

# TIPS AND PROTOCOL FOR OPERATION AND TROUBLESHOOTING THE TENS 3900



**USED FOR POST-OPERATIVE PAIN AND SWELLING**

- The TENS unit should be ran 24 hours a day immediately following the patient's surgery. Intensity levels are set at the time of surgery.
- Once the block wears off, the patient should turn up the intensity using the two dials at the top of the unit where they feel it strong, yet comfortable.
- Intensity should be increased on average every 4-6 hours. Nurses are encouraged to remind patients of increasing the intensity when administering pain medicine. Some patients may forget that they have it on immediately following surgery.
- Average battery life is about 36 hours, however that can vary depending on level or intensity. The battery is constantly wearing down so this is also why intensity should be increased periodically. A spare battery is included in the supply case and Rep will supply extras to the department.
- The lights on the front of the unit will begin to blink when the battery gets low as an indicator to change in the near future.
- Sterile electrodes are applied at the time of surgery and should last though the patients stay. However, if electrodes are needed to be changed, there are two sets of reusable electrodes in the patients supply case. Rep will also supply extras to the department in case more are needed.
- Electrode placement should be around the site of surgery, but does not have to be exactly where they were originally placed. The lead wires are connected in a diagonal pattern across the surgical site (SEE DIAGRAM).
- If sterile electrodes are needed to be replaced, discard them as they are only for single use. If reusable electrodes are needed to be replaced, and/or are not providing good adhesion to the skin due to dryness or debris (skin, hair, cotton etc.) they can be rinsed under cold water on the adhesive side and placed back on the plastic sheet that they come on to dry and will become sticky again once they dry (usually about 12 hour dry time). This makes the supplies last longer and since there are two sets, they can alternates use.
- Anytime any adjustment is made to electrodes, lead wires or battery, always turn off both dials of the unit completely until adjustment is made.
- The patient's will go home with the unit and supply case. It is theirs to keep.
- For any questions or problems with troubleshooting, please contact the Local Rep/Clinical Specialist listed below.

## ELECTRODE PLACEMENT CHARTS

### SHOULDER

### HIP PROCEDURE

### WRIST, ARM, ELBOW & UPPER ARM

### UPPER & LOWER BACK

### KNEE

### FOOT

#### Electrode Care

If you are receiving your TENS unit at the time of surgery, you will have sterile electrodes surrounding the surgical site. If they are underneath the dressings, do not attempt to remove them yourself until your physician has removed the dressings or has given you further instructions. Once the sterile electrodes have been removed or are no longer adhering to your skin, you may then use the reusable electrodes provided in the TENS case, following the instructions below:

#### Instructions for Reusable Electrodes Application

(Pre or Post-Operation, Chronic I General Pain)

- Clean skin thoroughly prior to each application of electrodes. Electrodes do not stick well if any lotion, oil, make-up, dirt, etc. is left on skin.
- Remove the electrodes from the protective liner and apply firmly to skin. Adhesion improves when electrodes reach skin temperature.
- Insert the pins of the lead wire from the device into the electrode wire connectors.

#### Removal

- Lift at edge of electrode pad and peel. Do not pull on the lead wires when removing electrodes - you may damage the electrodes if you do so.
- Place the electrodes on the protective liner and remove the lead wire by twisting and pulling at the same time.

#### Care and Storage

- Between uses, store the electrodes in the resealable bag in a cool, dry place.
- The life of the electrodes varies depending on skin conditions, storage, frequency of use, type of stimulation, and stimulation site. Electrode life may be extended by carefully following the application instructions above.

#### Important

- The electrodes are intended for single-patient use only.
- Do not apply to broken skin. Should rash occur, discontinue use.

**TO RECEIVE ADDITIONAL ELECTRODES, CALL: (TOLL FREE) 888.214.2455**

The TENS 3900 is not intended for use during pregnancy or for individuals with pacemakers. Please read Cautions and Warnings in your manual for further information.

#### Electrode Placement

Place the electrode pads so that they form a box around the painful area. When connecting the wires from the control unit to the electrodes, always form an "X" over the site by using a diagonal connection as illustrated on the diagrams. Always make sure the control unit is turned off before connecting, disconnecting, or reconnecting the wires to the unit or to electrodes, or before changing the battery.

#### Adjustment Control

Adjust the two control knobs on the top of the TENS to the level of highest intensity without causing discomfort. As the battery begins to lose power, the control setting may have to be increased accordingly.

The controls in the battery compartment have been preset for the recommended levels and should not be readjusted:

- The Mode should be set to M.
- The Timer should be set to C.
- Pulse Width should be set to 150.
- Pulse Rate should be set at 70.

## TENS 3900

**3 Modes, Timer, Safety Amplitude Cap**  
Microprocessor Technology

#### HOW THE TENS 3900 WORKS

"TENS" stands for Transcutaneous (passing through the skin) Electrical Nerve Stimulator. Your body's large nerve fibers are also known as nociceptive fibers because they do not transmit pain. The TENS unit transmits electrical current along the large nerve fibers, stimulating them to produce counter signals which prevent the pain signals from reaching your brain. These large nerve fibers "close the gate" in the spinal cord, thus providing pain relief.

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**Your Clinical Specialist**

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