

## **7. Taking Care of Your TENS Pads. Make Sticky Again & Last Longer. Are They Worn Out?**

Every TENS unit comes with adhesive pads or electrodes. The pads deliver the electrical current or impulses from the unit into the skin.

Your TENS pads should last for 20 to 30 uses. A sign the pads are starting to wear out include if your pads are no longer sticky or if you are feeling excessive pins and needles sensation upon using the pad. If this is the case, first try cleaning the pad with a moist cloth as there may be dirt and oil on the pad. Do not use a paper towel which could leave a residue.

Also, before each use, clean your skin with gentle soap and water. This helps remove any of the natural oils that may take away some of the stickiness on the electrode pads.

After each use, the pads should be placed back on the plastic piece from which you originally got it.

Once the pads wear out you can purchase new ones separately. You can replace the old pads by simply detaching them from the leads (wires). If you find you are purchasing a lot of pads you may want to consider joining the iReliev Dollar Electrode Pad Club to help you save money.