



# Electrode Care Tips

Quell electrodes should be replaced every two weeks for typical users or whenever the orange error light blinks on the device when you attempt to start therapy. The gel pads on the electrodes are primarily water, so you may observe signs of wear during the course of everyday use, which can include irregular edges on the gel pads, gel spreading, color fading, or some of the underlying silver traces becoming exposed.



## Maximize the lifespan of your electrode

- Do not remove the paper liner from the electrode until after you have snapped it onto the back of the device. This will protect the hydrogel over the snap from damage.
- Ensure that the Quell band isn't wrapped too tightly around the leg, as that will contribute to gel spread. The electrode shouldn't leave an imprint on the leg after it is removed. If it does, loosen the Quell band slightly.
- Remove the electrode slowly, taking care not to touch the gel to minimize the risk of gel loss. Remove the device from your leg when not in use to allow the gel on the electrode to cool.
- Minimize use outdoors during hot, humid weather, when possible. If you will be wearing your device in hot, humid conditions, consider using a Quell Sport Electrode.
- Minimize exposure to dirt and dust.
- Be mindful about where the device & electrode are stored in hot weather, and when possible, avoid storing your device and electrodes in heat or direct sunlight, for example, in a hot car or a bag outdoors.
- In some cases, it may also help to alternate between two electrodes, for example, when you remove the device to ventilate the skin every 5 hours (the device should not be worn for over 15 hours in a 24-hour period).
- If your skin is very dry, moisturize with a lightweight daily moisturizer 20-30 minutes prior to placing the device on your leg.
- Save the liner that comes with the electrode to protect the electrode when not in use. Store the electrode in a resealable bag to prevent the gel from drying out when not in use. If you have misplaced your electrode liner, you may store the electrode flat in a resealable plastic bag.

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If you still have questions or concerns about your Quell electrodes, please contact our Customer Experience team for assistance. You can reach us at 888-903-2673, Monday through Friday from 8:00 am to 8:00 pm ET. Please refer to [quellfibromyalgia.com](http://quellfibromyalgia.com) or the Quell Fibromyalgia User Manual for complete safety information.