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By using TENS you can expect to achieve a significant reduction in pain if not complete pain relief. 3. SIDE EFFECTS There are no known side effects to TENS use and long-term TENS use is not harmful. 4. CONTENTS The pack contains: Touch TENS Pain Relief unit Belt Clip 2 x Leadwire Pack of 4, 50x50mm, self-adhesive electrode pads (item code: E ...

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Make sure the batteries and the output cables are installed correctly. Connect the output cable to the gel pad. Attach the gel pad to the area surrounding the pain area (for more information please look at the programs and gel pad placement in the instruction manual. You are ready to go.

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