



WiTENS™ Mini Pain Relief Patch
TENS Therapy

Instruction Manual



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SAFETY INSTRUCTIONS

Read instruction manual before operation. Be sure to comply with all "CAUTIONS" and "WARNINGS" in the manual. Failure to follow instructions can cause harm to user or device.

Please read the following information carefully before using the **WITENS™ Mini Pain Relief Patch**.

Contraindications: Do not use this device if any of the following conditions are present:

- If you have a cardiac pacemaker, implanted defibrillators, or any other implanted metallic or electronic device.
- If you have undiagnosed chronic pain.

Warnings for proper use and safety:

- If you are under the care of a Physician, consult with your Physician before using this device.
The long-term effects of this device are not known.
- Do not place the Pain Relief Patch on or close to your heart.
- Do not place the Pain Relief Patch around or close to your neck.

- Do not apply stimulation over the neck. Severe spasm of the muscles may occur and the contractions may be strong enough to close the airway or cause difficulty in breathing. Stimulation over the neck could also effect hearing or blood pressure.
- Do not apply stimulation across the chest because the introduction of electrical current into the chest may cause rhythm disturbances to the heart.
- Do not place the Pain Relief Patch on or around your head. The effects of stimulation of the brain are unknown.
- Do not use the Pain Relief Patch over or close to sores.
- Do not use this device while sleeping.
- Do not use if you feel numbness.
- Do not use these devices in or close to water.
- Use the Pain Relief Patch only on normal, healthy, clean and dry skin. Do not use it on open wounds or rashes, or over swollen, red, infected or inflamed skin.
- If you have ever had back surgery, consult your Physician before using this device.
- Do not apply stimulation over, or in proximity to, cancerous lesions.
- Do not use Pain Relief Patch Device on children. Device not been evaluated for pediatric use.
- Consult with your physician before using this device, because the device may cause rhythm disturbances to the heart in susceptible individuals.

Precautions for the safe use of the WiTENS™ Mini Pain Relief Patch:

- Read this User Manual before using this device for the first time
- This device is intended for individual person use only.
- This device is not effective for pain associated with Central Pain Syndromes, such as headaches.
- This device is for pain caused by muscle soreness, and should be placed only around muscles where pain originates.
- The pain may indicate that you have some other health problem. You should know the reason and source of your pain before using this device. Do not solely rely on the treatment of this device for pain.
- The safety of using the Pain Relief Patch during pregnancy or birth has not been established.
- The effectiveness of this device depends greatly on a person's individual physical condition. It may not always be effective for every user.
- If you have had medical or physical treatment for your pain, consult with your treatment provider before using this device. You should contact your physician prior to using this device following recent surgical procedures. Stimulation may disrupt the healing process.

⚠ Use Caution and consult your Physician before using the Pain Relief Patch if any of the following conditions apply to you:

- If you have suspected or diagnosed heart problem.
- If you have suspected or diagnosed epilepsy.
- If you have a tendency to bleed internally following an injury.
- If you recently had surgery, or have ever had surgery on your back.
- If areas of skin lack normal sensations, such as skin that tingles or is numb.
- During menstruation or during pregnancy.
- Some people may feel skin irritation or experience a very sensitive feeling in the skin due to electrical stimulation. If this occurs, stop using these devices and consult your Physician.
- If skin under the pad feels irritated after using the stimulator for a long period of time, use the stimulator for a shorter period of time.
- Minor redness at stimulation placement is a normal skin reaction.
It is not considered a skin irritation, and it will normally disappear within 30 minutes after the electrodes are removed. If the redness does not disappear after 30 minutes from the removal of electrodes, do not use the stimulator again until after the excessive redness has disappeared.
- Turn off your device. if the stimulation feels unpleasant or does not provide pain relief.
- Keep this device out of the reach of children.
- Use this device only with the pads and accessories recommended by the manufacturer.
- Do not use this device when driving, operating machinery, or when swimming.
- Before removing the Mini Patch, be sure to turn it OFF, avoiding unpleasant stimulation.
If your pain does not improve, or if it continues for four to six days, stop using this device and consult your Physician.
- TENS is not a substitute for pain medications and other pain management therapies.
- TENS devices have no curative value
- TENS is a symptomatic treatment and, as such, suppresses the sensation of pain that would otherwise serve as a protective mechanism.

