

# HOW TO SUCCEED WITH CEFALY

## CEFALY ELECTRODES

- Handle electrodes by the edges to lengthen the adhesive life
- Stick your electrodes on the plastic film and place in the original sealed bag after each use
- Don't let your electrodes get too hot or cold. Store at a temperature between 23°F- 95°F
- If electrode begins to curl on the sides and won't adhere to the skin, replace with a new electrode

*Pro tip: Ask for help! Get one-on-one support by scheduling a free session with a CEFALY Coach.*

## CEFALY DEVICE

- Charge your CEFALY device between uses
- Clean your CEFALY device with a soft duster or an alcohol-based cleaning product
- If traveling with CEFALY, make sure the device and electrodes are in their protective case

## CONTACT US

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cefaly.com



# CEFALY®

## TIPS FOR THE BEST EXPERIENCE

- Wash your forehead with soap and water before treatment to help with adhesion.
- Make sure your hands are clean and handle the electrode by the edges when you are placing it on your forehead.
- Check that your electrode is right-side up and correctly placed so the wings are just above your eyebrows.
- Run your fingers firmly over the electrode to make sure it has contact with your forehead with no gaps or curls.
- Find a place to lie down or recline for treatment. This will help CEFALY stay in place on your forehead.
- Try to keep movement to a minimum during treatment. This is your time to relax, listen to music or meditate.
- Use the ACUTE treatment mode at the earliest sign of a migraine attack.
- Schedule time for your daily PREVENT treatment. CEFALY can cause a mild sedative effect, so bedtime is a great time for treatment.
- Be consistent. CEFALY's efficacy increases over time as treatments desensitize the trigeminal nerve. Keep your CEFALY charged and ready, so you can use the PREVENT treatment mode every day.