

DIRECTIONS

STAGE 1: Cleaning the skin

- Carefully clean the skin using one of the wipes provided, you may use mild soap and water when wipes run out.
- This stage is essential for removing grease from the skin to ensure that the electrode adheres well.



STAGE 2: Positioning the electrode

- Open the electrode pack, peel the plastic backing from the electrode. Keep the backing plastic with the silver coloured packaging.
- Use a mirror to position the electrode correctly.
- The narrowest part is positioned downwards, and the lower edge is positioned on the horizontal line that joins the eyebrows.



STAGE 3: Putting the Cefaly device on

- Slip on the Cefaly device with the central part raised to the level of the forehead.
- Then lower it in order for it to engage with the pin on the patch. The first few times you do this, do it in front of a mirror to familiarise yourself with the procedure.



STAGE 4: Starting the session

- Press the button repeatedly by the programme number you require (ie 1, 2 or 3).
- A single press for programme 1 (attack treatment); you will hear a beep.
- Two successive presses for programme 2 (prevention); you will hear two beeps.
- Three successive presses for programme 3 (anti-stress); you will hear three beeps.

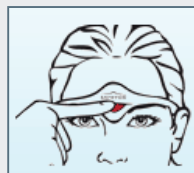


STAGE 4A: Moving a programme

- To move from one programme to another first lift up the Cefaly from the electrode, then place it back on the electrode. Then press the button as per the starting session.

STAGE 5: Starting the session

- The intensity and tingling will gradually increase over the course of the treatment. If it becomes too intense, simply press the button ONCE during the treatment in order to hold the intensity at the present level. The intensity will not increase any further over the remainder of the 20 minute course of treatment.
- As you repeat your Cefaly sessions, you will get accustomed to the sensation and will be able to progress to higher intensity levels which will make the sessions more effective. Eventually you will complete your 20 minute course without having to push the button during the treatment.



STAGE 6: During the session and once it's over

- During the 20 minute session, relax or simply go about your business.
- Once the session is finished, lift the central part of the device to detach it from the pin and take the Cefaly device off.
- To reuse the electrode, remove electrode from skin and add plastic backing to the electrode. Store in packaging. **Note:** electrode may not be effective after 10-15 times of reuse.

