

Caring for your electrodes and the skin where you place them is an important part of using FES. This guide will give you advice on how to do this.

Why is caring for my electrodes important?

Electrodes will work better and last longer when they are looked after properly. Poor care of electrodes may cause skin irritation.

How long should my electrodes last?

There are two pairs of electrodes inside each pack. One pair of electrodes should last you approximately four weeks.

How should I handle my electrodes?

1. Make sure the stimulator is paused/ turned off before applying or removing electrodes.
2. When removing electrodes from the plastic sheet or your skin, always peel from the corner of the electrode. Avoid pulling on the wire.
3. When attaching electrodes to the electrode lead, make sure the metal pins are fully covered.



How should I store my electrodes?

1. After use, place a small amount of water on the gel surface of your electrodes and then place them back on the plastic sheet.
2. Store electrodes in the plastic bag they came in and seal the bag at the top. This is important to prevent electrodes drying out. If you find it difficult to seal the bag, consider storing your electrodes in an airtight plastic container.
3. Electrodes should be stored between 5 and 27 °C.
4. If you notice skin cells, dust etc on the gel surface of your electrodes, lightly wipe the surface of the electrode with water and your finger to remove it. Keeping your electrodes as clean as possible is important to prevent bacterial growth and possible skin irritation.



How should I care for my skin?

1. Looking after the skin where you place your electrodes will reduce the chances of getting skin irritation.
2. Avoid using a razor to remove hairs, as this can cause small cuts to the skin. Use scissors or an electric shaver to remove hairs instead.
3. Creams and moisturisers can reduce the effectiveness of your FES. If you like to use moisturiser, apply a small amount under the area of skin where your electrodes will be placed. Apply the moisturiser in the evening once you have removed your electrodes. Wipe any remaining cream off with water before applying your electrodes the next day.
4. Do not leave electrodes on your skin overnight.

What should I do if I notice new or worsening skin irritation?

It is normal to experience redness of the skin underneath the electrodes for up to an hour after removing them. This is because using FES improves blood flow to your skin. If you notice redness that persists longer than one hour, have a rash, or experience itching, it may be skin irritation.

If you notice new or worsening skin irritation, stop using your FES and contact your clinician straight away

Skin irritation can normally be dealt with easily and you can return to using your FES. Your clinician will give you advice on how to care for your skin and when to restart FES.

More information on managing skin irritation can be found using the link or QR code

<https://odstockmedical.com/knowledge/patient-information-sheet-skin-irritation/>



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