



---

Department of Physical Therapy

## What Is TENS?

---

TENS stands for Transcutaneous (meaning “through the skin”) Electrical Nerve Stimulator. Your doctor may prescribe TENS to help manage your pain after surgery.

### What does a TENS unit look like?

The TENS unit is about the size of a cell phone. Four electrodes are placed on your skin around the area of your surgery. Two small wires connect the electrodes to the TENS unit. The TENS unit uses batteries.

### What does TENS feel like?

The TENS unit provides a mild tingling sensation that is felt where the electrodes are located.

### Is TENS safe?

Yes. The amount of electricity that the TENS unit uses is very small, making this a safe way to manage your pain.

### Do I use TENS instead of my pain medication?

No. The TENS unit does not take the place of pain medication. You should take your pain medication as prescribed by your doctor.

### Is the TENS unit covered by insurance?

After your surgery, a representative from the TENS company will contact your insurance company to get information to see if a TENS unit will be covered. This representative then will contact you at home and outline your specific benefits and provide you with payment options. If your insurance does not fully cover the TENS unit, you can decide to accept the payment plan option or you can return the unit in the pre-paid mailbag provided in your TENS packet.

### Is there someone I can call if I have questions about my TENS unit?

Please DO NOT call the doctor or the physical therapist with questions about the unit. Refer all questions (including returning options) to (864) 884-9786.

For all electrode and supply orders, call 1-800-328-2536.