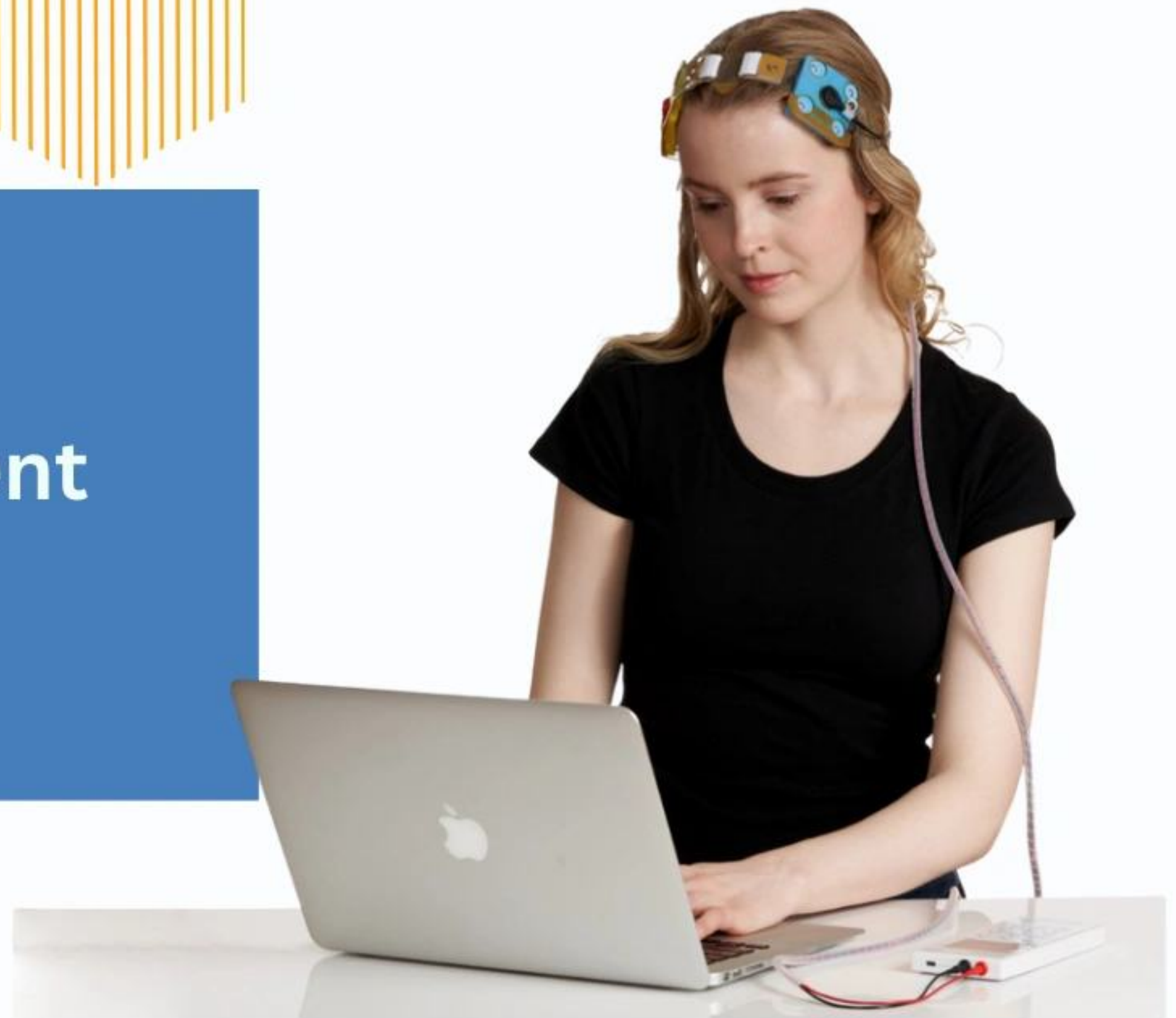




tDCS

Transcranial Direct Current Stimulation



About tDCS

Transcranial Direct Current Stimulation (tDCS) is a drug-free, safe, and non-invasive method where a device administers a low Direct Current (DC) across the scalp to regulate brain function. tDCS has minimal side effects and does not require anesthesia or surgery.

During tDCS, a mild electric current is directed to specific areas of the brain, which can modulate the activity of brain cells. While tDCS doesn't directly trigger brain cells, it can enhance or reduce their activity. By altering brain function, tDCS has the potential to impact cognitive processes, behaviors, as well as enhance motor skills and cognitive functions.

Common side effects

tDCS treatment is safe with minor potential side effects like temporary headaches, tingling, itching, and skin redness.

tDCS session: What to Expect

You will be seated in a comfortable chair while the technician places the device on your head. The treatment is painless, allowing you to engage in other activities during the session or simply relax. Each treatment typically lasts about 20 minutes, and is usually administered for 3-5 sessions per week.

Improvement can often be felt after just a few sessions, with maximum benefits potentially taking several weeks. After the session you can go about your regular activities at home and at work.





tACS

Transcranial Alternate Current Stimulation

About tACS

Transcranial Alternating Current Stimulation (tACS) is a drug-free, safe and non-invasive method of stimulating the brain by applying a gentle electric current to the scalp, altering brain connectivity. This technique has minimal side effects and does not necessitate anesthesia or surgery.

Through tACS, alternating electric currents are directed to the scalp, passing through the skull to impact brain cells. The current transitions smoothly from positive to negative and back, replicating the natural electrical activity patterns of the brain. These patterns, known as brain oscillations, are connected to various brain functions. By adjusting abnormal brain oscillations associated with psychiatric and neurological disorders, tACS can help in their treatment.

Common side effects

tACS treatment is generally safe with minor side effects like phosphene perception (seeing flashes of light), dizziness, skin sensations, pressure, headache, vertigo, and back pain. These effects are usually mild and transient.

tACS session: What to expect

You will sit in a comfortable chair as the technician positions the device on your head. The treatment is painless, allowing you to multitask or unwind during the session. Each session usually lasts around 20 minutes, with 3-5 sessions per week recommended.

Many people notice improvement after a few sessions, while maximum benefits may take a few weeks. After the session, you can resume your normal activities at home and work.

