

MICROELECTRIC SINUS MASK

No claims medical, safety or other benefits are made for this. It's experimental and results are not typical. Doctor's care is required for any medical situation, thus this device is not a substitute for standard care. If used along with any doctor's care, they should be consulted to determine actions based on medical advice, such as interactions, or other factors known best to doctors. The author is not licensed or approved to practice medicine, engineering, consultation of any kind. The users of the device assume full responsibility for the experimental use and results thereof. The device is homemade and is not offered for sale anywhere by him or anyone known to him.

GENERAL FEATURES

This model has meter, switch and power control knob. It also has a second switch in case first switch fails or is balky. If that occurs the symptom will be zeros on the meter instead of power level readings. Just switch back and forth a couple of times to correct it. It may happen every so often. If that does not correct, then set the switch to upper position to get an accurate reading of power level and leave it there. To switch polarity, use the second switch (in the line). This will cause polarity to switch, but in this model it will not show a change of sign (minus to plus or plus to minus) on the meter. It still changes polarity, however, I have measured it with a second meter. I chose to have an extra switch rather than risk a failure during patient usage.

MAINTENANCE

The main battery is 9 volts and contained in the larger black box attached to the meter. Removing 4 screws and replacing battery only requires a small phillips head driver, a new battery, and possibly a new piece of tape to hold battery in place while case is re-assembled.

Meters sometimes just need a new battery, which is also 9 volts. To do that, simply find the 2 screws on back of meter, remove them and pry apart the meter case, find and replace the 9 volt battery, and replace the screws. Symptom of dead or dying battery is no display or odd display where numbers don't make sense or stay stable.

Meters also have fuses in them for overloads. If this blows the meter will appear dead. It is just protected by the fuse removing the current from the circuit so the circuit stays ok. Same procedure as replacing the battery. Radio Shack etc will have the small fuses needed to fix the meter's blown fuse.

If all else fails, the whole meter can be replaced easily by unplugging the wires and separating the Velcro tabs, adding the new meter by moving the Velcro to it and attaching the new meter. Meters these days can be found for 5-10 bucks at Lowe's, Ace, Home Depot, etc. take the old one along as there are a couple of types.

The cloth pads are simply cotton fabric with wires inside. The wires were also wrapped in aluminum foil to help retard formation of copper salts from the wire staining the cloth and/or skin. They can be replaced by removing the wire nuts and replacing the short wires leading to the mask, along with new cloth and foil. It will be necessary to clip with nail clippers or cutting pliers the wire ties holding the cloth pads to the mask. New ties have been included in the kit for this purpose.

SETTINGS

The right level of current on the meter will be a matter of some experimentation for each user and time frame. Higher power means shorter sessions, and vice versa. Skin sensitivity should be carefully monitored while using to assure no over-redness or blistering, watch out for 'hotspots'. Typically currents range from around 300uA-1000uA (u means 'micro') also stated as .3mA-1.0mA (m means milli). So this range in English means less than a penlight uses. Still, skin can react and become sore, preventing your use of device for a while. Keep your power setting tolerable and recoverable for next session. Timing of session is usually about 20-60 minutes or so, with current reversing every 5 minutes or so. Start with short sessions of 10 minutes to determine adverse reactions, or adjustments to power levels. This may result in drainage and 'dieoffs' that could benefit from rinsing the area with water to clear.

The current device version is designed for easy use and easy fixing. Effectiveness does depend on availability and usability, so this is no small improvement over older designs.

Below is a photo 3/26/2014.

