installed correctly
- Connect the gel pad units to the gel pads.
- Attach the gel pads around the area of pain. Please see page 16 for details of where to place the gel pads
- Do not use the gel pads if they are scratched or damaged in any way
- The use of the pain reliever must be supervised by an able adult of sound mind, where applicable
- For temporary relief of pain, this product should be used under close supervision and direction of your doctor or professional therapist

General Warnings and Safety

Is it safe to use this pain reliever?

This product is a medical device that has 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
- People with leprosy or chronic alcoholism
- Children under 16 years of age, without supervision
- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR, OR IF YOU SUSPECT YOU MAY BE PREGNANT. Please ask your local LloydsPharmacy pharmacist about other drug free pain relief during pregnancy
- Patients must consult their doctor before using the Pain Reliever Wireless TENS if receiving any physical therapy or suffering from any of the following:
 - Acute diseases
 - Heart diseases or heart rhythm problems
 - A fever
 - Abnormal blood pressure
 - Skin conditions including broken or damaged skin and people with loss of feeling in areas of the body

General Warnings and Safety

- Cancer patients, people with diabetes or epilepsy should seek medical advice from their consultant, doctor or LloydsPharmacy pharmacist before use
- Keep the Pain Reliever out of the reach of children
- Electrode gel on the pads may cause a skin irritation, if this happens, please seek medical advice
- Do not use this product with an electrocardiograph meter (ECG) or any other medical apparatus
- Do not use this product with any topically applied creams or ointments
- Do not use on scarred areas following surgery for at least 10 months after the operation
- 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. PLEASE NOTE, When using on the neck area, do not place the gel pads on the spine and do not use on the sides of the neck or the throat (i.e. do not apply over thyroid or carotid sinus region of the neck). Place the gel pads on the cervical vertebrae muscle
- Do not use on a wet body
- Do not use on stomach muscles within 90 minutes of eating

General Warnings and Safety

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

- The pain reliever must be turned off before moving the gels pads to different parts of the body
- Do not use in the bathroom or in any other area of high humidity as this may cause an uncomfortable intense stimulation
- Do not use whilst driving or operating any other mechanical equipment
- Do not use whilst sleeping
- Avoid contact of the gel pads with anything made of metal, such as belts, watches or necklaces
- The 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 disassemble, repair or modify this product in any way as this may lead to malfunctioning or an incident and will invalidate the warranty
- The pain 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 in the vicinity of shortwave or microwave therapy equipment, since this may affect the output of the device

Using your Pain Reliever Wireless TENS

What can I treat?

The Pain Reliever can treat many different types of pain. On page 16 are diagrams of where to place the gel pads for the most common forms of pain. For other areas of pain, place the gel pads on either side of the area of pain. Never place the gel pads on the head, face, heart, chest area, eyes, oral cavity, sexual organs or onto the spine or bones.

Using your Pain Reliever Wireless TENS

Preparation before using the Pain Reliever Wireless TENS

The pain reliever requires 2x AAA batteries in the remote control and 2x AAA batteries in each of the gel pad units (not included). To insert batteries, remove the battery covers on the back of the units by sliding off. Insert the batteries observing the correct polarity. Please replace the battery covers securely.

How to connect the gel pads:

Each gel pad is pre-fixed with a stud to connect to the back of the gel pad units and is protected by a transparent film. Attach the gel pads to the gel pad units by pressing them in place. 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. Please read section 'Gel Pad Positioning' (page 16) carefully to understand where to place the gel pads.

Caution: Affix the gel pads so that they do not overlap one another and are approximately 6cm (2 inches) apart. Be sure not to move the gel pads to another part of your body without turning off the power first.

Once the gel pads are attached, the Pain Reliever Wireless TENS is ready to be switched on.

Using your Pain Reliever Wireless TENS

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
- The Pain Reliever Wireless TENS should only be used on one person at a time
- Replace the transparent film on the gel pads when not in use

IMPORTANT NOTE: When removing the gel pads from the skin make sure the device is switched off. Peel off from one corner of the gel pad.

Ensure area of skin to be treated is clean and dry, and free of any creams or ointments. Remove the clear backing from the gel pads and keep in a safe place to store the patches after use.

Place the Pain Reliever Wireless TENS either side of the area to be treated. Make sure the patches are connected securely on the skin.

PLEASE NOTE: If the unit continuously beeps the pads are not properly connected on your skin. Turn off and re-position the pads, ensure they are secure.

Using your Pain Reliever Wireless TENS

The gel pads should be positioned horizontally when placing on the arms to ensure correct adhesion.

Turn the device on by pressing the (+) button on the gel pad unit as shown.
NOTE: you cannot turn the gel pad units on by pressing the remote.

The gel pad units have an LED indicator which displays the following modes:

Steady solid light - the unit is on.

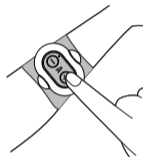
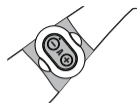
Flashing - the unit is ready for use.

Rapid flashing - the unit is receiving information from the remote.

Light off - the unit is switched off.

Using either the remote or the gel pad units, set the intensity by using the (+) to increase or the (-) to decrease.

NOTE: During treatment, if the LED stops flashing, check that the gel pads are still in contact with your skin.

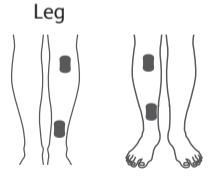
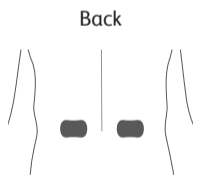
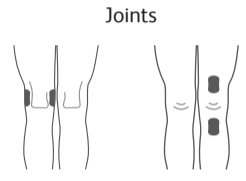
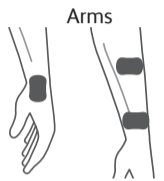
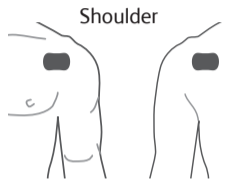


Using your Pain Reliever Wireless TENS

You can turn the device off in the following ways:

1. The device will turn off automatically after 30 minutes treatment time.
2. Press the (-) button continuously until the LED light turns off.
3. Turn the device off by pressing the (⏻) button on the remote.

