



1. Why is this product unique?

The Firefly is an innovative and most convenient pain reducing product. You literally just apply the small electrodes to your area of pain, click a button and begin to reduce your pain. This home pain reducing unit is different than most TENS type machines as the pain reducing current is a very comfortable micro-current DC stimulator that delivers energy deep into the tissue. And best of all, you can use it at home and while you sleep while the body is in a natural state of healing.

*Please note that this is a TENS device, but it is different in that it is a DC current that delivers stimulation in the micro amperage range instead AC current which doses in the milliamp range.

2. When should I see results?

Your results may vary, depending on the type of pain you are experiencing, the intensity of your pain, and of course depending on the regularity of daily use. However, you will usually begin to see benefit within the first week, assuming daily and nightly use.

3. Will I feel the current?

One of the reasons the Firefly can be so effective is that you control the amount of current that you use. The best results do not require a very strong sensation and it is recommended that you slowly increase the current strength over a several weeks so you can learn how you respond.

4. How long can I keep it on for at a time?

Firefly provides for the option of a thirty minute or eight hour treatment cycle. The eight- hour cycle can be used day or night, with the treatment sensation going on and off. Both cycles are very user friendly and totally safe.

5. Are there are points in the body where Firefly should not be used?

- The electrodes should not be placed over the front of the neck, as the electrical signals can stimulate the carotid sinus, which controls heart rate.
- They should also not be used over the heart, and never to those with pacemakers, for fear of producing heart rhythm problems.
- Don't place the electrodes on areas of skin that have been affected by severe nerve damage. Mild to moderate nerve impairment may be OK. Please check with your medical provider if you have questions about your individual use.
- Firefly should not be used with those with a history of cancer.

6. Can Firefly be used during pregnancy?

- The manufacturers suggest that Firefly should not be used during pregnancy.

7. Where do I place the electrodes?

Option 1 - Place the red (+) electrode above the painful area and the black (-) electrode below the painful area. Be careful not to allow the electrodes to touch each other as they work best with some electrode separation.

Option 2 - Place the red (+) electrode on most painful area and the black (-) electrode about 2 inches below the area of pain.

8. How do I best take care of the electrodes?

Disposable self-adhesive electrodes are very convenient but can be costly if not taken care of properly. With proper care they typically last two weeks of continuous use.

- Always place the electrodes on non-hairy, clean, dry skin. Do not place them on skin that has hand cream or body oil on it. Poor skin contact increases the current needed to stimulate the area, and causes the batteries to discharge faster than usual.
- Prevent the electrodes from drying out. After use dampen the side of the electrode that was in contact with the skin with a drop of tap water. Then place the electrodes back in the ziplock type bag that they came in, sealing the bag properly, and making sure all the air is expelled first. This will help to stop the electrodes from drying out between use. Again a dry electrode reduces Firefly effectiveness, increases the current required, and drains batteries faster.
- Between uses keep the electrodes cool. Don't keep them next to any heat source like a radiator or sunny window.

Trouble Shooting

Problem: I've connected everything up, switched on the machine, and nothing happens.

- Is the battery dead? - Firefly runs on 2 AA batteries.

Solution: Replace with new batteries

- Do the batteries fit properly in the battery compartment?

Solution: Make sure the that (+) pole is connected to the (+) end. Same for (-) pole.

- Have the electrodes dried out? When you place the electrodes on your skin they should feel slightly wet, and when you pull them off they should still feel sticky. If neither of these is the case, then replace them. The whole electrode should have contact with the skin, and there should be no curled edges.

Problem: My machine works initially for a short time, but after a while the sensation declines or stops completely.

- Is the battery nearly dead? – Replace with new batteries
- Have the leads fallen off? - Are the electrodes moving under your clothes so that contact with the skin is lost? Experiment with the way that the leads hang when they are in place. Try securing the electrodes with micropore tape around the edges.
- Are the electrodes past their effectiveness? - If the electrodes feel dry or have lost their stickiness, replace them with a fresh pair.

- Have you become tolerant to the signal strength? - As you become more confident with using your Firefly, you may find that you will benefit from higher signal strengths. Try increasing the (+) power output to see whether this is the case.

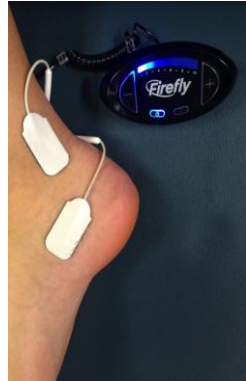
Problem: I have developed a red itchy rash where my electrodes have been.

- Try varying the position of the electrodes, and the length of time of contact with the skin.
- Sometimes pre-treating the skin with low strength hydrocortisone cream can reduce the severity of a reaction. If symptoms persist, please speak to your doctor.
- Try using different manufacturers electrodes (which may have different chemicals in the adhesive).

Sample Electrode Placement



ACHILLES TENDONITIS



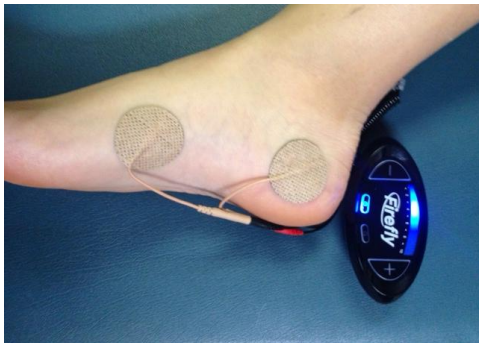
HEEL PAIN
DIABETIC NEUROPATHY
TARSAL TUNNEL PAIN



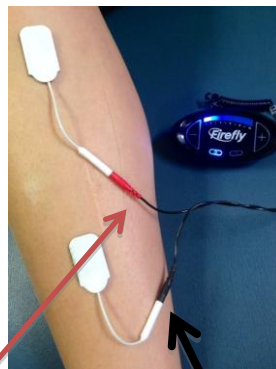
BUNION PAIN
SESAMOID PAIN



NEUROMA PAIN



PLANTAR FASCIITIS (ARCH) PAIN



SHIN SPLINT LEG PAIN



POST-SURGICAL BUNION PAIN
NEUROPATHY PAIN IN THAT AREA

NOTE: THE RED COLORED LEAD WIRE IS ABOVE THE BLACK WIRE

Turn ON Firefly, *Turn Pain OFF*