


Lloydspharmacy 

*ADVANCED*

# Heated Digital Pain Reliever with Massage

User Manual



Model LTH1



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## Content

Introduction	2
Parts	3
General Warnings and Safety	4-5
Setting the Heated Digital Pain Reliever	6
Using the Heated Digital Pain Reliever	7-9
Program Selection	10
Gel Pad Positioning	11
Battery Information	12
Specification	13
Troubleshooting	14-15
Frequently Asked Questions	16-17
Maintenance and Cautions	18-19
Warranty	19
Explanation of symbols on unit	20

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## Introduction

Thank you for purchasing the Lloydspharmacy Heated Digital Pain Reliever with Massage (Model LTH1).

1 in 7 people in the UK suffers from chronic pain, with back pain being the single most reported cause of absence from work. The Heated Digital Pain Reliever uses TENS treatment which stands for Transcutaneous (through the skin) Electrical Nerve Stimulation and is now regularly recommended by doctors, physiotherapists and pharmacists throughout the UK.

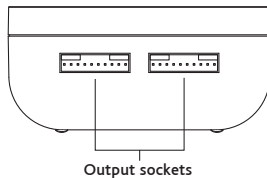
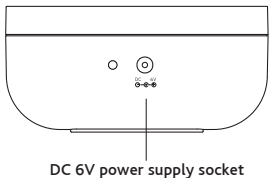
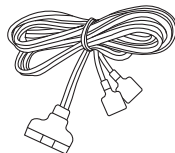
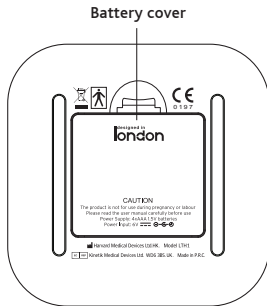
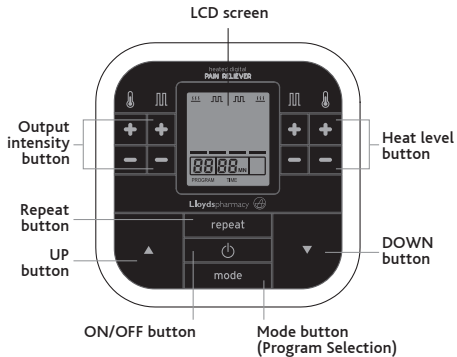
The Heated Digital Pain Reliever works by passing harmless electrical signals into the body (controlled by the user at all times). This relieves pain in two ways.

- It blocks the body's pain signals. These are normally transmitted from the area of damage through the nerve fibres to the brain. TENS interrupts these pain signals.
- TENS stimulates the body's production of endorphins - its own natural painkiller.

Using the heat function of this reliever will help you relax tightened, sore muscles and will also help to ease pain. The heat setting can also be used alongside the massage function for a more pleasant and relaxing relief.

**IMPORTANT: PLEASE READ THIS USER MANUAL CAREFULLY BEFORE USE AND KEEP FOR FUTURE REFERENCE**

# Parts



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## General Warnings and Safety

### Before you start:

Please carefully read and understand the following warnings and cautions to ensure the safe and correct use of this device.

The Heated Digital Pain Reliever is a medical device that has been subject to stringent testing. However, it is not suitable for the following people:

- NOT SUITABLE FOR USE DURING PREGNANCY OR LABOUR OR IF YOU SUSPECT YOU MAY BE PREGNANT
- People with pacemakers, pulse regulators or any other electrical implanted medical devices or people with heart rhythm problems
- Do not use on scarred areas following surgery for at least 10 months after the operation
- People with chronic alcoholism should not use this product
- Not suitable for children under 16 years of age
- The use of the device must be supervised by an able adult of sound mind
- You must consult your doctor, consultant or Lloydspharmacy pharmacist before using this device if receiving any physical therapy or you suffer from any of the following:
  - Acute diseases
  - A fever
  - Abnormal blood pressure
  - Skin conditions such as broken or damaged skin and people with loss of feeling in areas of the body
  - Epilepsy
  - Cancer
  - Diabetes

