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Temporary abolition of pain in man. *Science*, 155, 108-109. 10.1126/science.155.3758.108 [DOI] [PubMed] [Google Scholar] Wright, A. (2012). Exploring the evidence for using TENS to relieve pain. *Nursing Times*, 108(11), 20-23. 5499c70b68c65d1153443de.pdf [PubMed] [Google Scholar] Articles from The Journal of Perinatal Education are provided here courtesy of Lamaze International May 15, 2024 Pregnancy brings numerous physical changes, often accompanied by discomfort and pain. TENS therapy is a popular non-drug option for pain relief, but its safety during pregnancy is a topic of concern. Here's a detailed look at whether TENS devices are safe to use during pregnancy and what precautions should be taken. 1. How TENS Devices Work: TENS devices work by sending mild electrical pulses through the skin to stimulate nerve fibers. This stimulation helps block pain signals from reaching the brain and promotes the release of endorphins, the body's natural painkillers. 2. Common Uses of TENS During Pregnancy: Labor Pain: TENS devices are often used during labor to manage contractions' pain. The electrodes are typically placed on the lower back, which can provide significant relief. Back Pain: Many pregnant women experience back pain due to the increased weight and changes in posture. TENS can be used to alleviate this discomfort. 3. Safety Considerations: Consult Your Doctor: Before using a TENS device during pregnancy, it's crucial to consult with your healthcare provider. They can provide personalized advice based on your specific health conditions and pregnancy stage. Avoid Certain Areas: It's generally recommended to avoid placing TENS electrodes on the abdomen, lower back, or pelvic area during early pregnancy to prevent any potential risks to the fetus. Proper Usage: Ensure that you use the TENS device according to the manufacturer's instructions and your healthcare provider's guidance. Misuse or overuse can lead to adverse effects. 4. Benefits of TENS During Pregnancy: Non-Invasive Pain Relief: TENS offers a drug-free method to manage pain, which is beneficial given the limitations on medication use during pregnancy. Ease of Use: TENS devices are portable and easy to use, making them a convenient option for managing pain at home or during labor. 5. Potential Risks: While TENS is generally considered safe, improper use or placing electrodes in inappropriate areas can potentially cause issues. Always adhere to safety guidelines and seek professional advice if unsure. Conclusion: TENS therapy can be a safe and effective option for managing certain types of pain during pregnancy, particularly labor pain. However, it is essential to use these devices under the guidance of a healthcare provider and follow all safety precautions to ensure both maternal and fetal well-being.