

# Electro Straps Instructions



Congratulations on your purchase of a pair of E-Stim Systems Conductive Bands. The electro bands offer the a simple introduction to electro play.

## Unipolar Electrodes

The electro bands are unipolar electrodes, in other words you need two to operate correctly. That's why they are supplied as a pair.

## Safety

DO NOT CONNECT ANY ELECTRICAL DEVICE TO ANY LOCATION ABOVE THE WAIST (ACROSS THE ARMS COUNTS AS ABOVE THE WAIST!), BUT ESPECIALLY DO NOT CONNECT ACROSS THE HEART, CHEST, NECK OR HEAD. DO NOT USE IF FITTED WITH A PACEMAKER OR ARE PREGNANT. REMEMBER YOU USE THIS DEVICE AT YOUR OWN RISK. YOU MUST READ AND UNDERSTAND THE USER MANUAL AND ALL OTHER INSTRUCTIONS BEFORE ATTEMPTING OPERATION.

## Cleaning

The bands may be cleaned with soap and water, medical grade cleaning wipes or other cleaning materials suitable for medical instruments. Ensure the bands are clean and dry before storage.

## Connection

Each conductive fabric strap has a snap adaptor with a

4mm socket in the end. To connect, simply push a 4mm plug into the socket, and snap the adaptor onto the strap To remove pull the plug (not the wire) and gently twist anticlockwise.

## Testing

If you are unsure as to the effect the electro bands might have, then try them on your hand first. Ensure the bands do not touch each other.

## To use

Moisten the bands by placing them under a running tap and then squeezing out the excess moisture so they are damp but not excessively so.

Place the bands on the penis ensuring they do not touch each other, and adjust the size so they are comfortable. There is a small plastic clip that can be lifted to allow the strap to be adjusted. The clip is then snapped back down to lock the strap in position. If the clip pops off, it is a simple matter to press it back into position Connect one plug to one strap and the other to the other strap, (as noted previously). In use the current will then flow between the two bands, stimulating the areas in-between.

Once the bands are fitted and the cable connected, ensure the control box is switched off and the output level control is at minimum, then insert the other end of the connection cable into the control box.

Switch the control box on and slowly increase the output level to provide the desired level of stimulation.

If the subject feels discomfort then reduce the levels.

## To remove

Reduce the output levels to minimum, switch off the box and then unplug the cable from the control box.

Do not remove the cables from either the control unit or the electrode whilst in operation as inadvertent electric shocks may be experienced.

**E-STIM**  
SYSTEMS

[www.e-stim.co.uk](http://www.e-stim.co.uk)  
0845 450 7313