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AUVON B0CQ2DLXDJ

AUVON Touchscreen TENS Unit Muscle Stimulator User Manual

Model: B0CQ2DLXDJ

Important Safety Information

Please read all instructions and warnings before using this device. Failure to do so may result in injury or device malfunction.

Legal Disclaimer

Do not use this product if you have an implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device. This product is prohibited for people with heart rhythm problems. Do not use this product if you have diagnosed chronic pain. Do not use if pregnant or in labor. Do not use if you have cancer. Not suitable for children under 16 years of age. Keep out of reach of children. Please see user's manual for additional warnings and cautions. Individual symptoms, situations, circumstances, and results may vary. Please consult your physician or qualified health care provider regarding your condition, appropriate medical treatment. The information provided is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice. You understand this to be an expression of opinions and not professional advice. You are solely responsible for the use of any content and hold AUVON Products and all members and affiliates harmless in any event or claim. 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.

Product Overview

The AUVON Touchscreen TENS Unit is designed for pain and muscle relief through Transcutaneous Electrical Nerve Stimulation (TENS) and Electrical Muscle Stimulation (EMS). It features a large touchscreen for easy operation and dual channels for versatile application.



Image: AUVON Touchscreen TENS Unit, showing the main device, electrode pads, lead wires, and a pad holder. This image provides a comprehensive view of the product and its included components.

Key Features:

- **Pain and Muscle Relief:** TENS can help reduce your pain and muscle spasms caused by many conditions. EMS brings elicitation of your muscle contraction and activates muscles to increase strength and endurance as a rehab and strength training tool.
- **Easy to Operate:** The 3.3" x 1.8" large touchscreen and the large icons allow users to interact with the TENS device directly and access mode options easier. The electric muscle stimulator combines a touch screen and buttons for easy operation, bringing convenience to users.
- **24 Modes Dual-channel:** Dual-channel allows 4 pads to be used on 2 different parts at once; 24 modes offer various, effective relief for your neck pain, back pain, knee pain, arthritis, period pain and sports injuries, etc.
- **Quality Electrodes:** The TENS machine pads came in 2 sizes and the stickiness was upgraded to support 45 times of use. The 2" pads are suitable for small areas like knee or elbow, and the 2" x 4" pads are suitable for shoulder, back, lower back, leg, etc.

What's Included

Your AUVON Touchscreen TENS Unit package includes the following items:

- 1 x AUVON Touchscreen Stim Machine

- 8 x TENS Unit Pads (4pcs 2" x 2" pads, 4pcs 2" x 4" pads)
- 1 x Pad Holder
- 2 x Lead Wires (velcro strap include)
- 1 x USB Cable
- 1 x User Manual
- 1 x Dust-proof Bag

Setup Guide

1. Charging the Device

Before first use, fully charge the TENS unit using the provided USB cable and a compatible USB power adapter (charger included). The battery indicator on the screen will show charging progress.



Image: The AUVON TENS Unit connected to a USB charging cable, illustrating the charging process. The image highlights the device's long-lasting battery capacity.

2. Attaching Electrode Pads

1. Ensure the skin area where pads will be applied is clean, dry, and free of oils or lotions.
2. Connect the lead wires to the electrode pads.
3. Peel the protective film from the gel side of the electrode pads.
4. Apply the pads firmly to the desired treatment area on your body. Ensure good contact for effective stimulation.



Image: A person's back with two electrode pads attached, demonstrating proper placement for TENS therapy. The image shows the pads connected to the device via lead wires.

3. Connecting Lead Wires to the Device

Insert the pin connectors of the lead wires into the output ports (A and B) on the top of the TENS unit. Ensure a secure connection.

Operating Instructions

1. Power On/Off

Press and hold the power button (usually located at the bottom of the device) to turn the unit on or off.

2. Selecting a Mode (TENS/EMS)

The device offers 24 modes. Modes 1-16 are TENS modes for pain relief, and modes 17-24 are EMS modes for muscle relaxation and strengthening.

