

# CEFALY®

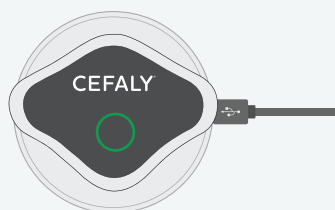
## CEFALY DUAL Enhanced Quick Start Guide

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.



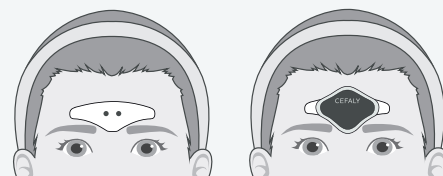
### First Things First



1. Fully charge device until indicator light turns green (yellow = low battery)



2. Wash & dry forehead just above eyebrows



3. Position electrode & attach device

### Starting Your Session

Select & confirm a treatment program as follows:

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



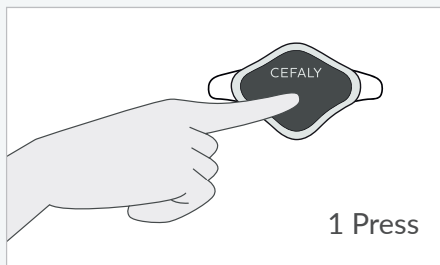
## Find Your Sweet Spot

During treatment, you may feel a tingling sensation. This is caused by tiny electrical impulses designed to stimulate the trigeminal nerve. While it's a normal part of your CEFALY experience, pain should never be part of your experience.

When new to CEFALY, aim to use the device at the highest intensity level that's comfortable for you. You do not need to treat at maximum intensity and you can increase intensity during future sessions when you feel ready.

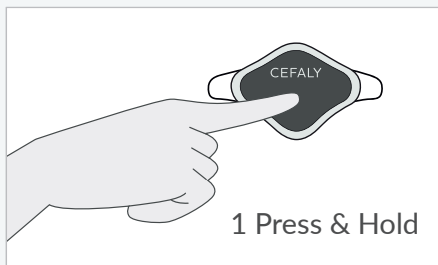
## Follow these instructions to set your preferred intensity level:

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



1 Press

During the first 14 minutes of either treatment as intensity increases, press the device button 1X to stabilize the intensity level for the remainder of the session.



1 Press & Hold

To ramp up intensity faster during the first 14 min, press & hold button. This is more applicable for experienced CEFALY users.



To end treatment early, simply pull device off 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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