

Texas Orthopedic Specialists, P.A.

TENS Unit

Cold Therapy Unit

Dr. Harris has prescribed a TENS unit and a cold therapy unit for use after your surgery. Below is a short explanation of each:

The TENS unit will help with pain control after surgery, reduce muscle spasms and decrease the use of pain medicine. Most insurance plans have benefits for a TENS unit. Someone from our insurance department will go over your benefits for the TENS unit with you before your surgery.

If your insurance is Medicare you will receive a TENS unit from Empi, a TENS unit supplier. Their rep will come to the hospital the day of your surgery to bring the unit to you, explain how to use it and take care of all of the paperwork.

Dr. Harris also prescribes a cold therapy unit for you to use post-operatively for pain and swelling. The cold therapy unit provides pain relief and reduces swelling just like a cold pack or gel pack. The design of the cold therapy unit is felt to provide better results and compliance because the pad is strapped to your shoulder and the cooler holds more ice and water than standard cold packs allowing for a greater wear time. The use of this is optional as very few insurance plans have benefits for this unit. Therefore if you chose not to use it, ice packs or gel packs work well. If you want to use the cold therapy unit and your insurance policy has no benefit, there is a purchase option. Again, someone from our insurance department will go over your benefits for the cold therapy unit with you before your surgery.

Someone will come to the hospital the day of surgery and explain how to use the TENS unit and if you chose, the cold therapy unit, to you or a family member.

If you have questions before or after your surgery feel free to call me at the office: 817-510-4023.

Rob Sandmann

How the TENS unit and cold therapy unit work:

The TENS unit produces an electrical wave that interrupts the pain message in the nerves around the injured area. You will feel a tingling sensation under 4 pads that Dr. Harris will put on the affected area while in surgery. If you have a pacemaker, defibrillator or are pregnant you cannot use a TENS unit. Please let Rob know if you have any of these.

The cold therapy unit is a 6 pack cooler that you fill with water and ice; there is a pad that goes on the affected area and that cold water from the cooler is pumped through the pad. Cold therapy helps decrease pain and swelling allowing for a more comfortable and speedy recovery.



2425 Hwy 121 Bedford, TX 76021
817-540-4477
www.txortho.net