

Transcutaneous Electrical Nerve Stimulation

Name:

Procedure Date: Procedure Time:

Before the day:

If you cannot attend the appointment, please ring the Pain Management Unit so a different appointment can be made.

Your doctor has asked us to give you a trial of Transcutaneous Electrical Nerve Stimulation (TENS).

The TENS machine and education is provided by the Pain Management Unit at Flinders Medical Centre. The education session will teach you how to use the TENS unit and is normally given by one of our registered nurses.

Using the TENS machine involves placing conducting pads on your skin in the area near your pain and connecting these to the machine. An electrical signal is sent to the pads to provide an alternative non-painful sensory experience for you. In some cases, this will block your usual painful sensation when the TENS machine is turned on. This effect at times can last for a few hours after turning off the TENS machine.

The nurse will teach you where to place the pads and how to change the settings for the best results.

You will be able to take a TENS machine home on loan for 2-3 weeks. You will need to pay a **\$20 deposit** to do this, which will be refunded when you return the unit.

This is an education session so there is no special preparation needed therefore you can drive home afterwards.

TENS cannot be used if you are pregnant or have a pacemaker.

For more information

**Pain Management Unit
Flinders Medical Centre
Level 2, Northern Entrance
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Fax: (08) 8374 1758
www.sahealth.sa.gov.au/fmc**



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SA Health

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This document has been reviewed
and endorsed by consumers.