



**PHILIPS**

## Introduction

The Philips Self-Adhesive Electrodes are available without prescription. To get the best possible results, we advise you to follow the instructions. If you have questions or need extra information, go to [www.philips.com/pain-relief](http://www.philips.com/pain-relief) or call toll-free 1-844-531-6861 (Monday - Saturday 9:00 AM - 9:00 PM EST, Sunday 9:00 AM - 6:00 PM EST, excluding Major Holidays).

## Intended use

The Philips Self-Adhesive Electrodes are intended for use with the PulseRelief device for applying Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS).

## Risks

- You may get skin irritation and burns under the electrodes applied to your skin.
- You may get a headache or other pain if you apply the electrodes near your eye, or on your head or face.

Stop using the electrodes and consult your physician if you experience adverse reactions from using the electrodes.

To ensure safe usage, follow the instructions in this user manual.

## Important safeguards

For all relevant hazards, contraindications, warnings, precautions, adverse side effects, and troubleshooting, please refer to the PulseRelief user manual.

## Warnings

- Do not apply the electrodes to your neck. This could cause severe muscle spasms that may result in closure of your airway, breathing difficulties, or adverse effects on heart rhythm or blood pressure.
- Do not apply the electrodes across your chest. Use of the electrodes with the device introduces electrical current. Using the electrodes and the device in your chest may cause rhythm disturbances to your heart, which could be lethal.
- Apply the electrodes only to normal, intact, clean, and healthy skin.
- ▶ **Do not apply electrodes over open wounds or rashes, and over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins).**
- Do not apply electrodes over, or close to, cancerous lesions.
- Do not place the electrodes simultaneously on both legs, both arms, or on the soles of both feet. This may have adverse effects on your heart rhythm.
- Do not share electrodes with other persons because of the risks of adverse skin reactions and disease transmission.
- Do not place the electrodes and the device on your skin while the device is charging.
- Do not use the electrodes and the device while driving, operating machinery, or during any activity in which electrical stimulation can put you at risk of injury.
- Do not modify the electrodes. This could cause improper functioning.
- The size, shape, and type of electrodes may affect the safety and effectiveness of electrical stimulation.
- The electrical performance characteristics of electrodes may affect the safety and effectiveness of electrical stimulation.
- Do not use electrodes that are too small or incorrectly applied. This may result in discomfort or skin burn.
- These electrodes can only be used with Philips PulseRelief PR3841.

## Precautions

- The long-term effects of cutaneous electrodes for electrical stimulation are unknown.
- Because the effects of stimulation on the brain are unknown, do not use the device on opposite sides of your head.
- Electrical stimulation or the electrical conductive gel on the electrodes may cause skin irritation or hypersensitivity.
- Use caution when you apply the electrodes to areas of skin that lack normal sensation.
- Keep the electrodes out of the reach of children.
- Do not use electrodes if they are damaged. Always check the electrodes for damage before use.
- Replace the self-adhesive electrodes if they no longer stick firmly to your skin.
- Do not use plaster or tape to attach the electrodes to the skin.
- Make sure that the electrodes do not touch metal objects, such as belt buckles or necklaces.
- Do not place the electrodes on top of each other, or so close to each other that they touch each other.

## General recommendations

- Do not use the electrodes for any other purpose than what they are intended for.
- The electrodes are designed for use by and on a single adult person.
- The electrodes have a limited shelf life. Please check the packaging for the use-by date before use. Do not use electrodes whose use-by date has expired.
- Do not store the electrodes at temperatures lower than 41°F (+5°C) or higher than 80.6°F (+27°C).
- Always use and store the electrodes according to the instructions.

## SAVE THESE INSTRUCTIONS

### Using the electrodes

Only use the electrodes for their intended use as described in this user manual. Make sure that you follow the steps in the order described in this chapter:

- 1** Clean the skin with a moist cloth and dry it thoroughly. The skin you want to place the electrodes on must be dry, clean and free from cream or lotion (Fig. 1).

*Note: Dirt, grease or particles left on the skin may lodge themselves in the hydrogel of the electrodes. This has an adverse effect on the adhesive power of the electrodes.*

- 2** Take the electrodes from the plastic bag and check them for damage and signs of wear (Fig. 2).

**Caution: Do not use electrodes whose use-by date has expired.**  
The use-by date is shown on the resealable plastic bag.

*Note: Replace the electrodes when they are damaged or dirty, when they have lost their adhesive power or when stimulation becomes uncomfortable, i.e. when you experience an unpleasant stinging or biting sensation.*

- 3** Pull the electrode off the liner and place it on the skin at the place you want to treat. See section 'Electrode placement' (Fig. 3).

