

Using a TENS machine for pain relief (adults and children)

Pain Service

Information for Patients

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Introduction

- Your consultant has recommended that you use a TENS (transcutaneous electrical nerve stimulator) machine.
- This machine is on loan to you. You must return it after your trial.
- We can let you know how to buy your own machine if you choose to do that.

How does it work?

- It 'rubs' the pain better electrically.
- It stimulates the body's natural pain relieving substances.
- Pain relief can take from 20 minutes to a few hours.

How should I use the TENS machine?

We will show you where to put your TENS pads. **It is important that you:**

- do not place pads over the carotid artery in your neck (we will show you where this is).
- do not let other people borrow your machine.
- do not use in water (for example, no bathing/showering/swimming).
- do not use for longer than we have told you.
- do not use if you have a pacemaker fitted.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

Instructions for gel pads

- We will give you some gel pads. These will last up to 4 weeks if used for 2 to 12 hours a day.
- Put the gel pads back in their protective covers. Store overnight in a fridge.
- If the pads feel or look dull, splash with a little water. Put back in their covers overnight.

Using the 120 dual channel TENS

- Wear for at least 2 hours. Do not wear for longer than 12 hours a day.
- Change the position of the gel pads each day. This is to avoid over stimulation in one area.

Always set up the machine in this order:

1. Pulse Width: 60 to 80
2. Pulse Rate (PR): Start at 10
3. Mode C, B or M
4. CH1/CH2: These are the buttons which turn the machine on and off. They are on the top of the machine

Pulse Rate (PR): This is the speed of sensation through the electrodes. Do not keep changing the rate. Keep on the same rate for **at least 2 hours** to see if it is easing your pain before switching it up.

CH1/CH2: Turn on and increase until you get a tingly feeling. This should be strong enough to feel but not uncomfortable. Unless it increases your pain you should leave it on the same setting for 2 hours before increasing it.

C/N (continuous/normal): For constant use for up to 12 hours.

B (burst): Use no more than 4 times a day for 30 minutes (½ hour) each time. If you use this too much your muscles can become over tired and give you more pain. You can change it to burst for 30 minutes before you do anything which makes your pain worse.

M (modulation): For up to 12 hours use. This provides an 'on/off' feeling. You can use this setting if the machine is no longer helping your pain on the constant setting.

Remember

- TENS does not have any side effects in most people.
- If your pain becomes worse, stop using the machine.
- If you get a rash try changing the position of electrodes.

- Wear TENS up to 12 hours a day.
- Experiment to find the best stimulation for your pain.

We recommend

- that you **do not** sleep whilst using the machine.
- that you **do not** change your lifestyle to fit in with the machine, make TENS fit into your life.
- that if you need to change the battery please use a HP9volt.

Contact details

Adult service

If you need advice at home please call the Pain Management Team on 0116 258 8841.

Children's service

If you need advice at home please call the Childrens Pain Team on 0116 2585015.

If you have a problem and cannot get advice, please stop using the T.E.N.S. until you have spoken to us.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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