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## General Warnings and Safety

- The therapy time should not be more than 25 minutes in each session if the gel pads are on the same part of the body to avoid being burnt.
- Do not use the device with an electrocardiograph meter (ECG) or any other medical equipment
- Do not use the device with any topically applied creams or ointments
- Do not place gel pads on the head, face, throat, back of neck, chest area, eyes, oral cavity, sexual organs or onto the spine or bones
- Do not use on a wet body or an area of high humidity
- Do not use on stomach muscles within 90 minutes of eating
- For treatment of pain control, muscle injuries or rehabilitation, this device should be used under close supervision and direction of your doctor or professional therapist

Please stop using the Heated Digital Pain Reliever immediately and seek medical advice if you notice any reddening of your skin, if you feel any discomfort or feel unwell.

Improper use of the Heated Digital Pain Reliever will lead to harm and damage. For safe use of the product, please note the following safety instructions:

- The unit must be turned off and the gel pads allowed to cool before moving to a different part of the body
- Do not use the device whilst driving or operating any other mechanical equipment
- Do not use the device whilst sleeping
- Avoid contact of the gel pads with anything made of metal, such as belts or necklaces
- The device has no AP (flammable anaesthetic proof mixtures with air) or APG (flammable anaesthetic proof mixtures with oxygen or nitrous oxide) protection
- Do not insert the gel pad cables into any other socket other than the socket of the device as instructed, as this may lead to an electric shock
- Do not use the gel pads if they are scratched or damaged in any way

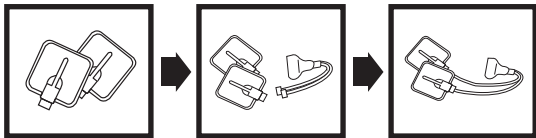
## Setting the Heated Digital Pain Reliever

How to connect the gel pads to the output cable:

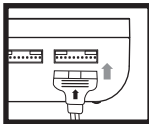
1. Please decide on your chosen power supply. This unit can be used with 4 x AAA batteries (not included) or with the supplied DC 6V adaptor. Please refer to page 12 before installing batteries.

**NOTE:** The heat function will only work if the DC 6V adaptor is used. Remember to remove the batteries if the adaptor is to be used.

2. Attach the gel pads to the output cables.



3. Insert the cables into the output sockets (with the arrow facing upwards).



4. Remove the transparent film and attach the adhesive side of the gel pad to the area of pain. Please read the section 'Gel Pad Positioning' (page 11) carefully to understand where to place the pads.
5. Press down firmly to ensure adhesion.

## Using the Heated Digital Pain Reliever

1. Please ensure the gel pads are correctly attached and placed on the desired area before switching the unit on.
2. Press the ON/OFF button to turn the unit on. All the symbols will flash up on the display.
3. Press '▲' or '▼' to choose one of the 12 programs available.  
See the section 'Program Selection' (page 10) for more information on the different programs available.
4. For programs 11 and 12 you can adjust the treatment duration.  
To change the treatment duration, press MODE. When TIME is shown on the LCD screen, press '▲' or '▼' to choose the preferred treatment duration.





## Using the Heated Digital Pain Reliever



5. To set the output intensity, press '+' or '-' under '⏏' to adjust. Each channel has 1 - 10 intensity output settings with '—' being the lowest and '≡≡≡' being the highest.

**NOTE:** The gel pads must be worn and stuck to the skin properly in order for the intensities to be set. If not stuck on properly, it will not be possible to choose an output intensity setting.

When the device is on and the intensity is changed, it will not affect the timer which will continue to count down. When the mode setting is changed the intensity will default to 0. The device will turn off automatically when the set time has elapsed.



6. To set the heat level, press '+' or '-' under '🔥' to adjust. Each channel has 1 - 10 heat level settings with '—' being the lowest and '≡≡≡' being the highest.

**NOTE:** The heat function will only work if the 6V DC adaptor is used.

The REPEAT button can be used to reset the current program (For programs 11 and 12 the time will default to the lowest timing of 15 minutes).



