



## Product: Ice & Heat Pack Model #: 37

- Breathable, cool wicking material
- Designed to fit a variety of braces in order to speed up recovery times and reduce pain



### Usage Directions for COLD therapy:

1. Place the removable gel pack in the freezer for a minimum of two hours. It is okay to store the gel pack in freezer when not in use.
2. After the gel pack has been placed in the freezer for two or more hours, the gel pack can be removed from the freezer for use. **Safety first – “use caution” when handling the “cold” gel pack**
3. Adhere the gel pack back into the brace in the appropriate position.
4. Protective Barrier (for tissue and skin) \_ Make sure that an appropriate barrier (ex. clothing, dish towel, stocking) is in place to protect the tissue/skin at the area to be treated. Please do not place the wrap/gel pack direct to the skin.
5. Apply for no longer than 20 mins. and repeat every 1-1.5 hours as needed/ instructed.
6. Reuse \_ It is important to allow a minimum of 20 minutes between each use (cold therapy).

### Usage Directions for HEAT therapy: For use with the Microwave

1. Flatten the pack and ensure the gel is evenly distributed
2. Place the pack in microwave for 45 seconds at 800W, increase heating time at 20 seconds intervals to reach desired temperature. **Safety first – “use caution” when handling the “Heated” gel pack!**
3. Once the gel pack has cooled enough to handle, secure the gel pack back into the brace in the appropriate position.
4. Protective Barrier (for tissue and skin) \_ Make sure that an appropriate barrier (ex. clothing, dish towel, stocking) is in place to protect the tissue/skin during therapy. Please do not place the wrap/gel pack direct to the skin.
5. Apply for no longer than 20 min. and repeat every 1-1.5 hours as needed/ directed.
6. Re-use \_ It is important to allow a minimum of 20 minutes between each use (cold therapy) to help protect the tissue and skin at the treated area.