

## NerveSpa Quick Start Guide

This quick set-up guide is simplified set-up and instruction for operating your system. 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

### Instructions for Use:

1. Preparing for Use:
  - a. Charge the NerveSpace device using the charging cord in the port found on the bottom of the device.
  - b. Plug the "T-shaped" ends of the lead wires into the two ports found on the bottom of the device.
  - c. Fill each side of the footbath to ankle height, with warm water (or cool if you prefer) 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.
2. Using the conductive foot bath:
  - a. Plug the red and black pins from the lead wires into the carbon rubber pads.
  - b. Place one carbon rubber pad in each side of the foot bath.
  - c. Add 1 tablespoon of Epsom salt to each side footbath and stir. For dry feet, reduce to 1 teaspoon.
  - d. Add one effervescent 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 comfortable tingle.
  - b. The device will run for the automatic program, transitioning from sub-program to sub-program automatically.
  - c. You may need to adjust the intensity between the programs for comfort and efficiency.
  - d. The device will shut off automatically at the completion of the program.
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.

### What Does It Feel Like?

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

### Important :

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

### Notes:

- The electrodes do not have to touch your feet
- 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 supplier.
- Upon your first few uses, set the intensity at a mild to comfortable level. As you progress you can increase to a stronger level, however, stimulation should never be painful.
- Place the footbath on a table when treating the hands.
- Use the NerveSpa once per day for 4-6 times per week. This therapy device has an aggregate effect. You should feel an immediate symptomatic relief to pain – more of an aggregate benefit if used for 60-90 days.
- Alternate the pads from left to right bay from session to session. This way the active pad will treat each foot equally.

### Please consult your caregiver before using the system.

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

If you have total loss of sensation from the Neuropathy with an absence of pain, this device will not be useful.

### Warnings:

- Discontinue use if the nerve spa is causing dry feet that is causing any abrasion or 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

For additional questions, email: [Support@nervespa.com](mailto:Support@nervespa.com)