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## Using the Heated Digital Pain Reliever

7. When the treatment duration has ended remove the gel pads carefully. Replace the transparent protective film on the pads.

**NOTE:** When removing the gel pads from the skin, peel off from one corner of the pad. **DO NOT** pull the cord socket to remove them as this may lead to injury or malfunctioning.

8. Press the ON/OFF button to switch the unit off.

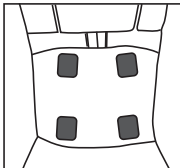
## Program Selection

PROGRAM	FOR	MODE FUNCTION	DURATION (mins)
1	PAIN RELIEF	TAPPING LEVEL 1	20
2	PAIN RELIEF	TAPPING LEVEL 2	15
3	PAIN RELIEF	TAPPING LEVEL 3	20
4	PAIN RELIEF	TAPPING LEVEL 4	20
5	PAIN RELIEF / MASSAGE	VIBRATING & KNEADING LEVEL 1	20
6	PAIN RELIEF / MASSAGE	VIBRATING & TAPPING LEVEL 1	25
7	PAIN RELIEF / MASSAGE	VIBRATING & TAPPING LEVEL 2	25
8	PAIN RELIEF / MASSAGE	VIBRATING & TAPPING LEVEL 3	25
9	PAIN RELIEF / MASSAGE	TAPPING & KNEADING LEVEL 1	25
10	PAIN RELIEF / MASSAGE	TAPPING & KNEADING LEVEL 2	25
11	PAIN RELIEF / MASSAGE	KNEADING & TAPPING LEVEL 1	15/20/25
12	PAIN RELIEF / MASSAGE	KNEADING & TAPPING LEVEL 2	15/20/25

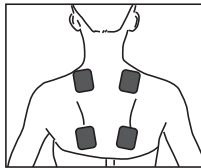
Please note that in programs 3 to 12 the Heated Digital Pain Reliever will alter throughout your treatment so you will experience different sensations throughout the program.

## Gel Pad Positioning

Lower back

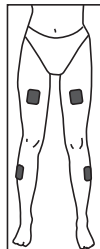
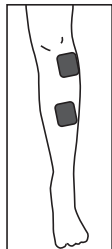
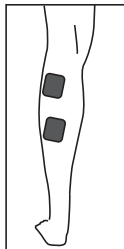
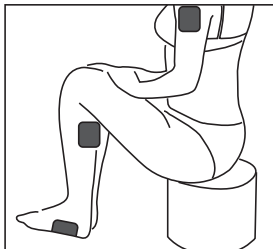
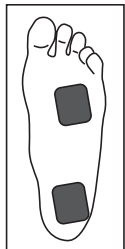


Upper back



**WARNING: DO NOT PLACE THE GEL PADS ON OR TOO CLOSE TO THE SPINE**

Legs front and back



For other areas of pain, place the gel pads around the area of pain, approximately 4-6 inches apart.

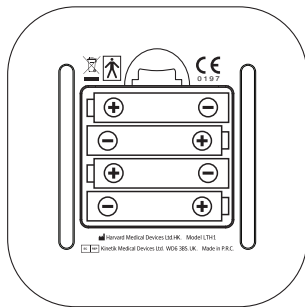
## Battery Information

Inserting the batteries into the unit:

1. Open the battery cover at the back of the unit.
2. Insert 4 x AAA size batteries (not included) observing the correct polarity as shown on the inside of the battery compartment.
3. Replace the battery cover.