Gel Pad Positioning



Battery Information

The Pain Reliever Wireless TENS requires 6x AAA batteries (not included). To replace batteries, remove the battery covers on the back of the units by sliding off. Insert the batteries observing the correct polarity. Please replace the battery covers securely.

1. Warning: If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water
2. Batteries must be handled by an adult. Keep batteries out of the reach of children
3. Only batteries of the same or equivalent type as recommended are to be used
4. Do not use rechargeable batteries. Non-rechargeable batteries are not to be recharged
5. Remove exhausted batteries from the Pain Reliever Wireless TENS
6. Supply terminals are not to be short circuited
7. Dispose of batteries safely according to the battery manufacturer's instructions

Specifications

Model Number:	LWPRT1
Product Name:	Pain Reliever Wireless TENS
Power supply:	6x AAA
Frequency:	5Hz~125Hz
Pulse Duration:	130us/250us
Output Voltage:	0~35V (at 500 ohm load)
Output Intensity Adjustable:	0~20 levels
Treatment Time:	30 minutes
Operating Conditions:	10°C to 40°C ; 30% RH to 85% RH
Storage Conditions:	-10°C to 50°C ; 10% RH to 90% RH
Size:	103 (L) x 55.8 (W) x 25.2 (H) mm (Remote Unit) 60 (L) x 53 (W) x 17.7 (H) mm (Wireless Unit A & B)
Weight:	42.5g without batteries (Remote Unit) 44.4g without batteries (Wireless Unit A & B)
Expected life of product:	2 years, under normal usage
Expected life of gel pads:	Up to 10 usages per pad at 30 minute intervals

NOTE: Design and specifications are subject to change without notice

Troubleshooting

Problem	Check points	Solution
The pain reliever will not turn on.	Are the batteries exhausted?	Replace the battery.
	Are the batteries installed correctly?	Insert the battery observing correct polarity.
The pain reliever is ON, but stimulation / sensation is weak.	Are the gel pads connected to the unit?	Firmly connect the pads to the back of the gel pad units.
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.
	Is the intensity too weak?	Use a higher intensity level.

Troubleshooting

Problem	Check points	Solution
The stimulation is uncomfortable.	Is the intensity too high?	Decrease the output intensity.
	Are you operating the pain reliever according to the manual?	Please read and fully understand the user manual.
	Are the gel pads too close together?	Reposition the gel pads further apart.
	Are the gel pads damaged or worn?	Replace the gel pads.
	Are the gel pads stuck on the skin correctly?	Reposition the gel pads and make sure they are placed on the skin firmly.

Troubleshooting

Problem	Check points	Solution
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 the gel pads.
	Are the gel pads dirty?	Please clean the gel pads using a damp, lint free cloth.
Stimulation stops during therapy	Have the gel pads come off the skin?	Turn off the pain reliever and stick the gel pads firmly to the skin.
	Are the gel pads still connected to the unit?	Turn off the unit and re-connect to the back of the gel pad units.
	Are the batteries exhausted?	Please replace with new batteries.

Maintenance and Cautions

- Do not immerse the pain reliever in water or any liquid. Do not drop the device or throw it from a height
- After using the pain reliever, please remove the gel pads and replace the protective transparent film
- Always use the protective film when the gel pads are not in use
- Do not use any chemical to clean the units 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 them to direct sunlight
- Keep the gel pads clean

Storage

- After use, disconnect the gel pads, and then store safely and out of the reach of children
- Store the pain reliever in a cool, well ventilated place
- Do not expose the gel pads to direct sunlight and protect them against dirt and moisture
- Never place any heavy objects on the Pain Reliever Wireless TENS
- Remove the batteries from the pain reliever if you are not going to use it for a long period of time. Leaking batteries can damage the Pain Reliever
- Do not make any sharp kinks in the the gel pads

Disposal

Used, fully discharged batteries must be disposed of in a specifically labelled collection container, at toxic waste collection points or through an electrical retailer. You are under legal obligation to dispose of batteries correctly.

NOTE: You will find these markings on batteries containing harmful substances:

Pb = battery containing lead

Cd = battery containing cadmium

Hg = battery containing mercury.

Please dispose of the Pain Reliever Wireless TENS in accordance with the directive 2002/96/EC-WEEE (Waste Electrical and Electronic Equipment). If you have any queries, please refer to the local authorities responsible for waste disposal.



Customer Feedback

We are constantly striving to delight our customers with our products and customer service. We value your opinion and feedback on our Pain Reliever Wireless TENS as this helps us to develop and continually improve. We would be grateful if you'd share your thoughts in reviewing this product. Please visit www.lloydspharmacy.com 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.lloydspharmacy.com



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Eiffestraße 80, 20537 Hamburg Germany



Explanation of Symbols on the Pain Reliever Wireless TENS



Follow instructions for use



Caution!



This symbol indicates that the Pain Reliever Wireless TENS is a type BF device



Disposal in accordance with Directive 2002/96/EC (WEEE)



The name and the address of the manufacturer



Date of manufacture



Batch code



Model number



Keep Dry

Explanation of Symbols on the Pain Reliever Wireless TENS



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



Complies with the European Medical Device Directive (93/42/EEC) and amended by directive 2007/47/EC requirements. Notified body TÜV Rheinland (0197)

Notes

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