

CEFALY Quick Start Guide

Read CEFALY User Manual for detailed instructions prior to using the device.

Setup and Operation



- 1) Using the power adapter and cable provided, fully charge the device upon arrival. Once plugged in, green light will start to flash. A full charge (~ 3 hours) is indicated by a solid green light (no more flash).



- 2) Wash forehead (between and above eyebrows) with soap and water; dry area thoroughly before EVERY session.



- 3) Open reusable electrode packet; slide out the plastic sleeve, and gently peel off the electrode. Save packet and sleeve for electrode storage and reuse.



- 4) Using a mirror, place the electrode so that the base of electrode is between the eyebrows while the wings of the electrode are above the eyebrows. After electrode is in place, use your fingers to ensure it is flat and firmly against your skin.

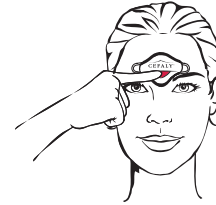


- 5) Bring the device toward your forehead with the magnets on the back of the device facing the magnetic contact zone on the front of the electrode. The device will pull itself toward the electrode and settle into its proper place. Once attached, select and begin the desired treatment program.

The device will automatically shut off at the end of the treatment session. Remove the device by pulling it away from the electrode. Then, peel the electrode off of the forehead and place it back on to the plastic sleeve. Slide the sleeve back into the packet, and seal inside of a plastic bag.

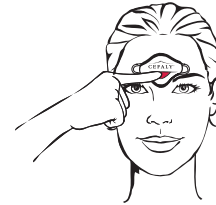
Tips for Treatment Success

Use ACUTE at the onset of a migraine.



- 60-minute program designed to treat migraine attacks quickly.
- To activate ACUTE setting, press device button once.
- Single beep indicates ACUTE program selection.
- After a few seconds, device light will continuously flash one time for the duration of the session.
- Use ACUTE program for its full 60-minute cycle.

Use PREVENT during migraine-free periods.



- 20-minute program designed for the preventive treatment of migraines.
- To activate PREVENT setting, press device button twice.
- Two beeps will indicate PREVENT program selection.
- After a few seconds, device light will continuously flash two times for the duration of the session.
- Proper daily use of PREVENT setting may reduce the number of migraine days.

Important Points

- If you feel discomfort during the first 14 minutes while intensity increases, immediately press the device button one time (one beep) to stabilize intensity for the remainder of the program.
- It is recommended to increase the program intensity gradually over the course of several days and treatment sessions in order to reach and treat at the maximum tolerable level.
- Intensity can also be controlled manually. After 10 seconds from program start, press and hold device button until desired intensity level is achieved (quick beeps). Maximum intensity will be reached after holding the device button for approx. 30 seconds (or until the beeps stop).
- To stop or discontinue treatment sessions for any reason, remove the device from the electrode. (Device will play a series of successive beeps indicating session interrupted.)
- It may take a few weeks of proper, consistent use to achieve noticeable improvement.

✓ INDICATIONS – CEFALY is indicated to be used for:

- Acute treatment of migraine with or without aura in patients ages 18+
- Preventative treatment of episodic migraine in patients ages 18+

✗ CONTRAINDICATIONS – DO NOT USE CEFALY IF YOU:

- Have implanted metallic or electronic devices in the head.
- Are suffering from pain of unknown origin.
- Have a cardiac pacemaker or implanted or wearable defibrillator. This may cause interference with pacing, electric shock or death.

Need Assistance?

www.cefaly.com | Email: cs@cefaly.com
Toll Free: 1-844-475-7100, M-F 9am-5pm ET

CEFALY[®]
TECHNOLOGY

For information regarding CEFALY indications for use, warnings and contraindications, please consult user manual or contact CEFALY.

US Reference
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