

# Quick Guide

## Attention

This Quick Guide is intended to help you understand the operation of the TENS unit faster, but it cannot take the place of the user manual. Be sure to read the user manual before use so you are aware of any contraindications and warnings. If you're not sure whether this device is suitable for you, consult your doctor first.

## Operation

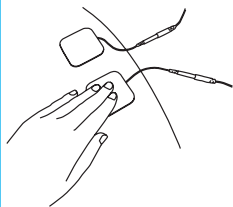
**Note: Do not use it while charging.**



1. Clean the application areas.



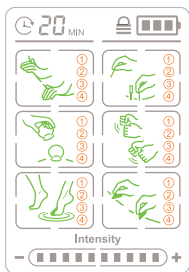
2. Connect the lead wire to a pair of electrode pads and the device(keep the unit off).



3. Paste the pads to the skin firmly.



4. Turn on the device.



5. Choose a mode and sub-mode.



6. Adjust intensity.



7. Set time.

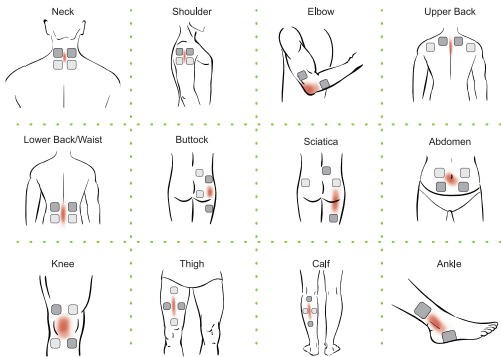
8. Lock / Unlock the screen by holding the center button for 3 seconds.



9. Turn off the device after massage.

10. Remove the pads (do not pull the wire).

# Pad Placement Suggestion



## Notes:

1. Do not use the unit in the shower, sleeping, driving, operating machinery, or during any electrically-stimulated activity.
2. The electrode pads should not be overlapped nor placed on the artery, broken skin, or on the same side of the arm/leg.



**AUVON**

# **USER MANUAL**

## **TENS & EMS Device**

Relaxation, Anywhere, Anytime

**Model AS1080**

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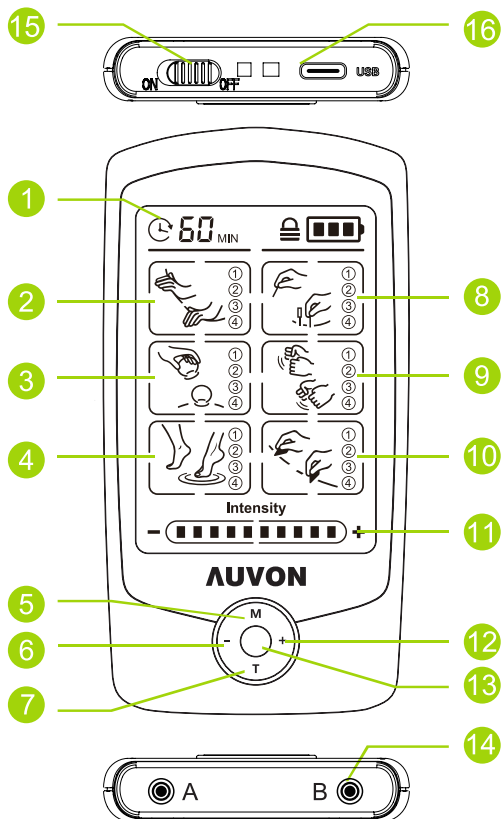
## 1. Explanation of TENS

Transcutaneous Electrical Nerve Stimulation (TENS) is a non-invasive, drug-free method of pain control. TENS uses tiny electrical impulses sent through the skin to nerves to modify your pain perception. TENS is used for temporary relief of pain associated with sore and aching muscles in the shoulder, waist, back, neck, upper extremities (arm), and lower extremities (leg) due to strain from exercise or normal household work activities.

