

Hot & Cold Support

QUICK START MANUAL

Model No.3037 Back / 3038 Knee

Please read carefully before use and keep for future reference

The gel pack should be used in 20 minute intervals. Applying the gel pack for longer than the suggested time is not recommended.

TO USE COLD:

- Place the gel pack flat in the freezer for at least 2 hours prior to use.
- The gel will freeze.
- The Gel will remain cold after it has defrosted.

TO USE HEATED:

HOT WATER METHOD:

CAUTION: NEVER TOUCH THE GEL PACK WITH BARE HANDS WHEN SUBMERGING/RETRIEVING FROM HOT WATER.

- Use an appropriate tool, such as a wooden spoon.
- Carefully submerge the gel pack into a bowl of hot water for 20-30 seconds. Using the tool, carefully remove the gel pack from the bowl and place onto a towel. If you find the gel pack is not at your desired temperature, carefully submerge the gel pack for an additional 20 seconds at a time until desired temperature is reached.

MICROWAVE METHOD:

Wrap your gel pack with a damp cloth or paper towel. Lay flat in the microwave and heat as follows:

Suggested Heating Times

800 Watts	1000 Watts	1200 Watts
60 Seconds	50 Seconds	40 Seconds

- Gently pinch side of gel pack and lift, allowing gel contents to move from one end to the other. Repeat once more on the other side.
- If you find the gel pack is not at your desired temperature, flip over the gel pack and microwave an additional 20 seconds until desired temperature is reached.
- Do NOT exceed two 20 seconds additional cycles.
- Heating the gel pack beyond the advised time is not recommended.
- WARNING! Gel pack and towel will be hot when removing from the microwave.
- WARNING! At no time should the gel pack be in use if it exceeds 140°F (60°C).

CAUTION:

- This product can cause burns or frostbite.
- Do NOT place gel pack directly on skin.
- Do NOT use on infants, children, elderly or those unable to remove the product. Consult a physician prior to use if you have diabetes, poor circulation, rheumatoid arthritis or other chronic conditions.
- Do NOT use if you are pregnant.
- Do NOT use on sensitive or insensitive skin or on an open wound.
- Do NOT wear while sleeping. Do NOT swallow gel.
- Do NOT open gel pack and discontinue use if gel pack is punctured, leaking or damaged in any way.
- Do NOT place any heavy objects or extra pressure on top of the gel pack. If irritation or discomfort occurs, remove product immediately.
- Stop use and consult a physician if pain worsens or persists for more than 3 days. Keep out of reach of children and pets.

CARE:

Gel pack surface can be cleaned with mild soap, detergent or alcohol.

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