WITH PROPER MAINTENANCE YOUR ELECTRODES WILL PERFORM BETTER AND LAST LONGER.

THE FOLLOWING GUIDELINES WILL HELP YOU GET MORE USE OUT OF YOUR ELECTRODES.

**DO**

- Make sure skin is clean, dry, and free from lotion.
- Remove electrodes by lifting the edge.
- While disconnecting or inserting pin, hold the pin connector.
- Return electrodes to the “ON” side of the Release Liner.

**DON’T**

- Do not submerge electrodes in water.
- Do not remove electrodes by pulling the leadwire.
- Do not pull the leadwire to remove the pin.
- Do not place electrodes on the “NO” side of the Release Liner.

**ADDITIONAL TIPS:**

- Please note that when electrodes show wear and tear they should be replaced with a new set to ensure that you will continue to receive quality performance. **Remember, electrodes are disposable.**
- Electrodes are intended for single patient use.
- Consult stimulator manual for proper electrode size.
- When electrodes begin losing adhesion, gently rubbing one or two drops of water onto gel surface **may** extend usage. If not, replace with new electrodes.
- When not in use, always reseal electrodes in their original package and store at room temperature.
- The use of hot and cold packs will cause an electrode’s gel to break down over time.

FOR SENSITIVE SKIN, CONSIDER USING OUR PALS® BLUE ELECTRODES.