## 2. Standard Package

- AUVON® TENS & EMS Massager
- Pin Pads
- Pads Holder
- Pouch
- Set of Electrode Wires(1/2 Wire)
- USB-C Port
- User Manual

### 3. Illustrations of the Device





- ① Massage Time
- ② Knead Modes
- ③ Cupping Modes
- ④ Deep Tissue Modes
- ⑤ Mode Selection
- ⑥ Intensity Decrease (-)
- ⑦ Time Selection
- ⑧ Acupuncture Modes
- ⑨ Tapping Modes
- ⑩ Scraping Modes
- ⑪ Adjustable Intensity
- ⑫ Intensity Increase (+)
- ⑬ Center Button
- ⑭ Two output connectors
- ⑮ On/Off Switch
- ⑯ USB Port

## 4. Operating Instructions

### 4.1 Note Before Use

- Do not use this device during charging.
- When the device has no output and no operation, it will shut down automatically in 5 minutes.
- You may experience tingling, trembling, or muscle pulling when using the device depending on the mode you choose, so please try out all the modes and select the one that's most comfortable for you.
- For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.
- It is recommended to use the device for 20-30 minutes and to stop using it when pain is relieved.

### 4.2 How to Use

1. Clean and dry the application area, and do not attach electrode pads to the hairy and broken skin.



**TIP:** use it on the hairless, no oil and no sweat part, or it will reduce the pads' adhesion.

2. Take out the pads from the sealed packaging and keep the packaging for future storage.

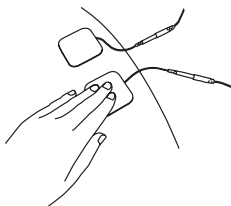


3. Connect one pair of electrode pads to one lead wire and plug the other end of the wire into the A or B output of the device.

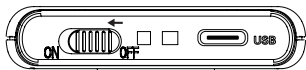



4. Grab the corner of the electrode pad and peel it off the protective film, and **do not pull the wire directly**. Attach one pair of electrode pads to the massage area and press the edge of the electrode pads firmly on your skin to make sure full contact. For additional relief, use the second port with two additional pads on the area. **(Make sure the unit is off when you attach the pads. )**

**NOTE:** Each lead wire needs to be connected to a pair of pads (2 pads), or it won't work.

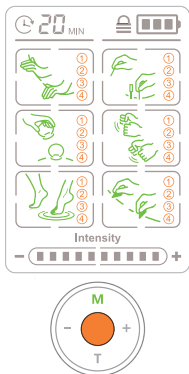


5. Turn on the device by sliding the on/ off switch on the top of the unit.

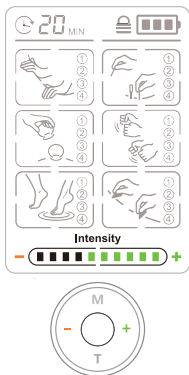


6. Press the M button to choose a mode. Then press the center button  to choose a sub mode.

**NOTE:** The intensity of the channel will revert to the lowest setting with each mode selection.

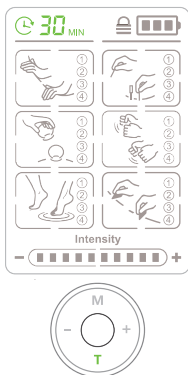


7. To increase or decrease the intensity of the selected channel, please press the “+/-” button. Includes 20 Levels, each indicator bar represents 2 strength levels. For initial use, the intensity should be set between 1-3. If you feel the intensity is weak in 1-2 minutes, gradually increase it and select the most comfortable setting.




8. Use the “T” button you can set the massage time from 10-60 minutes. The time remaining is automatically counted down. Then the unit will automatically turn off after time is finished.

**NOTE:** It is recommended that each area should not use this device for more than 30 minutes at a time. Stop using it if the pain is relieved.

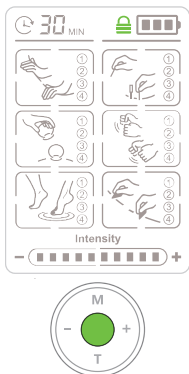


9. Long press the “T” button for 10 seconds, if all the icons on the screen stop flashing, then you can adjust the backlight brightness (low, medium, and highlight) with the “+” button and adjust the backlight duration (10s/30s/60s) with the “-” button (the backlight duration will be displayed on the top left of the screen). The screen will return to the original interface after 3 seconds of no operation.



10. Press and hold the Center button for 3 seconds to lock the device, then the intensity, mode, and time can't be adjusted. Press the center button  for 3 seconds again to unlock the screen.


**NOTE:** Do not move the electrode pads or remove the lead wires during the use, or you may be shocked.



### 4.3 After Use

1. Turn off the device by pressing the power button for seconds.
2. Grab a corner of the electrode pad and slowly peel it away from the skin, do not pull the wire, and avoid touching the gel as much as possible.
3. Place the sticky side of the pad on the transparent film or pad holder and remove the lead wire connector from the electrode pads gently.
4. Store the electrode pads in the storage bag and reseal tightly to prevent them from dry-out. Store them at room or cool temperature (between 5 °C-35 °C/41°F-95°F) and keep out of direct sunlight.
5. Organize the wires with the cable tie and store all of them in the pouch for the store.

