

NerveSpa User Guide

Read the full user's manual for the full list of cautions and warnings before using this system.

NerveSpa package contains:

- NerveSpa device
- Conductive foot bath
- Lead wires (1 set)
- 2" carbon rubber electrodes (1 pair)
- Charging cord
- Carrying case
- User's manual
- Epsom Salt
- Effervescent tablets

1. Preparing the Device :

a. Charge the NerveSpa device



b. Plug both "T-shaped" ends of the lead wires into the two ports found on the bottom of the device.



c. Plug the red and black pins from the lead wires into the carbon rubber pads.



2. Preparing the conductive foot bath:

a. Fill each side of the footbath to ankle height, with warm water and place in front of where you will be sitting for your treatment. Be sure to have a towel to dry your feet after use.



b. Place into the water one carbon rubber pad in each side of the foot bath. They do not need to touch the feet. Just make sure they are submerged in the water.



c. Add 1 tablespoon of Epsom salt to each side of the footbath and stir. For dry feet, reduce to 1 teaspoon.



d. Add 1 Efforvecent tablet to each side of the footbath and stir



e. In a seated and comfortable position, place your feet into the footbath.



3. Using the device

- a. Turn the device on by holding the button on the right side for 3 seconds. The program will begin in "Feet" increase the intensity by pressing the up arrow on the screen until you feel a comfortably strong tingle.



- b. The program will start and the device will auto-run for the 30-minute treatment and then auto-shutoff.
- c. You will need to adjust the intensity to a level that is "comfortably mild to strong". But not intense.

4. Post treatment

- a. Empty the foot bath
- b. Dry your feet and the electrodes completely with a towel.
- c. Use a moisturizing lotion post treatment, but avoid any excess lotion between the toes.

Important :

- Do not use the NerveSpa if your feet have open wounds, fissures, or scratches
- Use caution when carrying the NerveSpa with water
- Water and Epsom salt can dry out the feet. Adjust the salt and treatment duration if needed.

Notes :

- If treating the hands, place the footbath on a table and follow the same set-up as for the foot
- Alternate the pads from left to right bay from session to session. This way the active pad will treat each foot equally.
- The rubber pads are not intended to suction to the side of the foot bath. Just have them submerge or dangle in the water.
- This system can be used for all forms of neuropathy. Not just diabetic neuropathy. It can even be used for other nerve related foot pain conditions.
- By pressing "min" and "ON/OFF" for 3 seconds simultaneously, the LCD displays the cumulative time the device has been used by the user.

Please consult your caregiver before using the system.

If you have a partial loss of sensation from the Neuropathy, please use caution when setting the intensity levels.

If you have total loss of sensation, with an absence of pain, then it is unlikely that the Nerve Spa will have a benefit.

Treatment Plan and Duration:

- The Nerve Spa is intended to be used for no less than 60-90 therapy sessions due to the aggregate effect the product produces within the nerves.
- Use the NerveSpa 30-minutes per day, 4-6 times per week until you reach 60-90 therapy sessions. From there, you can reduce usage to a more manageable "maintenance program".

What Does It Feel Like?

You will feel a mild tingling sensation; it should feel comfortably strong. If you feel a sharp prickling sensation, turn down the intensity level then raise the intensity until it feels comfortable.

Warnings:

- Discontinue use if the nerve spa is causing dry feet that is causing any abrasion of fissures to form.
- Do not sleep with your therapy system
- Check skin periodically by lifting up your feet. For example, every 15 minutes.
- If you notice any adverse reaction or experience a rash that doesn't go away, discontinue use and contact your physician and supplier.
- If you have any sores or cuts on your feet refrain from using until they completely heal.
- Do not use if you are pregnant or under 18 years old
- Consult your physician if you have a pacemaker or a cardiac condition.
- Do not submerge the device in water. if it gets wet, dry it off immediately. Do not use if damaged.
- At the end of the session, remove your feet and dry them thoroughly before walking around.
- Keep away from children.
- You cannot operate the device when plugged into the wall. Thus, you will not be able to charge the unit with the lead wires plugged in.
- It is normal to get some skin reddening after a session. This fades quickly. If it does not disappear, discontinue use of the system, and contact your supplies.

For additional questions, email: Support@nervespa.com