

# Transcutaneous electrical stimulation of the trigeminal nerve for ADHD

Information for the public

Published: 11 January 2023

[www.nice.org.uk](http://www.nice.org.uk)

This procedure can only be done as part of a research study. This is because there is not enough evidence to be sure how well it works or how safe it is.

Your healthcare professional should talk to you about the research.

Attention deficit hyperactivity disorder (ADHD) can cause restlessness, hyperactivity and difficulty focusing on tasks. In this procedure, which is done at home, a single-use electrode patch is stuck to the forehead at bedtime. Wires connect the patch to a stimulator that sends small electrical pulses through the skin (transcutaneous) during sleep. The pulses stimulate the trigeminal nerve, which connects to parts of the brain that are thought to control attention. Treatment usually lasts for about 4 weeks. The aim is to reduce ADHD symptoms.

The [NHS website](https://www.nhs.uk) may have information on your condition and treatment options.

## Is this procedure right for me?

You should be included in [making decisions about your care](#).

Your healthcare professionals should explain the risks and benefits of this procedure and how it is done. They should discuss your options and listen carefully to your views and concerns. They should offer you more information about the procedure. Your family or carers can be involved if you want or need them to be.

You will be asked to decide whether you agree (consent) to have the procedure. Find out more about [giving consent to treatment on the NHS website](#).

## Some questions to think about

- How many appointments will I need?
- What are the possible benefits? How likely am I to get them?
- What are the risks or side effects? How likely are they?
- Will I have to stay in hospital?
- What happens if it does not work or something goes wrong?
- What happens if I do not want the procedure?
- Are other treatments available?

## Information and support

- [NICE's information on HealthTech guidance](#) explains what HealthTech is and how we assess it.
- [NICE's information on HealthTech recommendations](#) explains what only in research means.

You can also get support from your local [Healthwatch](#).

ISBN: 978-1-4731-8563-0