## 4.4 Charge the Battery

1. When the battery icon shows “” or the massage strength decreases, it indicates that the battery needs to charge. Turn off the unit.
2. Connect the device and the charger with a USB extension cord. Plug the charger into any power outlet, the power box appears and blinks, and the time display value will update to the percentage of charge. All other icons are removed and not displayed.


<b>Charging Parameters</b>	<b>Input</b>	100-240V AC 50/60Hz 0.25A
	<b>Output</b>	DC 5V

3. The machine does not work while charging. Normal charging will last approximately 2-3 hours.

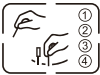




**TIP:** Charge the unit at least every 3 months if it is not used regularly.

## 5. Mode Instruction

### 5.1 Mode Description

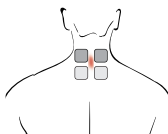
Main Mode	Mode Number	Pulse Rate (Hz)	Pulse Width (μs)
	1	43	240
	2	8	240
	3	1.42	240
	4	42	240



Main Mode	Mode Number	Pulse Rate (Hz)	Pulse Width ( $\mu$ s)
	5	2.7-30	240
	6	1.6-13.7	240
	7	41.6	240
	8	2	240
		49	240
	9	43	240
	10	43	240
	11	43	240
	12	5-20-5	240
	13	59	240
	14	57	240
	15	5	240
	16	10-55	240
	17	42	240
	18	2.7-32	240
		40	240
		42	240
	19	2	240
		100	240
	20	5	240
		60	
	21	59	240
	22	59	240
	23	47	240
	24	67	240
		90	

## 5.2 Pad Placement Suggestion

### Neck Pain



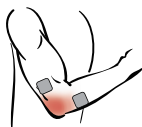
Modes: 5, 16, 17, 18

### Shoulder Pain



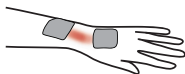
Modes: 1, 2, 3, 4, 8, 15,  
16, 19

### Tennis Elbow



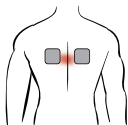
Modes: 5, 6, 10, 16

### Carpal Tunnel Syndrome



Modes: 1, 4, 7, 22

### Back Pain



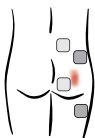
Modes: 8, 13, 14, 15, 16,  
23, 24

### Sciatica



Modes: 2, 13, 14, 18,  
19, 23, 24

### Hip/Thigh Pain



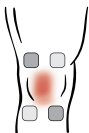
Modes: 1, 2, 3, 4, 6, 7, 12,  
15, 20

### Period Pain



Modes: 13, 14, 19

### Knee Pain



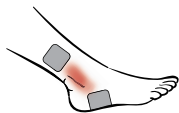
Modes: 9, 11, 12, 17, 21,  
23

### Claf Pain



Modes: 1, 2, 3, 4, 6, 7,  
23, 24

### Ankle Pain



Modes: 3, 5, 15

### Plantar Fasciitis



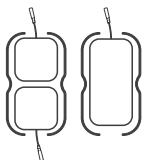
Modes: 1, 2, 3, 4

## 6. TENS Electrode Pads & Pads Holder

### 6.1 Features



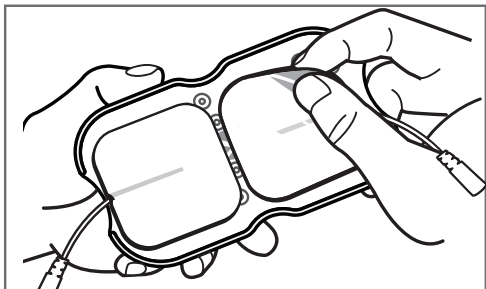
High-quality ABS material to make sure you use it safely.



Widely compatible for pads in different sizes.

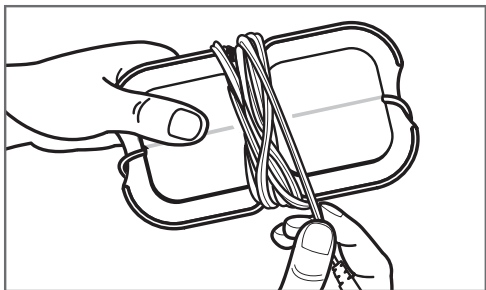
The salient points are designed specially to lessen damage to the pads.

