

Natural Pain Relief with TENS Machines

Transcutaneous Electrical Nerve Stimulation (TENS) machines offer a holistic approach to managing labour pain. These portable devices boast an empowering, drug-free method to ease discomfort during the earlier part of labour.

How TENS Works

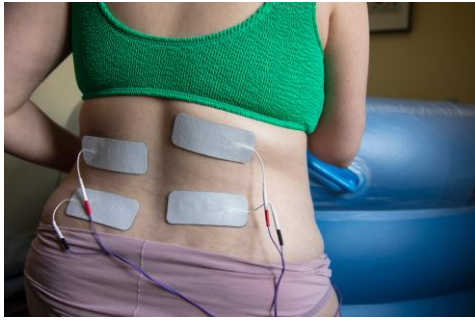
TENS machines deliver mild electrical impulses through electrodes placed on your lower back. These impulses can help reduce pain signals to the brain and potentially boost endorphin production, the body's natural painkillers.

Benefits of Using TENS During Labour

- **Non-Invasive Relief:** Enjoy pain management without medications.
- **Self-Controlled:** Adjust intensity to your comfort level.
- **Mobility:** Stay active and change positions freely.
- **Early Labour Support:** Especially helpful for back pain in the early stages.
- **Can be used anywhere:** TENS machines can be used at home or in the hospital.
- **Holistic:** TENS machines can be used alongside other types of pain relief.

Using a TENS Machine

To get started, place the electrodes on clean, dry skin, typically on your lower back. Turn on the machine and adjust to a comfortable setting. Use the 'boost' feature for extra relief during contractions. Always refer to the manufacturer's instructions and consult your midwife before use. The pads should be placed in a similar position as in the picture below.



Considerations and Precautions

While TENS machines are generally safe, they may not be suitable for everyone. Avoid use if you have a pacemaker, suffer from epilepsy, or are in water. Also, be mindful of potential skin irritation from electrode pads.

Where to Find TENS Machines

You can buy or rent TENS machines online or at pharmacies. Some hospitals also provide them, so check with your midwife. TENS machines are also included in Private Midwives platinum and gold packages! Practicing with the machine before labour can help you become familiar with its operation.

Empower Your Birth Experience

Choosing a TENS machine allows you to take control of your pain relief naturally. Although effectiveness can vary, especially later on in labour, many find it beneficial, particularly during early labour. Consult your midwife to ensure it's the right choice for you.