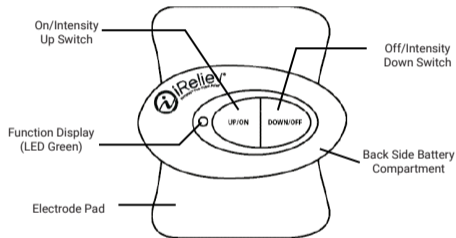
Adverse Reactions

Skin irritation and burns under the pads have been reported by some people who have applied electronic stimulators to their skin. You should stop using the device and should consult with your physician if you experience adverse reactions from the device.

Introduction to WiTENS™ Mini Pain Relief Patch ET-0303

The WiTENS™ Mini Pain Relief Patch, Model No. ET-0303, is intended for temporary relief of pain associated with sore and aching muscles in the upper and lower extremities (arm and/or leg) due to strain from exercise or normal household and work activities.

Components and Functional Parts of the Unit



Prior to Use

What's Included:

- (1) WITENS™ Mini Pain Relief Patch Device
- (2) Snap Style Electrode Pads
- (1) 3V CR2032 Battery

Instructions

1. The battery compartment is located on the back of the device. Open the battery compartment by pushing the battery cover downward.
(This area features raised marks for easy identification). Insert the battery with the positive (+) symbol facing up.
2. Place the electrode pad with the contact plugs up onto a flat surface. Place the WITENS™ Mini Pain Relief Patch with the contact jacks down onto the electrode pad so that plugs and jacks are aligned. Then press down until they are completely snapped in.
3. Remove the plastic film from the electrode pad and apply to the area of treatment on the skin.
4. Press the Up/On button on the device and a green light will appear. Gradually press the On/Up button until you feel a comfortable tingling sensation.
5. To turn off the device, press the Down/Off button until the device is powered down.

Installing/Changing the Battery



Use and Functions

1. Familiarize yourself with the safety notes, and then proceed as described in pages 7-9.
2. Place electrode pad on the area of skin selected and press it down with firm pressure.
3. Switch the device on by pressing ON/UP button. LED Light will turn green. By pressing ON/UP button again, the device starts to work at the lowest level of intensity. The device has 10 levels of intensity for strength of treatment. Select these intensity levels by simply pressing ON/UP button the appropriate number of times.
4. The device has an automatic shut-off function which switches it off automatically after 20 minutes of treatment.
5. Treatment may be discontinued at any time by pressing DOWN/OFF button repeatedly (depending on the level of intensity) until the function display light is off or is no longer green.

After Use

1. The adhesiveness of Electrode is very high when first used and care should be taken when removing the complete unit especially the first time.
2. Remove the pad from the skin by taking the electrode pad at the edge and pulling carefully. Do not grasp at the unit. Replace the electrode pad onto the clear plastic shield.
3. Never remove the unit when it is switched on.
4. Notes for safety and care:
 - Do not switch on the unit before the electrode pad is positioned on the body.
 - Keep the electrode pad from direct sunlight.
 - Take care, that no water penetrates the unit.

Cleaning and Maintenance

- The device does not require any special maintenance.
- Remove the battery before cleaning the device.
- Never use aggressive cleaning products or stiff brushes.
- Device may be cleaned with slightly moistened cloth while ensuring that water does penetrate device. Do not immerse. Do not use the device again until it is completely dry.
- Remove the battery from the device if it is not going to be used for some time.
- Do not expose the device to direct sunlight and protect it against dirt and moisture.
- With the electrode pad on the protective plastic film, store the device in a cool, dry place.