## 6.2 Instruction



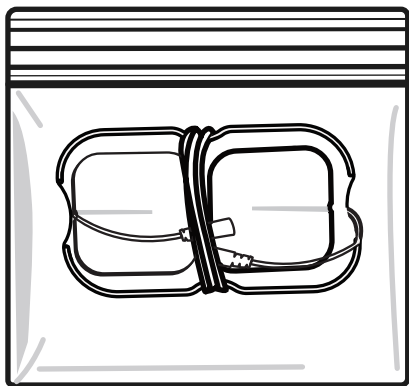
Step 1

Stick the electrode pads on the holder to avoid getting dust.



Step 2

Wind the thread around the holder for easy use as shown.



**Step 3**

Step 3: Store the electrodes in the storage bag and reseal the bag tightly.

### 6.3 Electrode Pads Care and Storage

- Do not cover the sticky side of the electrode pads with subjects like dry paper or dust, if you do, please drop a few drops of water and clean with finger pulp to remove dirt.
- To extend the electrode pads' lifespan, drop a few drops of water on the sticky side and dry it naturally on the pad holder with the gel side facing up, then it will become sticky again. (Excessive water will decrease the stickiness.)
- Cover the sticky side of the electrode pads with the transparent film, and store them in the sealed bag. (Dust on the gel will decrease the stickiness of the electrode pads.)

- Please store the electrode pads in a cool (between 5°C-35°C/41°F-95°F) and dry place. Do not expose the electrode pads to sunlight or any extreme temperatures to prolong the lifespan of the electrode pads.
- When the electrode pad has the following conditions, please do not use it and promptly replace it: gel melting; gel damaged; electrode pads not sticking; electrode pads deformed.

## **6.4 Electrode Pads Precautions**

- Do not use it when driving a motor vehicle, bathing, showering, swimming, or exercising.
- Do not use the following areas: heart, spine, eyes, mouth, carotid artery, or throat; broken, excessively swollen and red, infected and inflamed, or rash skin (e.g. phlebitis, thrombophlebitis, varicose veins).
- Do not apply ointment or solvent to the electrode pads or the area where to be used.
- The electrode pads should not touch metal objects like belt buckles, necklaces, or other metal worn under clothes.
- Please refer to the following principles when using:
  1. During use, please ensure your hands and application area are clean and dry to avoid electric shock when inserting and removing electrode pads and wires.
  2. Please attach electrode pads to a flat area to ensure the electrode does not warp. Avoid placing the electrode pads on joints such as the knee, elbow, ankle, etc.
  3. Do not overlap or bend the electrode pads when applying to the skin, or the device may stop working,

and the gel may be damaged when separating. The electrode pads should be at least one inch apart from each other. Changing the distance between the electrode pads or the orientation of the electrode pads can change the electrical sensation.

4. Ensure each connection port is well connected before use, or the current may be unstable. Do not move the electrode pads or unplug the lead wires by hand during the usage, or you will be shocked.

5. It is recommended to use the electrode pads for 20-30 minutes per part, 1-2 times a day, with the intensity based on personal feeling. Attaching the pads to one area for a long time will make the skin unbreathable and lead to redness or itching. If your skin is irritated during the use, stop using the electrode pads and consult your doctor.

6. Please turn off the unit first and remove the pads from your skin, or you will be shocked.

7. When removing the electrode pads, grab the corner of the electrode pad with your finger pulp and peel it off, do not touch the gel with your nail, and do not pull the wire, or the electrode pad and lead wire will be damaged.

- Keep electrode pads out of the reach of children or pets.

## **7. Safety Precautions & Warnings**

### **7.1 Prohibited Conditions**

- The wire is broken.
- The electrode pads are not sticky, deformed or damaged.
- The lead wire connection port is broken.



## **7.2 Prohibited Individuals**

- Pregnant women, infants and children.
- People who do not have the ability to express their thoughts or intentions.
- People who are incapable of operating the device by themselves.
- People who have a tendency to bleed internally after an injury or fracture.
- Patients with suspected or confirmed heart disease or epilepsy.
- Do not use this product if you have a implanted defibrillator, cardiac pacemaker, or any other implanted metallic or electronic device.