Battery cover



- Do not mix old and new batteries or different types of batteries
- Remove the batteries if the product will not be used for long periods of time
- **WARNING:** If batteries leak and come into contact with the skin or eyes, wash immediately with copious amounts of water
- Keep batteries away from infants and young children
- Dispose of batteries safely according to the battery manufacturer's instructions

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## Specification

Model number:	LTH1
Product name:	Heated Digital Pain Reliever with Massage
Power source:	DC 6V Adaptor (for heat function) or 4 x AAA batteries (not included)
Frequency:	1-110 Hz
Band width:	100-300 $\mu$ s
Output current:	<35mA
Output voltage:	45V $\pm$ 20% by 500 $\Omega$ load
Output temperature:	32°C ~ 45°C >45°C over temperature protect
Output intensity level adjustment:	10 settings
Program selection:	12 settings
Heat level selection:	10 settings
Storage and Transport Temperature/Humidity:	-20°C~55°C / $\leq$ 95%
Size:	W 98mm x D 98mm x H 46mm
Weight:	Approx 165g (without batteries and accessories)

## Troubleshooting

Problem	Check points	Possible solution
The unit does not switch on	Are the batteries exhausted?	Replace the batteries
	Are the batteries properly inserted?	Insert the batteries observing correct polarity
	Is the wire properly connected?	Firmly connect the wire
	Have you removed the transparent protective film from the gel pads?	Remove the protective film
Output from gel pads is weak	Are the gel pads stuck onto the skin properly?	Re-attach the gel pads correctly
	Are the gel pads overlapped?	Separate the gel pads and stick them on to the skin again (4 – 6 inches apart approximately)
	Are the gel pads dirty?	Clean the gel pads with a damp, lint free cloth
	Is the intensity too weak?	Use a higher intensity level or change the program selected
	Are the gel pads positioned properly?	Change the position of the gel pads

## Troubleshooting

Problem	Check points	Possible solution
The skin becomes red and/or you feel a stabbing pain	Is the intensity too high?	Choose a lower intensity or program
	Are you using the gel pads on the same site every time?	Re-position the gel pads. If at any time you feel pain or discomfort stop use immediately
	Are the gel pads too dry?	Please gently wipe them with a damp, lint free cloth and then re-apply
	Are the gel pads stuck onto the skin properly?	Ensure the gel pads are stuck securely to the skin
	Are the gel pads dirty?	Please clean the gel pads using a damp, lint free cloth
	Is the surface of the gel pads scratched?	Please replace them with new gel pads
Output from gel pads stops during therapy	Have the gel pads come off the skin?	Turn off the power and stick the gel pads firmly to the skin
	Are the wires disconnected?	Turn off power and connect the wires
	Have the batteries been exhausted?	Please replace them with new batteries



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## Frequently Asked Questions

**Will the Heated Digital Pain Reliever work for me?**

TENS (Transcutaneous Electrical Nerve Stimulation) is a highly effective pain treatment. It is used worldwide and recommended by doctors, physiotherapists and pharmacists. The Heated Digital Pain Reliever will ease pain, and could result in a decrease in the need for pain medication! Numerous painful conditions can be relieved including:-

- Rheumatoid and Osteo-arthritis
- Back pain
- Menstrual Pain
- Peripheral Nerve Injuries
- Shingles
- Trigeminal Neuralgia
- Phantom Limb Pain
- Sports Injuries
- Sciatica
- Aching Joints
- Muscular Pain

**Is the Heated Digital Pain Reliever safe to use alongside medication?**

Yes, and it could enable you to reduce your intake of pain medication.

**Will the treatment hurt?**

No, the sensation felt is very pleasant and soothing and is totally controlled by you.

**Does TENS treatment have any risks or side effects?**

Unlike surgery or prescription drugs, TENS is virtually risk free from injury or side-effects. Please read the 'General Warnings and Cautions' (pages 4-5) carefully, before use.

**How long before I feel the benefits?**

Some people's pain is relieved immediately, whilst others need a little longer. You should also take into account that it may take a while to find the best position for the gel pads.

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## Frequently Asked Questions

### For how long does the pain relief last?

Some people will benefit for days after a 25 minute treatment, whilst others need to keep their Heated Digital Pain Reliever on for longer periods.

### What time of day should I use the Heated Digital Pain Reliever?

It can be used any time of the day or night, however, it is recommended that the Heated Digital Pain Reliever should not be used whilst sleeping.

