

Hot/cold gel pack instructions for use

Intended use/application areas:

The hot/cold gel pack is a reusable medical product for external application on undamaged skin for the relief and treatment of pain in hospitals, practices, the home and during leisure activities.

In cold therapy, the pack locally relieves pain and reduces swelling.

For treating:

- Sports injuries
- Blunt trauma injuries
- Contusions
- Swellings
- Strains
- Sprains
- Bruises
- Headache
- Toothache
- Nosebleeds
- Insect stings/bites
- Burns
- Tennis elbow
- Acute joint and muscle inflammation

In heat therapy, the pack acts to promote the circulation and relieve tension.

Suitable for treating:

- Sore muscles
- Back pain
- Menstruation complaints

Application instructions:

General:

Never place the pack directly onto the skin. Always place a cloth between the pack and your skin. Application should take place for no longer than 20 minutes. When applied multiple times, a break of around 30 minutes is recommended.

Application in cold therapy:

Cool the pack at temperatures down to -18°C for two hours in the freezer. After application, place the pack back into the freezer so that it is ready for use again.

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Application in heat therapy:

Heat the pack as instructed.

Pack size	Microwave, 600 W	Water bath, 80°C
30x40	4:00 minutes	6:00 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

Cleaning:

Wash by hand using mild soap. Disinfectants or solvents must not be used.

Disposal:

Dispose of a defective pack in household waste.

Caution/warning:

Intended for external use only.

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

Do not use on children under 3 years of age, helpless persons, people with sensitivity disorders, or on damaged skin or open wounds.











Do not apply pressure. Do not use if the pack is damaged.

Use only under supervision on children and people with cognitive impairments, and store out of their reach.

If the content of the pack is unintentionally swallowed, drink plenty of water and consult a physician.

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Special notes:

	Batch code
	Date of manufacture
	Manufacturer
	Medical device
	Use in the microwave permitted
	Swiss authorised representative
	Do not use if packaging is damaged
	Observe instructions for use
	Attention
	Disposal in household waste