## **7.3 Prohibited Areas**

- Any part of the head or face.
- Any part of the throat and its vicinity, can cause severe muscle spasms and lead to choking.
- The heart and its vicinity or genital area.
- Open wounds or rash areas.
- Swollen, red, infected or inflamed areas.
- Areas of skin erosion (caused by varicose veins, phlebitis, thrombophlebitis, and thrombosis).
- Sites on or near cancerous lesions.
- Skin that lacks normal sensation.
- Do not use the electrode pads in the following two areas at the same time, because the current may cause heart rhythm disorders, or even cause death.
  - a. Both sides of the chest (left and right or front and back) or through the chest.
  - b. Calves of both legs.
  - c. Bottom of both legs.

## 7.4 Prohibited Activities



- Shower or bath.
- Sleeping.
- Driving or operating machines.
- Exercising.
- Any activities that cannot be interfered with.

## 8. Trouble Shooting

If your device is not operating properly, please check below for common problems and suggested solutions. If the recommended action does not solve the problem, please contact customer service: [support@iauvon.com](mailto:support@iauvon.com).

Problem	Possible Cause	Solution
The unit is on but no pulse is felt from the pads.	Only apply 1 electrode pad to the massage area.	Attach a pair of electrode pads(of the same channel) to the massage area.
	Poor connection between the pads and the device.	Connect the both ends of the lead wires to the pads and the device tightly or change a new lead wire.
	Poor contact between the pads and skin.	Attach the pads to the skin (no hair) tightly.

<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
One pad feels stronger than the other.	Different body areas react differently.	Try to change the position of the electrode pads.
	Poor wire connection.	Plug the wire into the output port completely. If it does not work, replace the wire and try again.
Power cuts off during use.	Low battery.	Charge the battery and a full charge may take 2-3 hours.
	The default timer is finished.	Set the time again with the “T” button from 10-60 minutes.

Problem	Possible Cause	Solution
The device can't turn on.	Low battery.	Charge the battery and a full charge may need 2-3 hours.
	The device is charging.	Unplug the charging cable and then turn it on again.
	The power button cannot move.	The button may be stuck, please shake the body, and then try to dial the button.
	The power button fails.	If the button is already in the ON position, toggle it to the OFF position and try to restart.
Can't adjust the time/ intensity/ mode.	The screen is locked.	If there's a lock icon  on the to middle of the screen, please press and hold the  Button for 3 seconds to unlock it.






<b>Problem</b>	<b>Possible Cause</b>	<b>Solution</b>
The skin turns red or the skin feels irritated.	Excessive usage time or the intensity is too high.	Reduce the application time or decrease the intensity.
	The electrode pad surface is worn out.	When the pad has the following conditions, please do not use and promptly replace it: gel melting; patch does not stick; pads deformed; gel damaged.



## 9. Features

<b>Mechanism</b>	<b>Technical Description</b>
Wave Form	Symmetrical Bi-Phasic Square
Pulse Voltage	0-110V (Load: 500 ohm)
Power source	180mA lithium battery
Size	9.5cm(L)x5cm(W)x1cm(H)

Weight	63.4grams.
Operating Condition	Atmosphere Pressure: 700Hpa~1060Hpa.
Remark	There may be a +/-5% tolerance of all parameters and +/-20%tolerance of amplitude & voltage.

## 10. Symbols

Symbol	Meaning
	Attention, consult accompanying documents
	BF Isolated Applied Part
	Class II equipment
	Disposal in accordance with Directive 2002/96/EC
	MANUFACTURER

Symbol	Meaning
	Date when the medical device was manufactured.
	Pls read the user manual before use
<b>IP22</b>	<p>IIIP Classification: The first number 2: Protected against access to hazardous parts with a finger, and the jointed test finger of 12 mm <math>\Phi</math>, 80 mm length, shall have adequate clearance from hazardous parts, and protected against solid foreign objects of 12.5 mm <math>\Phi</math> and greater. The second number: Protected against vertically falling water drops when enclosure is tilted up to 15°. Vertically falling drops shall have no harmful effects when the enclosure is tilted at any angle up to 15° on either side of the vertical.</p>

## 11. Certification

The device complies with following normative documents: ANSI/AAMI/ES 60601-1, IEC60601-1-2, IEC60601-1-11, IEC 60601-2-10, ISO 10993-5, ISO 10993-10.

## 12. Customer Service



24-Month Limited Warranty



Lifetime Technical Support



+1(678)829-7256



[support@iauvon.com](mailto:support@iauvon.com)

