

# CEFALY®

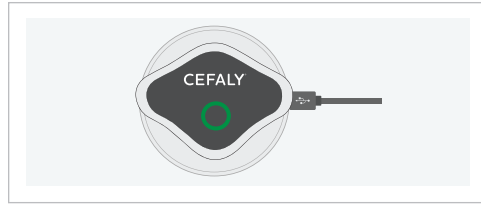


## CEFALY DUAL Enhanced Quick Start Guide

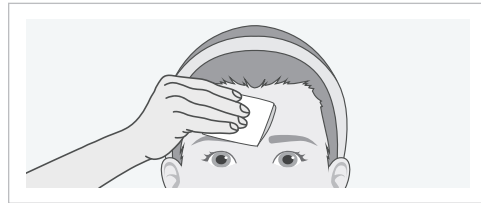
Welcome to the CEFALY community! Use this as a guide for your first treatment session, but remember, these are just highlights.

Be sure to read the full user manual before your first treatment as well.

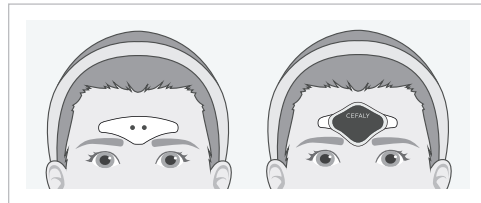
### First Things First












1. Fully Charge device until indicator light turns a solid green (yellow = low battery)



2. Wash just above eyebrows with basic soap and water



3. Position electrode & attach device

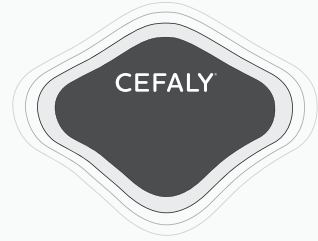
Starting Your Session Select & confirm a treatment program as follows:	ACUTE Program	PREVENT Program
 <b>When To Use</b>	Use <b>during</b> a migraine attack	Use daily to <b>prevent</b> future migraine attacks
 <b>How To Start Program</b>	Tap button 1X	Tap button 2X (with a slight pause in between each press)
 <b>What You Will Hear</b>	 1 beep	 2 beeps
 <b>What You Will See</b>	 LED indicator flashing single turquoise light intermittently	 LED indicator flashing purple light intermittently
 <b>Session Time</b>	60 minutes	20 minutes



## Find Your Sweet Spot

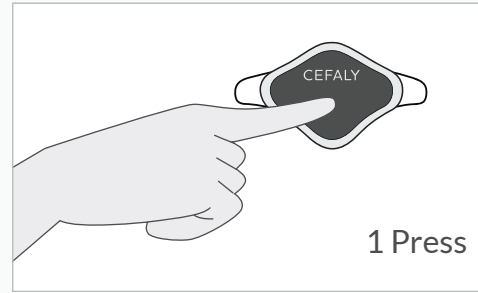
During treatment, you may feel a tingling sensation. This is caused by tiny electrical impulses that stimulate the Trigeminal nerve. This sensation is normal, but using your CEFALY should never be painful.

When you're getting started with CEFALY, use the device at the highest intensity level that's comfortable for you. You can slowly increase intensity during future sessions, when you feel ready.



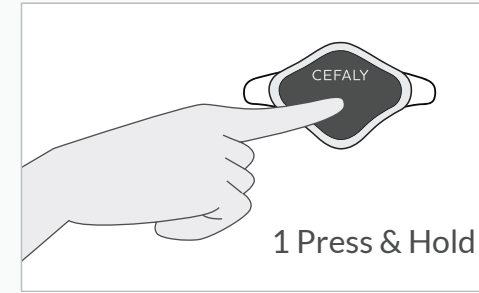
## Follow these instructions to set your preferred intensity level:

Intensity for both programs ramps up gradually before reaching full intensity at 14 min.



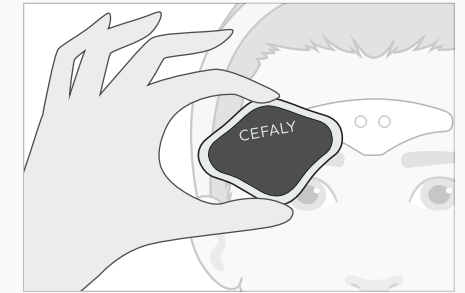
1 Press

The intensity will slowly increase during the first 14 minutes of the PREVENT or ACUTE program. During that time, you can press the device button 1X to stabilize the intensity level for the remainder of the session.



1 Press & Hold

To increase the intensity faster during the first 14 minutes, press and hold the device button. This should only be done by experienced CEFALY users.



To end the session early, simply pull the device away from the electrode.

## Electrode Care

Proper care of your CEFALY Electrodes is key to maximizing the number of treatments each can help perform. Follow these guidelines:

- Because our fingers have natural oils that reduce the effectiveness of the gel pad, we suggest holding Electrode pads by the edge.

- Be sure you're thoroughly washing and drying your forehead before each treatment session. Use basic soap, avoiding alcohol wipes and facial cleansers.
- During active treatment, avoid excessive movement if possible.
- When you remove an Electrode after a treatment, immediately replace it on the plastic backing, adhesive side down. Then seal it in the Resealable Electrode Bag.



## More Resources

CEFALY DUAL Enhanced User Manual is included with your device

**Get Started Page:**  
[cefaly.com/start](https://cefaly.com/start)

**Customer Service:**  
[cefaly.com/contact-us](https://cefaly.com/contact-us)

**CeCe Migraine Management App:**  
[cefaly.com/cece](https://cefaly.com/cece)

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