

# INSTRUCTIONS FOR HOT AND COLD PAC



## COLD COMPRESS

Place the Hot-Cold compress in the freezer section of the refrigerator for at least 1 hour (without the cover).

Position Hot-Cold compress in specially designed wrap.

Apply to injured area.

To vary cold intensity increase or decrease the number of towel layers between cold pack and skin.

## MICROWAVE

Place Hot-Cold compress in microwavable container (without cover) and cover completely with water.

Heat at approx. 600° C for 3 minutes. If additional heating is required, heat at 30 second intervals. Position Hot-Cold Pac in specially designed wrap, if desired, place a towel between pack and skin to vary heat.

Apply to injured area.

For instant reapplication the Hot-Cold Pac only needs 1 minute reheating at 600 W to reach its temperature.

Please pay close attention to the Instruction manual. Watch while heating. If the product starts to expand, turn off the microwave.

## BOILING

Bring approx. 3 ltr. of water in a pan to a boil and remove from heat.

Submerge the Hot-Cold-Pac (without cover) in hot water for 9-10 minutes putting the lid on the pot. Position compress in specially designed wrap and place a towel between Hot-Cold-Pac and skin.

Apply to injured area.

To vary heat intensity increase or decrease the number of towel layers between Hot-Cold-Pac and skin.

## GENERAL INFORMATION

If you handle your Hot-Cold Pac with care approximately 50 applications are possible.

If needed clean the Hot-Cold Pac with a moist towel.

The special designed wrap is washable.

## CAUTION

Treatment time should not exceed 30 minutes.

Do not apply on infants and small children.

People with poor circulation should consult their physician or doctor.

Check to make sure the Hot-Cold compress is not too cold or too hot before applying to injured area especially if the area in question is painless due to paralysis etc.