

# Important Guidelines for Self Adhesive Tens Pads Application

- Body hair should be removed where tens pads are applied.
- Trim pads to 26mm in width. Please see diagram.
- Clean skin with alcohol pad.
- Moisten both skin and tens pad with two or three drops of water prior to applying tens pads to skin. In one does not feel anything when the device is operating, it's because of a poor connection between the pad and your skin.
- If kept clean tens pads can be reused for up to a week.
- The red and green bi-color LED indicator does not illuminate when the electrode cord is plugged into the device. This is to conserve batter power.
- Please follow Bob Beck's guidelines for proper usage. Links to both Becks lecture and handout can be accessed from my web site at the following URL:

[https://twotowers.com/products/bob\\_beck\\_protocol/beck\\_devices.html](https://twotowers.com/products/bob_beck_protocol/beck_devices.html)