Electrode Pads

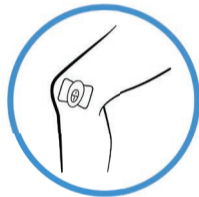
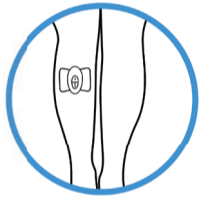
- For single person use only.
- Clean the adhesive surface after use to achieve better adhesion. Moisten the gel with a drop of water and allow it to dry briefly. Then stick the electrode back on the protective film.
- The length of time the electrodes remain usable depends on their storage, skin type, and use. Store the electrode in a cool, dry place.

- Replace electrode when it is no longer tacky or show cracks/blemishes are visible
 - The electrode is good for 20~30 times of use, 20 min each time.
- Be sure to use only iReliev® Patch Pads Refill Kit (ET-1414) or Electrode Pads (ET-0404).

Self-adhesive Electrode Pads iReliev® Patch Pads Refill Kit measured by length and width of electrode size	Size 72 x 57mm, snap type
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Contact iReliev® for ordering information and replacement part(s),
at www.iReliev.com.

Placement of Electrode



Troubleshooting Guide

PROBLEM	CAUSE	REMEDY
The device LED does not light up.	No battery in the device or the battery is depleted. Battery is not inserted correctly. Device has not been turned on. Insulating film has not be removed from electrode pad.	Replace battery. Re-insert the battery again with the (+) up. Turn device on. Remove insulating film from electrode pad.
The LED light is dim.	Battery is low.	Replace battery.
The electrical output from the device is low.	Electrode pad is dirty. Device is not set up correctly or applied to the skin properly.	Clean/replace electrode pad. Re-apply the electrode pad and the device to the skin.
The LED is on but the device does not work.	Battery is depleted. Electrode pad dirty or short-circuited.	Replace battery. Check electrode pads and replace if necessary.
The device turns off before the treatment time has elapsed.	Battery is depleted. Electrode pad worn out or dirty. Device not applied properly.	Replace battery. Check electrode pads and replace if necessary. Re-apply the electrode pad and the device to the skin.

Technical Specifications

Name and model:	iReliev Pain Relief Patch, ET-0303
Channel:	Single Channel
Output Voltage:	0~30V +/-20% (at 500 Ohm load)
Pulse intensity:	Adjustable from 0~60mA +/-20%
Pulse Width:	150~250uS
Pulse Rate:	30~60Hz
Power Source:	1 Lithium Coin Cell battery (CR2032)
Automatic Shut Off :	20 minutes

Operating Conditions:	+ 50°F (10°C) to +104° (40°C), 40-90% max. Relative humidity
Storage Condition:	+14°F (10°C) to +140° (60°C), 30-95% max. Relative humidity
Weight:	0.5 oz (12.3 g) (battery included)
Dimensions:	2.3 in x 1.2 in x 0.5 in (59 x 30 x 12.15 mm)

Limited One (1) Year Warranty

This WiTENS™ Mini Pain Relief Patch carries a one-year warranty from the date of purchase. Extended warranties are provided with device registration at **iReliev.com/registration**.

The warranty applies to the main device and necessary parts and labor.

Consumable items like electrode pads and other accessories are guaranteed to be free from defects in workmanship and materials at the time of delivery.

The warranty does not apply to damage resulting from failure to follow the operating instructions, accidents, abuse, alterations or disassembly by unauthorized individuals.

ExcelHealth reserves the right to replace or repair the unit at their discretion.

ExcelHealth Inc.

iReliev Products

Attn: Warranty

5825 Park Vista Circle

Fort Worth, TX 76244

www.iReliev.com

Phone: 855-723-2582

Email: WeCare@iReliev.com



ExcelHealth Inc.

www.iReliev.com

5825 Park Vista Circle
Fort Worth, TX 76244

If you have any questions whatsoever regarding your
WiTENS™ Mini Pain Relief Patch
Model # ET-0303, contact your reseller or ExcelHealth Inc. at:
855-723-2582 or visit www.iReliev.com