

SCENAR THERAPY EFFECTIVENES FOR TREATING THE BURNS:

Browsing Facebook these days we noticed how many people turned into cooks and bakers. They all use stoves and ovens, pressure cookers and grills, etc. No matter your level of cooking expertise, there is one devastating experience that every home cook has at some point - a cooking induced burn. Sure, it is painful, but you can make it through this unpleasant situation using common sense and SCENAR device.

We're going to talk about minor kitchen burns (first- and some second-degree wounds) and how SCENAR therapy can help.

SCENAR therapy is extremely effective for treating the burns:

- 1) the analgesic effect.
- 2) blisters do not appear if you start work momentarily, even if they start to show up.
The anti-edematous effect is amazingly fast - there is no swelling. Healing of burn surfaces happens with tremendous speed.

Treat locally on the center of the damage going over the healthy tissue.

Re-place the device. Start the treatment right away. Work until the symptom has passed.

The pain passes - remove the device, the pain returns - resume the work.

If the fragments of the skin remain on the wound, work on the wound;
if not, work on the edges of the wound.

Degrees of burns:

There are 4 degrees of burns. This manual is designed for the treatment of burns of I-II degrees, the common types of kitchen/household burns that can be treated on your own at home.

The treatment of any burn should begin with cooling the burned surface for at least 10 minutes. It is acceptable to apply pieces of ice to the small burns. After cooling the burned surface, dry it preferably with a paper towel.

If the size of the burn does not exceed 3/4 of the coaxial electrode of the device and it is a first-degree burn, the burned area itself can be treated directly.

If the burned area exceeds the size of the electrode more than twice, you can work directly on the burn with two placings of the electrode.

If the burned area exceeds the area of the electrode more than twice, it is impossible to work directly on the burn. It is necessary to work along the perimeter of the burned surface, placing the electrode over the edge of the burn.

If the burn is of the second degree (i.e., with the formation of a blister), you should work not on the burn itself, but on the surface next to it, around the edge of the burn.

If the surface of the burn is significant, for example, a scald or a steam burn, as well as a sunburn, treat not only a spot close to the burned surface, but also perform **SCENAR techniques**.

If after a burn you have a fever and get the chills, you need to perform **SCENAR technique "Detoxification"**.

The first day the burn should be treated every 2 hours, the next day - 4 times a day, on average 10-15 minutes. On the third day, treat the burn twice a day. E – comfortable.

After SCENAR-therapy, apply anti-burn ointment and a bandage over it.

BURN TREATMENT MODES:

First-degree burn



The treatment time for the burn not exceeding a half the electrode is at least 5 minutes.

Repeat treatment every 2 hours.

E – comfortable.

For the procedures performed on the 1st day after a burn use stable F - 340 Hz.

For the 3rd and every next procedure, use the **FM**.

Second-degree burn



The treatment time for the burn not exceeding a half the electrode is at least 7 minutes.

Repeat treatment every 2 hours.

E – comfortable.

For the first procedure (immediately after a burn) use F - 340 Hz.

Work around the edge of the burn.

Starting from the 2nd procedure (two hours after the 1st one), use FM setting.

For the procedures performed on the 2nd day after a burn use F - 90 Hz.

SCENAR therapy helps the first-degree burns heal, on average, within 2 days.

Small area burns of the first degree may disappear during the 1st day.

NATURE OF BURNS:

Touching hot items

Hot oil burn

Scald

Steam burn

Touching Hot Items

Touching hot objects in the kitchen mainly gives burns of the first, sometimes second degree. Such burns replicate the object that caused them.

Hot oil burn

Drops of the hot oil leave quite deep burns of a small area, but often of the second degree. As soon as you get it, it is recommended to cool the skin with ice.

Scald

Scald is a burn that occurs as a result of the action of the hot water on the skin, often covers a

large surface. If the size of such a burn exceeds the size of the palm, the patient must consult with a doctor. To treat scald, it is not recommended to use ice. With SCENAR device treat the skin bordering the burn going over the burned surface. After the procedure apply the anti-burn ointment and a bandage. Right after that treat the back or the chest and abdomen using General technique.

The feature of scald is that the degree of burn increases gradually. At first it is a first-degree burn, but if the treatment is not performed on time, no cooling provided, then such a burn can turn into a second-degree burn in a few hours. The use of SCENAR device allows preventing - to some extent - an increase in the degree of the skin damage.

