

# BACK PAIN?

NEW SMART RELIEF  
TENS THERAPY RELIEVES  
EVEN CHRONIC PAIN.



ALL INCLUSIVE: 1 CONTROL UNIT,  
1 ELECTRODE & 1 BATTERY



INCLUDES: 2 ELECTRODES & 1 BATTERY

FOR MORE INFORMATION :  
[www.IcyHot.com](http://www.IcyHot.com)

# EASY TO USE

1



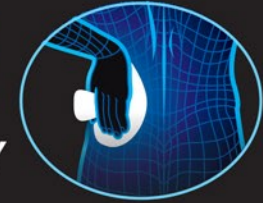
**Snap**  
the Control Unit  
to the electrode  
pad, and turn  
the power on.

2



**Remove**  
the backing from the  
pad adhesive.

3



**Apply**  
to back  
directly.

Read full package insert for complete directions for use and label information. Use only as directed.

## FREQUENTLY ASKED PATIENT QUESTIONS

### Q: What is TENS therapy?

**A:** TENS stands for Transcutaneous Electrical Nerve Stimulation, a method that was once only available to Doctors and Physical Therapists. SmartRelief TENS Therapy is applied right to the point of pain to safely and effectively send gentle waves of relaxing pulses to the underlying nerves that were affected by pain.

### Q: How many times can an electrode pad be worn?

**A:** The electrode pad will last an average of 12 to 30 uses but should be replaced when it no longer adheres well to the skin. If your skin type is oily or has residue on it you may need to replace the electrode pad more frequently.

### Q: Can I use SmartRelief with other oral pain management therapies?

**A:** Yes. SmartRelief is a non-drug pain management system and can be used in combination with oral over-the-counter and prescription drug therapies.

### Q: Can I use SmartRelief in combination with other topical pain rubs?

**A:** Topical pain rubs can be used before and after the use of SmartRelief. However, topical pain rubs should not be applied to the site of pain immediately before applying the SmartRelief electrode pad. Applying topical pain rubs in combination with the SmartRelief electrode pad may damage the electrode pad and prevent you from experiencing optimal results from SmartRelief.

### Q: What should I expect to feel?

**A:** Every user will experience a different sensation with SmartRelief. Most users experience a mild tingling sensation, massage like sensations and/or warming near the site of treatment. Tiny muscle contractions are not uncommon, but SmartRelief works best when you increase the intensity until you feel pain relief and before you experience muscle contractions. Users may notice that although SmartRelief maintains its intensity, the pulsation pattern changes to deliver maximum effectiveness over time.

### Q: Can the SmartRelief be used for headaches?

**A:** No. The SmartRelief is not intended for application to the head, face, throat, chest, or neck, and it is unsafe to do so.

### Q: Can SmartRelief be used with an electrical implant, like a pacemaker?

**A:** No. The SmartRelief unit is not intended for use with a pacemaker, or any other implanted electronic device, and it is unsafe to do so.

### Q: Can it be used during pregnancy?

**A:** No, do not use during pregnancy.

### Q: How can I learn more about this device?

**A:** Visit [www.IcyHot.com](http://www.IcyHot.com) for additional information. SmartRelief coupon offers may also be available on the site for future purchases. Other Questions: 1-866-844-2798



# RELIEVES EVEN CHRONIC BACK PAIN

FIRST WIRELESS OTC PAIN SOLUTION INDICATED FOR CHRONIC PAIN

## PAIN RELIEF AT THE TOUCH OF A BUTTON

SEE HOW  
IT WORKS



*Shay* #34

### SAFE & EFFECTIVE

- PRESCRIPTION STRENGTH
- DRUG FREE
- RELIEVES PAINFUL MUSCLES & JOINTS

### SMART TECHNOLOGY

- SAME TECHNOLOGY USED BY DOCTORS & PHYSICAL THERAPIST
- CUSTOMIZABLE (63 INTENSITY LEVELS)
- BLOCKS PAIN SIGNALS AT THE NERVES

### REUSABLE RELIEF

- CONTROL UNIT: 1+ YEARS OF USE
- ELECTRODE: 12-30 SESSIONS
- BATTERY: 40+ SESSIONS

**SMART**  
**RELIEF™**  
TENS THERAPY

For More Information:  
[www.lcyHot.com](http://www.lcyHot.com)

**POWERFUL, PORTABLE PAIN RELIEF**