



PRE-GELLED ELECTRODE TIPS

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To ensure proper efficacy for pain control and muscle stimulation it is important that self-adhering electrodes be properly cared for, so a note about maintenance of **pre-gelled electrodes** in these winter months. With the cooler and much drier climate (both inside and out) it is important to keep the pads properly hydrated to ensure adequate adhesion and proper conductivity.

If the electrodes are still quite tacky when being removed from the skin following a stim treatment they should simply be affixed to the slippery plastic sheet and sealed up in the supplied *Ziploc* bag. If however they are really easy to remove and/or are curling up a bit at the edges they should be dampened with straight tap water, enough that the water beads up a little on the surface; then they can be replaced on the plastic sheets and placed back in the *Ziploc* baggie. This may have to be done a couple of times if the pads get very dried out.

Something else that comes up from time to time, especially with the very dry indoor environment these days, is the effect of using moisturizing creams and so on in areas where TENS electrodes are being applied. Since many of these lotions/gels are not water based this can interfere dramatically with the conductive properties of the electrodes and greatly reduce their longevity.

The symptoms to watch for when the electrodes are completely worn out is a very uncomfortable stinging sensation during stimulation usually accompanied by much decreased adhesion. Many people then resort to using tape to hold the pads in place better but all that does is increase the unpleasant skin sensation. Following the proper maintenance procedures will increase the lifespan of this type of electrode to weeks or months and keep ongoing costs at a very modest level.

John Reeves

613.800.2525

TENSexperts@gmail.com

PS – A note for summer time use (higher humidity). If the gel on the pads gets over saturated and the electrodes start sliding around on the skin, they can be dried out somewhat by storing in the refrigerator overnight and even between uses. Ultimately with the air being more damp and with increased perspiration the lifespan of the electrodes may be reduced.