

- Charge the Control Unit and External Pulse Transmitter (EPT) every night OR when not using the device.
- Clean the skin where the electrodes adhere with a moist/wet washcloth. Clean with soap and water if any oils or lotions are on the skin. Rinse well. Skin should be moist when applying the electrode patch. **DO NOT apply any of the following to the skin before adhering the electrode patch: oils, lotions, skin preps, alcohol, peroxide, perfumes, or any other caustic materials.**
- Always check the skin for redness or rash. Treating skin irritation early will help prevent more serious skin problems from developing. Please see skincare guidelines on page 37 of the User's Guide for more information.
- If necessary, remove excess body hair where the electrodes adhere with an electric shaver or scissors. **DO NOT** use a razor, as razors may irritate the skin.
- Make certain the electrode patch is secure and the patch is making even contact with the skin. If the edges do not stick to the skin, ensure the skin is free of oils or lotions and reapply the electrode patch.
- Replace electrode patches every 3 days, even if they appear to be in good condition. When replacing electrode patches, avoid touching gel with your fingers as this may compromise adhesiveness.
- Take care to mark the proper location of the electrode patch on the skin before removing or replacing electrode patches to ensure that proper patch location is maintained.
- Remember to have the charging port of the EPT face away from the electrode of the implant (usually facing forward for shoulder implants or upward for other applications).
- Ventilate the skin by removing the electrode patch from the skin for at least 15 minutes every 4 hours.
- **DO NOT** receive diathermy, microwave, and/or therapeutic ultrasound treatments after being implanted with StimRouter. Such treatments can damage tissues surrounding the StimRouter as well as the StimRouter itself.
- Review all precautions on pages 3-14 of your User's Guide.
- Ensure the Patient Programmer is turned OFF prior to applying or removing the electrode patch.
- Important: Gradually increase the time the electrode patch is worn to avoid skin sensitivity. Follow guidelines in the "StimRouter Standard Conditioning Protocol".
- If you need to remove the electrode patch at any point during the day, always cover the gel electrodes with the protective plastic covers.
- **NEVER** use your StimRouter without an electrode patch.
- Only use Bioness components with your StimRouter system. Use of non Bioness parts will void your warranty.
- Complete and keep your medical identification card with you at all times.
- It is not recommended to use your StimRouter system while operating a motor vehicle or while sleeping.

Individual results vary. Patients are advised to consult with a qualified physician to determine if this product is right for them.

Risks: Indications for Use, Contraindications, Warnings, Adverse Reactions and Precautions are available on-line at [www.stimrouter.com/risks](http://www.stimrouter.com/risks) (also available in the StimRouter Clinician's Guide).

# CONDITIONING PROTOCOL



Conditioning Protocol For: \_\_\_\_\_ Date: \_\_\_\_\_

Your physician has prescribed StimRouter Neuromodulation System to help treat your chronic pain. It is important to gradually work up to your individual usage time necessary for achieving pain relief with StimRouter.

## Program Summary:

A: \_\_\_\_\_ B: \_\_\_\_\_  
C: \_\_\_\_\_ D: \_\_\_\_\_

Use the device no more than the prescribed total number of hours per day in the table below.


- During the conditioning period, take breaks of at least 2 hours between sessions.
- Remove the electrode patch for at least 15 minutes after 4 hours of use to allow skin to breathe.
- Clean the skin where the electrodes adhere with a moist/wet washcloth. Clean with soap and water if any oils or lotions are on the skin. Rinse well. Skin should be moist when applying the electrode patch.  
**DO NOT apply any of the following to the skin before adhering the electrode patch: oils, lotions, skin preps, alcohol, peroxide, perfumes, or any other caustic materials.**
- Make certain the electrode patch is secure and the patch is making even contact with the skin. If the edges do not stick to the skin, ensure the skin is free of oils or lotions and reapply the electrode patch.
- Take care to mark the proper location of the electrode patch on the skin before removing or replacing electrode patches to ensure that proper patch location is maintained.
- Protect the electrode patch with the dust cover when the electrode patch is not in use.


| Day | Program A | Program B | Daily Total |
|-----|-----------|-----------|-------------|
| 1   | 1 Hour    |           |             |
| 2   | 2 Hours   |           |             |
| 3   | 3 Hours   |           |             |
| 4   | 4 Hours   |           |             |
| 5   | 8 Hours   |           |             |
| 6   | 12 Hours  |           |             |
| 7   |           |           |             |

**\*Removal of the patch for at least 15 minutes is recommended after every 4 hours of use to allow the skin to breathe.**

Please contact Bioness at 800.211.9136. Select Option 2 for Customer Service or Option 3 for Technical Support. Please contact your physician for an evaluation or follow-up appointments. Please bring your StimRouter External Pulse Transmitter (EPT) and Patient Programmer to any evaluation or follow-up visit.

Patient Signature: \_\_\_\_\_

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