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Cefaly 10804

Cefaly Connected e-TNS Device User Manual

Model: 10804

PRODUCT OVERVIEW

The Cefaly Connected is an FDA-cleared wearable device designed for the treatment and prevention of migraine headaches. It operates by stimulating and desensitizing the trigeminal nerve, which is a primary pathway for migraine pain. This device offers a drug-free approach to migraine relief and management.



Image: The Cefaly Connected device, a compact, black, wave-shaped unit.

PACKAGE CONTENTS

Your Cefaly Connected package includes the following items:

- Cefaly Connected Device
- User Manual
- Quick Start Guide
- Electrode(s) (reusable)
- Charging Cable
- Storage Case



Image: All components of the Cefaly Connected kit, including the device, electrodes, charging cable, user manual, quick start guide, and storage case.

SETUP

Before your first use, ensure the device is fully charged using the provided charging cable. A full charge provides approximately 7 hours of battery life, sufficient for up to 7 ACUTE or 21 PREVENT treatments.

1. Prepare Your Skin

Cleanse your forehead thoroughly with soap and water, then dry your skin completely. This step is crucial for ensuring proper adhesion and conductivity of the electrodes. Do not apply lotions, oils, or makeup to the area where the electrode will be placed.

CONNECT TO CECE

You can use the CeCe Migraine Management app to track and optimize your treatments, but you don't need the app to use CEFALY.



START YOUR TREATMENT



Attach your device to the electrode.

- Press the button once for the 60-minute ACUTE program.
- Press the button twice (with a short pause in between) for the 20-minute PREVENT program.

Image: A woman washing her forehead with water, demonstrating the first step of skin preparation.

2. Apply the Electrode

Carefully remove one reusable electrode from its protective backing. Position the electrode on your forehead so that its wings are just above your eyebrows, centered horizontally. Press firmly to ensure good contact with the skin.



Image: A woman looking in a mirror, carefully applying the Cefaly electrode to her forehead, ensuring proper placement above the eyebrows.

3. Attach the Device

Align the Cefaly Connected device with the electrode's magnetic connectors and gently attach it. The device should snap securely into place.



Image: A woman relaxing on a couch with the Cefaly device attached to the electrode on her forehead, demonstrating typical use position.

4. Connect to the CeCe Migraine Management App (Optional)

For enhanced tracking and personalized insights, download the free CeCe Migraine Management app on your mobile device. The app allows you to log sessions, track treatment effectiveness, keep a migraine diary, and identify triggers. Pair your Cefaly Connected device with the app via Bluetooth. The app will guide you through the pairing process.



Image: A woman holding a smartphone displaying the CeCe Migraine Management app interface, with the Cefaly device resting on books nearby.

Your browser does not support the video tag.

Video: An official instructional video from CEFALY Technology demonstrating how to use the CEFALY Connected Migraine Device, including skin preparation, electrode application, and device attachment.

OPERATING THE DEVICE

The Cefaly Connected offers two distinct treatment modes: ACUTE and PREVENT.

ACUTE Mode (60 minutes)

Use the ACUTE mode at the first sign of a migraine attack to help reduce pain and other associated symptoms. This mode is designed for immediate relief.

- To start: Press the main button on the device once. The indicator light will flash turquoise.
- Duration: 60 minutes.

PREVENT Mode (20 minutes)

The PREVENT mode is intended for daily use to reduce the frequency and intensity of migraine symptoms over time. Incorporate it into your routine for long-term management.

- To start: Press the main button on the device twice with a short pause in between. The indicator light will show two intermittent purple flashes.
- Duration: 20 minutes.

Adjusting Intensity (via App)

While the device automatically increases intensity during a session, you can fine-tune it using the CeCe Migraine Management app. This allows you to find a comfortable yet effective stimulation level. The app also displays the remaining time in your session and the device's battery life.



Image: Visual representation of the Cefaly device showing different indicator light colors for ACUTE (blue) and PREVENT (purple) modes, highlighting the two treatment options.

MAINTENANCE

Electrode Care

After each use, return the electrode to its plastic backing and store it in the resealable bag. Proper care helps maintain the electrode's adhesive quality and extends its lifespan. Ensure your forehead is clean and dry before each use to maximize electrode reusability.

Your browser does not support the video tag.

Video: A user demonstrating the packaging and handling of Cefaly electrodes, emphasizing their reusability and proper storage.

Charging

Recharge the device when the battery indicator in the app or the device's light indicates low power. Use only the provided charging cable. The device features soft indicator lights with an intermittent glow, designed to be migraine-friendly.

TROUBLESHOOTING

- **Device not adhering properly:** Ensure your forehead is thoroughly clean and dry before applying the electrode. Avoid lotions, oils, or makeup.
- **Discomfort during treatment:** The device's intensity can be adjusted via the CeCe Migraine Management app. Start at a lower intensity and gradually increase it to a comfortable level. Some initial tingling or mild discomfort is normal as the intensity ramps up.
- **Device not connecting to app:** Ensure Bluetooth is enabled on your mobile device and the Cefaly device is charged and within range. Try restarting both the device and the app.
- **No relief from migraines:** Consistent use, especially with the PREVENT mode, is key. Track your sessions and migraine patterns in the CeCe app to identify trends and optimize your treatment. Consult with a healthcare professional for personalized advice.

SPECIFICATIONS

Feature	Detail
Model Number	10804
Battery Type	1 Lithium Polymer battery (included)
Battery Life	Approx. 7 hours (up to 7 ACUTE or 21 PREVENT treatments)
Item Weight	0.71 Kilograms
Connectivity	Bluetooth-enabled for app integration
Manufacturer	CEFALY Technology

WARRANTY AND SUPPORT

For any questions regarding the use of your Cefaly device or to optimize your treatments for maximum migraine relief, Cefaly Technology offers support resources.

You can schedule a free one-on-one coaching session by visiting [cefaly.com](https://www.cefaly.com) or by calling 844-475-7100 to speak with a representative.

Please refer to the full user manual provided with your device for detailed warranty information and additional support contacts.