1. On the touchscreen, select either channel A or B.
2. Tap the desired mode icon from the displayed options. The icons represent different body parts or types of stimulation.



Image: The AUVON TENS Unit's touchscreen interface, displaying various mode options for different body areas and types of stimulation. This visual aids in understanding the mode selection process.

3. Adjusting Intensity

After selecting a mode, adjust the intensity level for each channel (A and B) independently. You can either tap the intensity icon on the touchscreen or use the physical side buttons.

- Increase intensity: Tap '**+**' or press the 'up' button.
- Decrease intensity: Tap '**-**' or press the 'down' button.

Start with a low intensity and gradually increase it until you feel a comfortable, strong, but not painful, sensation.

4. Setting Treatment Time

Tap the time icon on the touchscreen to adjust the treatment duration. The device supports continuous mode for extended sessions.

5. Locking the Screen

To prevent accidental changes during treatment, tap the lock icon on the touchscreen to lock the screen. Tap it again to unlock.

▶ **Watch video online**
AUVON Touchscreen TENS Unit Muscle Stimulator

Video: This video demonstrates the ease of operation of the AUVON TENS Unit, showcasing the large touchscreen, intuitive icons, and the process of selecting modes and adjusting intensity. It also highlights the dual-channel functionality and the long battery life.

Mode Suggestions for Optimal Pain Relief:

Suggestion only, not a substitution for medical advice.

- **Neck:** Modes 9, 10, 12, 16
- **Shoulder:** Modes 5, 6, 7, 8, 17, 23
- **Back:** Modes 1, 3, 4, 8, 17, 21

MAINTENANCE

Cleaning the Device

Wipe the device with a soft, damp cloth. Do not use abrasive cleaners or immerse the device in water.

Caring for Electrode Pads

- After each use, place the pads back on the provided pad holder or the protective film to maintain stickiness.
- If pads lose stickiness, gently wipe the adhesive side with a damp cloth and let air dry.
- Replace pads when they no longer adhere well to the skin, typically after 45 uses.



Image: A detailed view of the multi-layered structure of the AUVON TENS Unit electrode pads, highlighting the 2mm pin connector and the various materials used for conductivity and durability. This image illustrates the quality and design of the medical-grade electrodes.

Storage

Store the device and accessories in the dust-proof bag in a cool, dry place away from direct sunlight and extreme temperatures.

TROUBLESHOOTING

Problem	Possible Cause	Solution

Problem	Possible Cause	Solution
No sensation or weak sensation	Low intensity setting Pads not making good contact Pads are dry or worn out Lead wires not connected properly Battery is low	Increase intensity gradually. Press pads firmly onto skin. Moisten pads or replace them. Check all connections. Recharge the device.
Device not turning on	Battery is completely drained Power button not held long enough	Charge the device for at least 30 minutes. Press and hold the power button for 3-5 seconds.
Screen unresponsive	Screen is locked Temporary software glitch	Tap the unlock icon. Restart the device.

Specifications

- **Model:** B0CQ2DLXDJ
- **Brand:** AUVON
- **Modes:** 24 (16 TENS, 8 EMS)
- **Channels:** Dual-channel
- **Battery:** 1 Lithium Ion battery (included), 300mAh capacity, 40h usage time
- **Screen:** Touchscreen, 3.3" x 1.8"
- **Pad Sizes:** 2" x 2" and 2" x 4"
- **Package Dimensions:** 6.46 x 3.62 x 2.24 inches; 11.99 ounces
- **Manufacturer:** AUVON
- **First Available Date:** September 15, 2022

Warranty and Support

AUVON provides 24 Months Customer Service and Lifetime Technique Support for this product.
For support, please refer to the contact information provided in your product packaging or visit the official AUVON website.
Visit the AUVON Store: AUVON Store on Amazon

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Details

Model number, symptoms, what you tried, or the section of the manual you are using.

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