### How many times a day can I use the Heated Digital Pain Reliever?

Use the Heated Digital Pain Reliever for at least 15 minutes a day, however you may need to wear it for longer to initially gain pain relief. If you wear the unit for longer periods then check your skin where the gel pads have been placed to ensure your skin does not become sore. Please ask your local Lloydspharmacy pharmacist for advice about any specific condition.

### Are there any areas on my body that I cannot use the Heated Digital Pain Reliever?

The Heated Digital Pain Reliever can treat many different types of pain. Please refer to the Gel Pad Positioning section (page 11) to learn where to place the gel pads for the most common forms of pain. For other areas of pain, place the gel pads on either side of the area. Never place the gel pads on the head, face, throat, back of the neck, chest area, eyes, oral cavity, sexual organs or onto the spine or bones.

### Does the Heated Digital Pain Reliever pass any medical regulations?

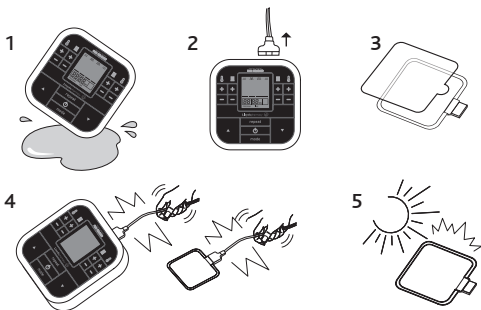
Lloydspharmacy's TENS Pain Relievers are subject to stringent medical regulations. The CE marking means that our products fully comply with EU medical device regulations. CE marking is recognised worldwide.

### Where can I purchase replacement gel pads?

These can be purchased from your local Lloydspharmacy or at [www.lloydspharmacy.com](http://www.lloydspharmacy.com). This Heated Digital Pain Reliever only uses Lloydspharmacy Heated Digital Pain Reliever replacement pads.

## Maintenance and Cautions

### Cautions regarding safety



- 1 Do not immerse device in water or any liquid. Do not drop device or throw it from a height
- 2 After using the device, please remove the output plug from the output socket and re-attach the gel pads to the protective transparent film
- 3 Always use the protective film when the gel pads are not in use and keep the gel pads clean
- 4 Do not twist or pull the output cables
- 5 Do not let the gel pads dry out or be exposed to sunlight

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## Maintenance and Cautions

- Never stick two gel pads to each other
- If the gel pads do not attach or are dirty, wipe with a damp, lint free cloth or replace with new ones. Do not clean the gel pad or adhesive gels with any chemical. Replacement gel pads are available from your local Lloydspharmacy
- Place the gel pads on intact skin only. Do not place on cuts or damaged skin
- The unit should only be used on one person at a time
- When removing the gel pads from the skin, peel off from one corner of the pad. DO NOT pull the cord socket or cable to remove as this may lead to an injury or malfunctioning

## Warranty

This product is guaranteed for a period of one year from the date of purchase against mechanical and electrical manufacturing defects. There are no user serviceable parts inside the Lloydspharmacy Heated Digital Pain Reliever. Any attempted repairs by unauthorised persons invalidates the warranty. This does not affect your statutory rights.

## Explanation of symbols on unit



This symbol indicates that this product is a Type BF device.



Symbol for "Environment Protection" – Waste electrical products should not be disposed of with household waste. Please recycle where facilities exist. Check with your local Authority or retailer for recycling advice.



Symbol for "Manufacturer".



This product complies with MDD93/42/EEC requirements.



Symbol for "European Representative".



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Founded in 1998 Action on Pain is a national charity providing support and advice for those affected by chronic pain. We produce a range of informative booklets as well as operating PainLine - our telephone helpline providing practical and confidential advice. In addition Action on Pain operates a Mobile Information Unit which visits locations across the U.K. One of our major roles is to lobby politicians in order to raise the quality and availability of pain management services within U.K. healthcare. Above all, Action on Pain has developed a good reputation for the quality of the services it provides particularly for the emphasis we place on promoting the positive side of living with chronic pain.

Why not visit our website at [www.action-on-pain.co.uk](http://www.action-on-pain.co.uk) or call PainLine on 0845 6031593 between 10am-4pm Monday to Friday.