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› DR-HO'S Gel Pads for TENS Unit Instruction Manual

## Dr Ho's B01ENR1806

# DR-HO'S Gel Pads for TENS Unit Instruction Manual

Brand: Dr Ho's | Model: B01ENR1806

## INTRODUCTION

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This manual provides essential information for the proper use and maintenance of DR-HO'S Gel Pads. These hypoallergenic gel pads are designed for use with DR-HO'S Pain Therapy Systems and most TENS units, EMS machines, and muscle stimulator devices. The package includes 2 pairs of large Flex Tone pads and 4 pairs of small TENS unit electrode pads, offering a reliable replacement set for your electrotherapy needs. Each pad features a cloth backing for secure placement and flexibility during therapy sessions.

The Flex Tone Pads are specifically designed for larger muscle areas such as the lower back, shoulders, rotator cuff, hips, and legs. With proper care, these reusable pads are built for long-lasting use, providing an average of 70–100 applications.

## PACKAGE CONTENTS

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Your DR-HO'S Gel Pads package contains the following items:

- 2 pairs of large Flex Tone Gel Pads (4 individual large pads)
- 4 pairs of small TENS Unit Electrode Pads (8 individual small pads)



Image: Four large DR-HO'S Flex Tone Pads, suitable for larger muscle areas.



Image: Eight small DR-HO'S TENS Unit Electrode Pads, ideal for general use.

## SETUP INSTRUCTIONS

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1. **Prepare Skin:** Ensure the skin where the pads will be applied is clean, dry, and free of lotions, oils, or hair. This helps maximize adhesion and conductivity.
2. **Attach Pads to Wires:** Connect the electrode pads to the lead wires of your TENS, EMS, or muscle stimulator device. Ensure a secure connection.
3. **Apply Pads:** Carefully peel the protective film from the gel side of the pads. Apply the pads firmly to the desired treatment area on your body. Ensure full contact with the skin.
4. **Connect to Device:** Plug the lead wires into the appropriate ports on your DR-HO'S Pain Therapy System or compatible device.

## OPERATING INSTRUCTIONS

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These gel pads are accessories for electrotherapy devices. For detailed operating instructions, always refer to the user manual of your specific TENS, EMS, or muscle stimulator device. General guidance for use with DR-HO'S systems and compatible devices includes:

- **Power On:** Turn on your electrotherapy device.
- **Select Mode:** Choose the desired therapy mode (e.g., massage, deep tissue, kneading) as per your device's instructions.
- **Adjust Intensity:** Gradually increase the intensity to a comfortable level. Do not set the intensity too high, as this may cause discomfort.
- **Set Duration:** Select the recommended treatment duration for your session.
- **Pad Placement:** For optimal results, place the pads on or around the area requiring therapy. Large Flex Tone pads are suitable for broad areas like the back or thighs, while small pads are ideal for more targeted areas.
- **Power Off:** After your session, turn off the device before removing the pads.

## MAINTENANCE AND CARE

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Proper care extends the lifespan of your DR-HO'S Gel Pads, which are designed for 70–100 applications.

- **Cleaning:** If the pads lose their stickiness, gently clean the gel surface with a small amount of water and mild soap. Rinse thoroughly and allow to air dry completely, gel side up. Do not rub or use abrasive materials.
- **Storage:** After each use, reapply the protective film to the gel side of the pads. Store them in a cool, dry place, away from direct sunlight and extreme temperatures.
- **Handling:** Avoid pulling on the wires when removing pads from your skin or device. Always peel the pads off gently from the edge.
- **Replacement:** Replace pads when they no longer adhere well to the skin or if they show signs of wear and tear, as this can affect conductivity and therapy effectiveness.

## TROUBLESHOOTING

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- **Pads not sticking:** Ensure skin is clean and dry. Clean pads as per maintenance instructions. If pads are old or heavily used, they may need replacement.
- **Weak or no sensation:** Check that lead wires are securely connected to both the pads and the device. Ensure the device is powered on and the intensity is set to a comfortable level. Replace pads if they are worn or damaged.
- **Uneven sensation:** Ensure pads are applied flat against the skin with no air bubbles. Check for any damage to the pads or wires.
- **Skin irritation:** Discontinue use if irritation occurs. Ensure pads are clean and applied to clean skin. If irritation persists, consult a healthcare professional.

## SPECIFICATIONS

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<b>Product Type</b>	Replacement Gel Pads for TENS/EMS/Muscle Stimulator Units
<b>Compatibility</b>	DR-HO'S Pain Therapy Systems and most TENS/EMS devices
<b>Pad Types Included</b>	2 pairs of large Flex Tone pads, 4 pairs of small electrode pads
<b>Reusability</b>	70–100 applications with proper care
<b>Material</b>	Hypoallergenic gel, cloth-backed

<b>ASIN</b>	B01ENR1806
<b>Manufacturer</b>	DR-HO'S
<b>Package Dimensions</b>	7.17 x 5.43 x 1.22 inches
<b>Item Weight</b>	4.16 ounces

## IMPORTANT SAFETY INFORMATION

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**Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. Always consult with a healthcare professional before starting any new therapy or if you have pre-existing medical conditions.

- Do not apply pads over broken skin, open wounds, or areas with rashes.
- Do not use if you have a pacemaker, defibrillator, or other implanted electronic devices.
- Consult your doctor before use if you are pregnant, have epilepsy, heart disease, or any other serious medical condition.
- Keep out of reach of children.

## WARRANTY AND SUPPORT

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Specific warranty information for DR-HO'S Gel Pads is not provided in this document. For details regarding product warranty, returns, or customer support, please refer to the product packaging, the official DR-HO'S website, or contact the retailer where the product was purchased.