

Pioneer Neurology and Sleep

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NAME: _____ DATE: _____ STUDY # _____

Post Sleep Study Instructions for Removal of Paste

The paste that is applied to each electrode can be easily removed by following these simple steps. The technician will remove the majority in the a.m., but the remaining can be removed in the shower or at home.

To remove any remaining residue: (this is easier while in the shower)

- *If you have areas with thick residue use a wash cloth with warm/hot water and gently massage these areas. Rubbing alcohol on a wash cloth is also helpful in removing the residue.*
- *Wet hair with warm/hot water and apply shampoo. Massage each area with residue until you no longer feel the paste, rinse and repeat if needed.*
- *Continue washing your hair as you normally would.*

I _____ have read and understand how to remove any residual paste. (PRINT)

Patient/Guardian Signature

**** Place a copy in the chart ** Original for patient ****