

English:Hot cold pack

Hinweis: [Click here for the instructions for use as a pdf file.](#)

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Hot/cold gel pack instructions for use

The hot/cold pack is a medical device for external use on intact skin for the relief and treatment of

pain in hospitals and practices as well as for home and leisure use. It is a reusable gel pack for use in

cold and heat therapy.

Application

Cold application:

Place the pack in the freezer for about 2 hours.

When applied cold, the pack locally relieves pain and reduces swelling. It can be used for:

- Acute joint and muscle inflammation
- Blunt injuries
- Insect bites

- Toothache
- Contusions
- Swelling
- Sprains
- Headaches
- Nosebleeds
- Minor burns
- Bruises

Hot application:

The pack can be heated in the microwave or in hot water as specified in the following:

Pack	Microwave (600W)	Water bath (80°C)
30x40	4:00 minutes	4:00 minutes
21x38	3:00 minutes	4:00 minutes
16x26	4:00 minutes	4:00 minutes
12x29	2:00 minutes	4:00 minutes
7,5x35	2:00 minutes	4:00 minutes
13x14	0:55 minutes	2:00 minutes
7,5x13	0:25 minutes	2:00 minutes
7,5x52	1:00 minutes	1:00 minutes

When applied hot, the pack locally promotes blood circulation and relieves tension. It can be used for:

- Aching muscles
- Backpain
- Menstruationn complaints

Usage instructions

Never place the pack directly onto the skin. Always place a cloth between the pack and your skin.

Do not apply for more than 20 minutes at a time, with 30-minute breaks between sessions.

Safety information and warnings

The hot/cold pack is intended for external use only.

People with cardiovascular diseases or diabetes must always consult a physician before use.

Do not use on children, helpless persons or people with sensory disorders; store out of their reach.

Do not apply pressure, and never continue to use a damaged pack, e.g. if it is leaking.

Use only under supervision on children or cognitively impaired persons, and store out of their reach.

Rinse the mouth out with water after swallowing. Consult a physician.

Cleaning:

Wash by hand with mild soap before using. Do not use disinfectants or other solvents to clean the pack.

Disposal

The pack can be disposed of in household waste.

Reporting adverse events

You should report any serious incident that occurs in connection with the cold-warm compress to the

manufacturer (e-mail: qm@cundv.de) as well as to your competent authority

Besondere Hinweise:

	Production batch number
	Date of manufacture
	Manufacturer

	Medical device
	Heating in the microwave - please observe the 'Heating time information' for the corresponding size.
	Swiss representative
	Do not continue using if packaging is damaged
	Observe instructions for use Please retain!
	Attention
	Tidyman
	Distribution partner
	Article number

	Do not use on children under the age of 3 years
	Protect from sunlight
	Importer

Manufacturer:

C+V Pharma Depot GmbH

Bockhorster Landweg 15

33775 Versmold

Germany

Attachment:

[EN Instruction Cold Warm Kompress](#)