

Instructions for use of the hot/cold pack

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.

Applications

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 (600 W)	Water bath (80°C)	Pack	Microwave (600 W)	Water bath (80°C)
30 x 40	4:00 minutes	4:00 minutes	7.5 x 35	2:00 minutes	4:00 minutes
21 x 38	3:00 minutes	4:00 minutes	13 x 14	0:55 minutes	2:00 minutes
16 x 26	4:00 minutes	4:00 minutes	7.5 x 13	0:25 minutes	2:00 minutes
12 x 29	2:00 minutes	4:00 minutes	7.5 x 52	1:00 minute	1:00 minute

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

- Aching muscles
- Back pain
- Menstruation 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.

Special information



Medical device



Swiss representative



Manufacturer



Importer



Date of manufacture



Protect from sunlight



Distribution partner



Do not continue using if packaging is damaged



Production batch number



Tidyman



Article number



Do not use on children under the age of 3 years



Observe instructions for use
Please retain!



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



Attention



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Information last updated: 2023/05/18

