



## **Hot Cold Gel Pack**

Follow the directions of your healthcare provider for indicated use.

### Cold Application:

Remove gel pack from fabric cover and place in freezer for a minimum of 30 minutes. Remove from freezer and place gel pack into fabric cover and apply to brace or to affected area.

### Heating Instructions:

Heat in microwave oven 30 seconds on high heat, knead, and then continue heating at 10 second intervals until desired temperature is reached. Knead after each heating.

Microwave ovens vary; use care when heating and removing pack from microwave.

Overheating pack may cause pack to rupture and/or leak.

Carefully check the pack with the palm of your hand before applying.

Discard pack if punctured or broken.

Based on initial pack temperature below 75°F (24°C).

### Contraindications:

Gel pack should not be used on persons with Raynaud's or other vasospastic disease, cold hypersensitivity, decreased skin sensitivity or compromised local circulation.

Made in China with non-toxic materials.