

Skin Care Guidelines

In the absence of proper skin care, extended use of electrical stimulation may cause skin irritation or a skin reaction to the electrodes or the FS Cuff. Skin irritation tends to occur after approximately three months of use. To promote healthy skin with long-term use of the NESS L300, it is important to follow a daily skin-care routine.

- Clean the skin where the electrodes adhere with a wet washcloth. If any oils or lotions are on the skin, then clean with soap and water. Rinse well.
- Always check the skin for redness or a rash when putting on and taking off the FS Cuff.
- Replace the electrodes at least every two weeks, even if they appear to be in good condition.
- After taking off the FS Cuff, always re-cover hydrogel electrodes with the protective plastic covers.
- Excess body hair where the electrodes adhere may reduce electrode contact with the skin. If necessary, remove excess body hair with an electric shaver or scissors. Do not use a razor. A razor can irritate the skin.
- When positioning the FS Cuff, make sure the electrodes uniformly contact the skin.
- Ventilate the skin by removing the FS Cuff for at least 15 minutes every three to four hours.

If skin irritation or a skin reaction occurs, stop using your NESS L300 immediately. Contact your clinician, dermatologist, or Bioness Clinical Specialist. Resume use only when the skin is completely healed, and then follow a skin conditioning protocol per the recommendation of your health-care specialist.