



caring mill by aura



Caring Mill by Aura Serene Menstrual Relief Device

Model No. SR40

User Manual



**Thank you for purchasing
the Caring Mill by Aura Serene Menstrual Relief Device.**

This innovative product employs TENS (Transcutaneous Electrical Nerve Stimulation) to address and mitigate menstrual discomfort, enriching your sense of ease and tranquility throughout your menstrual cycle.

This device delivers an empowered approach to manage menstrual pain and encourages a new level of comfort, designed exclusively with women's wellness in mind.

Welcome to a transformative experience
with the Serene Menstrual Relief Device.

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Save this user manual for future reference

If this User Manual is damaged, or if you no longer have the User Manual in your possession, please contact customer service.

Product Information

TENS (Transcutaneous Electrical Nerve Stimulation) is a globally recognized method for managing pain effectively. Adopted by physiotherapists, caregivers, and elite athletes around the world, it proves to be a potent tool. High-frequency TENS currents activate the body's inherent pain-inhibiting systems within the nervous framework. Electrode pads near pain sites or trigger points, such as the abdomen or lower back, release impulses that block pain signals to the brain. Moreover, the use of low-frequency TENS currents encourages the body's natural endorphin production, acting as intrinsic pain-relievers. SERENE offers drug-free and instant alleviation for menstrual pain. This action promotes relaxation in the uterine muscles, resulting in a comforting analgesic effect.

Safety Guidelines

Carefully read and adhere to the following safety instructions and precautions when using this device:

- DO NOT use this device while it is charging.
- The device may disrupt heart rhythms. DO NOT use it across or through your chest, especially if you have susceptibility to heart rhythm disturbances. If necessary, use the device under medical supervision. Additionally, avoid use of the device over your neck as it could lead to muscle spasms, airway closure, breathing difficulties, or impact heart rhythm and blood pressure.
- If you have suspected or diagnosed epilepsy or heart disease, use of the device may lead to unexpected reactions.
- If your pain persists, worsens, or lasts beyond five days, this could be indicative of a severe condition. Stop using the device and consult with your physician immediately.
- The device should not be used over or in close proximity to abnormal, broken, unhealthy, or dirty skin, open wounds, rashes, swollen, red, infected, inflamed areas, skin eruptions (e.g., phlebitis, thrombophlebitis, varicose veins), or cancerous lesions, as it may exacerbate these conditions.
- Avoid using this device around electronic monitoring equipment to prevent interference.
- Do not apply the device across your head due to potential risks.

- Do not use this device if you have a cardiac pacemaker, implanted defibrillator, or other implanted metallic or electronic device. This could result in electric shock, burns, electrical interference, or even death.
- The device is not suitable for use on children or pets, or during pregnancy, unless specifically instructed by your physician.

Potential Adverse Reactions:

- In rare cases, the device may cause skin irritation or burns due to electrical stimulation or the adhesive medium (gel pads).
- If you experience adverse reactions, discontinue the device's use, and consult your physician immediately.

Package Contents

- 1 Wide Pad
- 2 Circle Pads
- 1 Controller
- 1 Controller Belt Clip
- 1 Set of Lead Cables (15cm and 30cm)
- 1 USB Charging Cable
- 1 User Manual
- 1 Warranty Card

Instructions for Use

Precautions:

- **Always remove the electrodes gently from the skin to avoid injury to sensitive skin.**
- **Before applying the self-adhesive electrodes, wash and dry the skin thoroughly.**
- **Ensure the self-adhesive electrodes are positioned on the body correctly before turning on the device.**
- **Switch off the device or the appropriate channel before removing or moving electrodes to avoid unwanted irritation.**
- **Use only the electrodes supplied with the device or supplied by an authorized TENS distributor. Always use electrode pads that comply with IEC/EN60601-1, ISO10933-1/-5/-10, IEC/EN60601-1-2, CE and FDA510(k) regulations.**

- 1 Connect the oval electrode pad to the wireless device.
Ensure the device is switched to OFF.
Connect the electrode pad directly to the wireless device using the snaps. Verify secure connection for optimal performance.
- 2 Prepare your skin: Trim, but do not shave, excessive hair on the treatment area. Clean the skin and let it dry completely. Treatment area should be void of any lotions/oils.
- 3 Peel off the protective film on the gel pad and attach it to the desired treatment area, such as the lower back or belly.