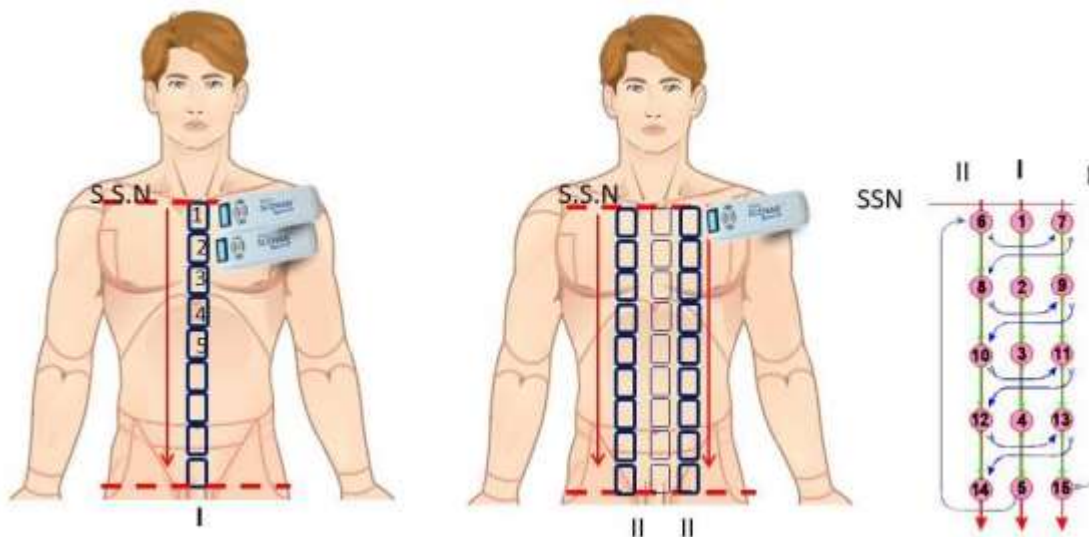
Place the burned surface under the running cold water or apply the ice.

Cool this way for at least 7-10 minutes. When using ice - at least 5 minutes.

Steam burn

A steam burn usually has a rather large surface, but a low degree. This is usually a first-degree burn. The steam burn treatment should also begin with cooling the surface. After the burned surface has been cooled and dried, the areas bordering the burn should be treated with SCENAR device. Right after that perform General Technique “3 Pathways” on the back or the front of the body.

SCENAR TECHNIQUE “3 PATHWAYS ON THE FRONT OF THE BODY”

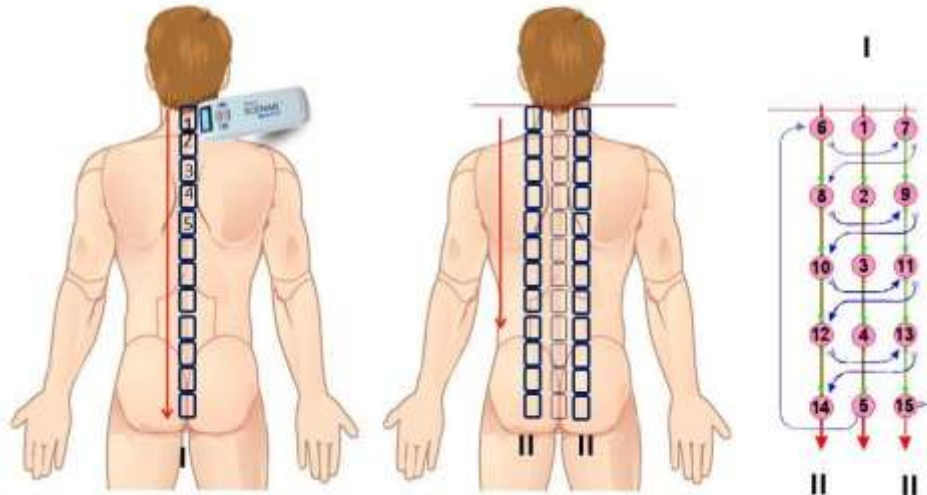


The convenience of this technique is that you can treat yourself or work on the front surface of the body if the back (in case of a sunburn) is painful to the touch of the electrode.

1. The technique is performed on the chest and abdomen, from top to bottom from the jugular fossa to the lunette fold.
2. The center line is the front midline.
Turn on SCENAR device at stable F - 90 Hz, the dosed mode D-1. E – comfortable.
3. Re-place the electrode step by step from top to bottom, with a slight overlap on each electrode position, along the front midline from the jugular fossa to the lunette fold.
4. Each position is treated till Dose (*).
5. Parallel to the central line, on the right and left, treat the parasternal lines.

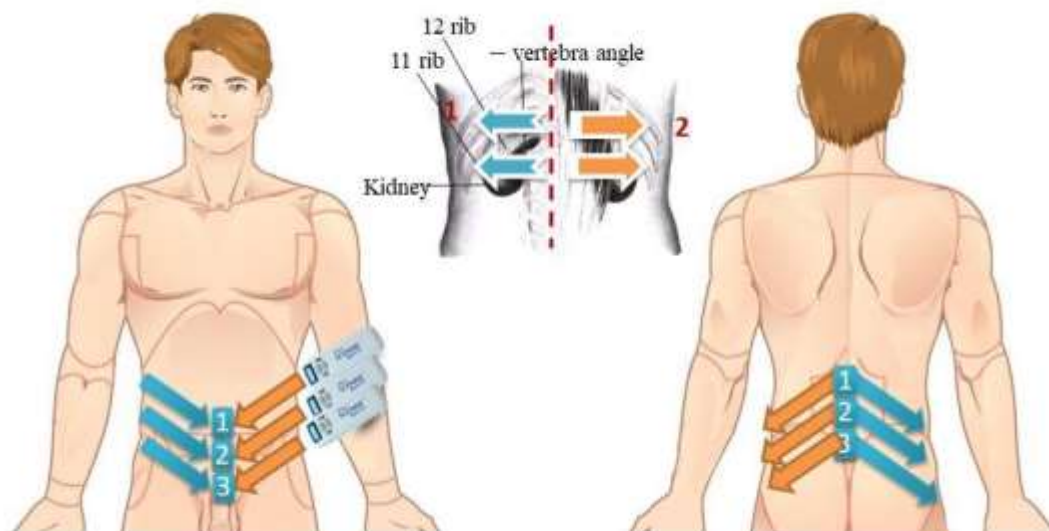
First treat the left side, i.e. on the left side of the operator/therapist and the right side of the patient, and then the right side of the operator and the left side of the patient. Then move the device down and treat in the same way by parallels. 6. Each position gets Dose (*).

