

# TENS

## Patient information



TENS or transcutaneous nerve stimulation can alleviate pain. The TENS device produces electrical current that is transmitted through two wires to stickers affixed to the skin. The electrical current stimulates certain skin nerves, inhibiting the pain in the spinal cord. A TENS treatment is particularly good at alleviating nerve pain, back pain, neck pain, shoulder pain and scar pain. You will be given a device to try out, and if it works well, a device will be ordered for you from your healthcare insurer.

### Before the treatment

If one of the following points applies to you, we ask you to contact the treating doctor before the examination:

- you suffer from arrhythmia;
- you have a pacemaker;
- you have an ICD;
- you have epilepsy;
- you have a deep brain stimulator because of Parkinson's disease.

### The treatment

You affix the stickers to the painful areas according to the instructions and turn on the TENS device for a set interval. You should clearly feel the tingling, but it should not be uncomfortable. If it becomes uncomfortable, lower the strength of the current. After the agreed interval, turn the device off. You can repeat this treatment several times a day. Try the TENS treatment for two weeks to see if it improves your symptoms. After this period we shall discuss the result with you.

### After the treatment

Irritation of the skin can occur. If this does occur, you can change the place where the stickers are affixed. If this does not have any effect, you can order anti-allergenic stickers.

### Resuscitation

All patients at DC Klinieken are resuscitated in an emergency situation. Have you signed a DNR form or discussed with your doctor that you do not want to be resuscitated? Then it is important to inform us of this.

### Insurance coverage

DC Klinieken has contracts with all health insurance providers. This means that practically all of the care is reimbursed. Just like the care you receive in the hospital. You will first need a referral from your GP or specialist. Remember to take into account your insurance excess. For more information about reimbursement and any exceptions: [www.dcklinieken.nl/vergoedingen](http://www.dcklinieken.nl/vergoedingen).

### Questions

For more information and answers to FAQ, please contact: [www.dcklinieken.nl/contact](http://www.dcklinieken.nl/contact) or our Service and Information Centre on +31 (0)88 0100 900.

### Emergency after visit to DC Klinieken

In case of emergency, call: +31 (0) 88 0100 998.



## Emergency after visit to DC Klinieken Dokkum

In case of an emergency after pain management, or gastrointestinal examination, patients of DC Klinieken Dokkum should call: +31 (0) 88 0100 960 or after radiology: +31 (0) 88 0100 985

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