Notes:

Keep the protective film for future use.

The gel pad lasts for approximately 30 uses. It is recommended to replace the gel pad after reaching this lifespan.

You can purchase replacement gel pads separately.

- 4** Place electrode extensions in different pain areas.

Note: The electrodes are disposable and should be replaced when they lose adhesiveness.

- 5** Press the [ON/OFF] button briefly to turn on the device. It will start on Mode 1 Solace, indicated by a red light. Press the [ON/OFF] button to switch to other TENS modes:

Mode 1 Solace

Mode 2 Tapping

Mode 3 Acupuncture

Mode 4 Cupping

Mode 5 Taichi

Mode 6 Kneading

- 6** Conduct a test run and adjust based on your comfort. During treatment, it is recommended to lay down or stand straight.
- 7** You can modify the intensity level by pressing the "+" or "-" button on the device. Be aware that a faster blinking blue light indicates a boost in power.

Charging the Device

- 1 Connect the USB cable to the wireless device.
- 2 Connect the other end of the USB cable to a suitable adapter (smartphone adapters and computer USB ports are acceptable).
- 3 Allow approximately 40 minutes for the device to fully charge. The light will turn blue when charging is complete.
- 4 Once the light is blue, disconnect the USB.

Storage & Maintenance

- **Battery care for long-term storage:** To prolong the lifespan of the battery, ensure it is fully charged before storing the device for an extended period. Additionally, it is recommended to recharge the battery every two to three months during storage.
- **Cleaning instructions:** Use baby wipes to efficiently remove any stains or dust accumulated on the device.

Troubleshooting

| Problem | Possible causes | Solution |
|---|---|--|
| Absence of stimulation | Stimulation level may be too low | Incrementally press the "+" button until you can feel the stimulation |
| | The gel pads may not be securely attached to your skin | Ensure that the gel pads are firmly attached to the skin |
| | The adhesive surface of the gel pad may be damaged | Replace the damaged gel pad with a new one |
| | The adhesive surface of the gel pad may be soiled or dusty | Refer to the 'Storage & Maintenance' section of this manual for instructions on how to clean the gel pad |
| Weak stimulation | The device battery may be significantly depleted | Refer to the "Charging the Device" section of this manual to charge the device |
| | The adhesive surface of the gel pad could be damaged | Substitute the damaged pad with a new one |
| | The adhesive surface of the gel pad may be dirty or dusty | Refer to the 'Storage & Maintenance' section for instructions on cleaning the gel pad |
| Stimulation is too strong | The intensity level may be set too high | Press the "-" button to decrease intensity |
| Unexpected termination of stimulation | The device's battery may be depleted | Refer to the "Charging the Device" section of this manual to charge the device |
| Gel pad won't stay adhered to the skin | The adhesive surface of the gel pad might be contaminated with dirt or dust | Refer to the 'Storage & Maintenance' section of this manual for instructions on how to clean the gel pad |
| | The adhesive surface of the gel pad could be damaged | Substitute the damaged pad with a new one |

Technical data/ Specifications

Name: Caring Mill by Aura Serene Menstrual Relief Device

Model No SR40

Power supply: 3.7V, 180mAh Polymer Rechargeable Battery

Charging voltage: 5V

Max. output: 2.5W

Battery life: Approx. 300 mins.

Battery duration: Approx. 10-12 Cycles

Stimulation intensity: 26 Levels

Weight: 24g

Size: 2.28inL x 2.28inW x 0.5inH

Material: ABS Plastic

Manufactured for:

Aura Medical LLC

2 Skillman St.

Suite 512

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Customer Service

For support or inquiries please contact us at:

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FDA Compliance Information

Caring Mill by Aura Serene Menstrual Relief Device SR40

FDA 510(k) Approved