SCENAR TECHNIQUE “3 PATHWAYS ON THE BACK OF THE BODY”



Treat along three lines on the back: along two paravertebral lines and along the posterior median. From the first cervical vertebra/ from under the hairline to the sacrum. First, treat the posterior median line, then 2 paravertebral lines. Sidelines are treated according to the general rule for 3 Pathways. First treat the left line till Dose (*) signal, then, the right line, parallel to the first till Dose (*) signal. Then place the device on the left line under the first electrode position. And so on until the end of the route. Treat each electrode position till Dose (*) signal.

SCENAR TECHNIQUE “RENAL/ KIDNEY DETOXIFICATION”

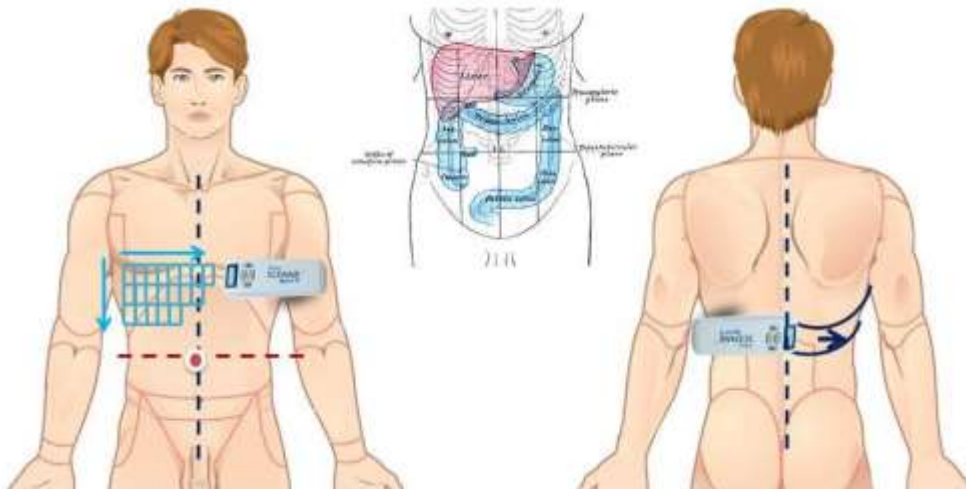


1. Turn on the device, set FM mode and place it on the projection of the adrenal gland.
2. First, treat the left zone, then the right one. Treatment time 3 minutes.

3. Treatment of the kidney and ureter. F - 90Hz (see the picture). The treatment time of the kidney is calculated based on the area. The speed of the electrode is 1-2 mm per second. First, treat the left zone, then the right one.

Treat along three lines on the back: along two paravertebral lines and along the posterior median. From the first cervical vertebra/ from under the hairline to the sacrum. First, treat the posterior median line, then 2 paravertebral lines. Sidelines are treated according to the general rule for 3 Pathways. First treat the left line till Dose (*) signal, then, the right line, parallel to the first till Dose (*) signal. Then place the device on the left line under the first electrode position. And so on until the end of the route. Treat each electrode position till Dose (*) signal.

SCENAR TECHNIQUE “LIVER DETOXIFICATION”



1. Turn on SCENAR device, stable F - 90 Hz. E – comfortable. Treat a direct projection of the liver (see the picture) from back to front from the right paravertebral line on the back to the edge of the costal arch. The upper border is drawn horizontally at the base of the xiphoid process. The lower border of the treatment area is the edge of the costal arch.

Place SCENAR device on the back near the vertebral line, first top, in the upper position, then move it from the back to the front to the edge of the costal arch. Slowly not exceeding 2 mm per second. When the device reaches the edge of the costal arch, take off the electrode and treat the line, which will be half the electrode below the first line. The electrode should be placed vertically.

2. The abdomen is treated along the large intestine (clockwise) from the right iliac region to the left. F - 60Hz. E – comfortable.

Healing, as a rule happens without keloid scars.

If treating open wounds and fresh scars always wipe the electrode with alcohol /sterile wipes.

**** Burns of the third and fourth degree, as well as large-sized burns should be treated under the supervision of a doctor. In a hopeless situation - prolonged treatment of the entire surface of the burn.

Always remember, SCENAR ® is your portable pharmacy, first aid kit or even a compact emergency room.