- 4** Place the second electrode on the body part you want to treat (Fig. 4).

*Note: Always place the electrodes on the skin before you connect the device.*

*Note: Do not place the electrodes on top of each other or so close to each other that they touch each other.*

- 5** Attach the device to the electrodes. The device units have magnets in the center to ensure easy connection to the metal connectors of the electrodes. When the device units lock onto the electrodes properly, you hear a click (Fig. 5).

*Note: You can wear the electrodes with the device units attached to them under your clothes, also during treatment.*

- 6** Consult the electrode placement guide for the recommended position for the electrodes during treatment. This is only a recommendation. You can perform all activities allowed as intended use and not warned against in chapter 'Important safeguards' when you wear the device on your body. You can also continue to wear the device on your body in between treatments (Fig. 6).

- 7** Detach the device from the electrodes by pulling it off (Fig. 7).

- 8** Peel the electrodes off the skin by pulling at the edge (Fig. 8).

*Note: You can continue to use the electrodes at the same spot if treatment is still effective. If it is no longer effective, move the electrodes to a different spot. You also have to move the electrodes to a different spot if the skin under the electrodes becomes irritated.*

- 9** Place the electrodes back on the liner (Fig. 9).

- 10** Slide the liner with the electrodes back into the bag (Fig. 10).

- 11** Reseal the bag for dust-free storage (Fig. 11).

### Cleaning the electrodes after use

**Do not immerse the electrodes in water.**

- 1** If the electrodes are dirty, put a drop of water on your finger and gently rub the dirt off the surface.

*Note: Do not use soap or alcohol to clean the electrodes.*

## Assistance

For assistance, visit our website [www.philips.com/support](http://www.philips.com/support) or call toll-free 1-844-531-6861 (Monday - Saturday 9:00 AM - 9:00 PM EST, Sunday 9:00 AM - 6:00 PM EST, excluding Major Holidays). Online information is available 24 hours a day, 7 days a week.

## Replacement

### Electrodes

Replace the electrodes if:

- they are damaged or torn.
- they are past the use-by date indicated on the resealable bag.
- they have lost their adhesive power. Never use plaster or tape to attach them to your skin.
- stimulation feels less strong.
- when stimulation is uncomfortable, i.e. when you experience an unpleasant stinging or biting sensation.

**Note:** Always replace the electrodes with Philips Self-Adhesive Electrodes specially designed for the Philips PulseRelief device.

## Accessories

Philips self-adhesive electrodes and other PulseRelief accessories may be purchased at a store near you or on our website [www.philips.com/store](http://www.philips.com/store).

## Specifications

Self-adhesive electrodes	PR3827
Size	2.16in (50mm) x 2.16in (50mm)
Storage temperature	between 41°F (+5°C) and 80.6°F (+27°C)

## Explanation of symbols on electrode bag

The symbols on the electrode bag mean the following.

- Do not use the device while driving, operating machines, or performing other activities that may present a risk of injury. (Fig. 12)
- Do not use damaged or worn electrodes or electrodes that have lost their adhesive power (Fig. 13).
- The electrodes may only be used by one person. Do not share them with another person (Fig. 14).
- Do not place the electrodes on top of each other, or so close to each other that they touch each other (Fig. 15).
- Do not place electrodes on your head or on your neck (Fig. 16).
- Do not place the electrodes on your chest (Fig. 17).
- Use the device only on normal, intact, clean, and healthy skin. Do not use the device over open wounds or rashes, and over swollen, red, infected, or inflamed areas or skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins) (Fig. 18).
- This symbol indicates the minimum and maximum storage temperatures that apply if electrodes are stored for more than one month (Fig. 19).
- This symbol tells users to read the user manual before they start using the device (Fig. 20).
- This is the recycling symbol for low-density polyethylene (LDPE). LDPE is a thermoplastic that is widely used for containers and plastic bags (Fig. 21).
- The Green Dot ('Der Grüne Punkt' in German) is the license symbol of a European network of industry-funded systems for recycling the packaging materials of consumer goods. (Fig. 22)
- This symbol means that the device conforms to EC Directives. 0344 is the number of the notified body (Fig. 23).
- This symbol indicates the manufacturer's batch code so that the batch or lot can be identified (Fig. 24).
- This symbol indicates the expiry date. This is the date after which the electrodes must not be used anymore (Fig. 25).