

LABOUR PAIN RELIEF USING TENS

drug free labour pain relief

WHAT IS TENS?

TENS (Transcutaneous Electrical Nerve Stimulation) has been used widely for more than 30 years for pain relief, and more recently, a stimulator designed specifically for labour has been used in maternity hospitals.

“My waters broke and I started using TENS straightaway as you advised. It allowed me to get a full night's sleep comfortably at home, until I was 5-6cm dilated. The overall TENS experience was just wonderful, I would certainly be recommending it highly to my friends.”

S. Ching, Paddington



COST INCLUDES
Private consultation
and hire including
special electrodes
to keep for future use

visit www.labourpainrelief.com.au or ph Erica 0421 370 687 for more information

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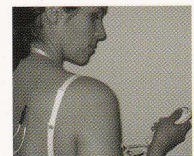
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OUR SERVICE

The Freeman TENS unit is demonstrated to each mother and her support person, at approx 37 weeks of pregnancy, and she is encouraged to familiarize herself with the function of the unit before labour commences. She will then feel confident and relaxed as labour progresses because she can increase the stimulation to cope with the increase strength of the contractions.

BENEFITS

- NO side-effects use it for as long as you want and then take it off
- Portable, non-invasive & entirely under your control
- Easy to use
- Totally safe and drug free
- Can be used for a home birth
- It allows you to use other analgesics such as gas and air or pethadine if you wish



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