

# Inhaltsverzeichnis

## English:Hot cold pack

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

### Inhaltsverzeichnis

- [1 Hot/cold gel pack instructions for use](#)
  - [1.1 Application](#)
    - [1.1.1 Cold application:](#)
    - [1.1.2 Hot application:](#)
  - [1.2 Usage instructions](#)
  - [1.3 Safety information and warnings](#)
  - [1.4 Cleaning:](#)
  - [1.5 Disposal](#)
  - [1.6 Reporting adverse events](#)
    - [1.6.1 Besondere Hinweise:](#)
    - [1.6.2 \*\*Manufacturer:\*\*](#)
    - [1.6.3 Attachment:](#)

### 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](mailto:qm@cundv.de)) as well as to your competent authority

### **Besondere Hinweise:**

	Production batch number
	Date of manufacture
	Manufacturer



Medical device



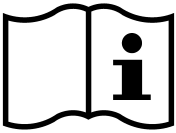
Heating in the microwave - please observe the 'Heating time information' for the corresponding size.

CH REP

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](#)