

Home Transcutaneous Tibial Nerve Stimulation (TTNS) Therapy

TENS Patient Order Information:

TENS 7000

The unit type and model recommended for purchase is the TENS 7000. Please read the user manual and contact the manufacturer directly for any trouble shooting. If you choose to purchase the **TENS 7000** for personal home use, Kaiser Permanente is not liable for misuse of the unit. You are solely responsible for adhering to all the warnings, precautions, and manufacturer instructions.



TENS 7000

What is a TENS unit (Transcutaneous Electrical Nerve Stimulation)?

- It is a small, pocket sized device powered by a 9-volt battery that delivers targeted electrical pulses.
- Two lead wires connect the device to the body by electrode pads that are attached to the skin.
- The electricity from the TENS unit passes through the wires to the pads and stimulates nerves under the skin.

Possible Side Effects:

- It is safe for most people and usually does not cause side effects.
- The electrical pulses from the unit cause buzzing, tingling, or a “prickling” sensation that some people may find uncomfortable.
- The most common side effects are caused by setting the intensity level too high or leaving the electrodes on the skin for too long:
 - Skin irritation or burning
 - Muscle twitching, pain, or soreness

Hazards:

- The TENS unit is for EXTERNAL use only.
- DO NOT use if you have a PACEMAKER, DEBRILLATOR, DIABETIC PUMP or electrical implants.
- DO NOT place the electrodes over your HEART, THROAT, BRAIN, SPINAL CORD, open wounds, infected skin, powders, lotions, or medication patches.
- DO NOT drive or operate heavy machinery while using the unit.
- DO NOT use if you have epilepsy, if you are pregnant
- Not intended for use on children

Please call: **916-474-2670** to schedule an RN teach AFTER you have received your unit.