

## Three steps for application



**Step 1**

**Clean the skin**

Application sites must be clean, dry, and free of any body lotions. Electrode sites should be cleaned with soap and water. Cleaning with isopropyl alcohol should be avoided or limited to situations in which electrode adhesion is an issue (excessively oily or lotion covered skin). If alcohol is used, allow it to dry prior to skin abrasion.

**Step 2**

**Prepare the skin**

Excessive hair at the placement site should be removed by clipping. Abrade the skin by making an "X" on the skin with the abrader. Use the abrader pad on the back of the electrode (blue strip or disc) or 3M™ Red Dot™ Trace Prep.



**Step 3**

**Apply the electrode**

Avoid pressing on the stud when an electrode is on the patient. To bypass this, connect the snap style leadwire to the electrode prior to placing on the patient. Firmly rub your finger around the outside of the front label to activate the pressure sensitive adhesive to improve electrode adhesion.



## One step for removal



### Step 1

### Remove

In order to remove, loosen one side of the electrode. Grasping the full width of the electrode, slowly and gently pull it back over itself.

Electrodes should be removed in the direction of hair growth whenever possible. Keep the electrode close to the skin surface as you pull it back, and support the skin with a finger immediately adjacent to the adhesive being removed.

### Important note

Refer to the product Instructions for Use for complete instructions including warnings, cautions, and other important information related to the use of 3M Red Dot electrodes. This application and removal guide is intended only as a quick reference.

To learn more about 3M Red Dot electrodes, call the 3M Helpline at **08705 360036** or visit **3M.co.uk/RedDot**