



Hot/Cold Therapy Gel Pack Instructions for Use

General Instructions

When using the Gel Pack by itself for hot or cold therapy, heat it or freeze it as instructed below, and wrap it in a towel or similar protective fabric before applying it directly to your skin.

When using the Gel Pack as part of Blue Diamond Orthopedic's Hot/Cold Therapy Back Brace System, remove the Gel Pack from its holder before heating or freezing it, then reinsert the Gel Pack into its holder.

Microwave

- Make sure the Gel Pack is at room temperature before heating it in the microwave.
- Place the Gel Pack on a paper towel in the microwave. Lay it flat or fold it in half.
- Heat the Gel Pack for 60 seconds. *Based on a 800W microwave.*
- If the Gel Pack is not hot enough, microwave it in additional 20-second increments until a safe, desired temperature is reached. Do not exceed an additional 60 seconds.
- Discontinue heating it immediately if the Gel Pack begins to balloon.
- Adjust the heating times to match your microwave's power.

Stove Top

- Bring the water to a boil.
- Remove the water from the heat source. *Do not immerse the Gel Pack while the water is being heated.*
- Leave the Gel Pack in the hot water for 6-8 minutes.
- Carefully remove the Gel Pack from the water using kitchen tongs. *Do not use sharp utensils.*
- Dry the Gel Pack with a towel.

Freezing Instructions

- Place the Gel Pack flat in the freezer for 1 to 2 hours.
- Remove the Gel Pack from the freezer.



Caution: Carefully read all instructions and warnings before use.

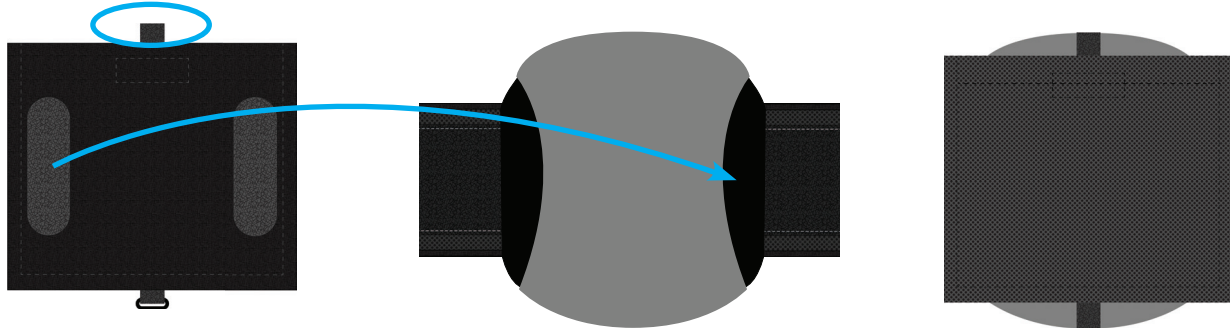
- Use only as directed by your physician. *Improper use may cause injury.*
- Supervision is required when used by children or incapacitated persons.
- Do not place the Gel Pack directly on your skin. Place it into the Gel Pack Holder or wrap it in a towel.
- Check the Gel Pack's temperature before applying it. *Do not apply it if it is uncomfortable to the touch.*
- Do not puncture, tear, or bite the Gel Pack. Discard it if punctured or leaking.
- The Gel Pack contains non-toxic and non-edible materials.
- The Gel Pack is for external use only.



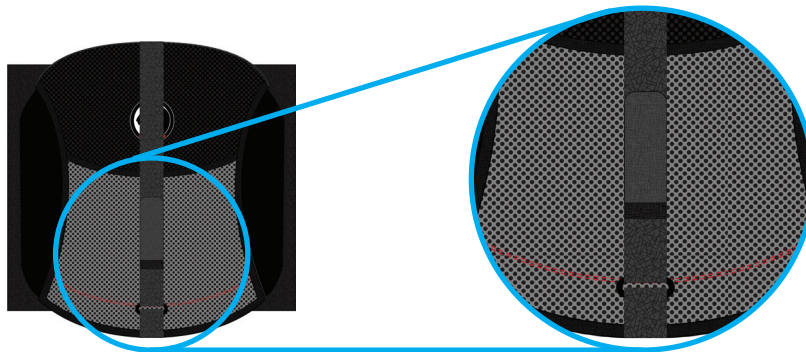
Install the Gel Pack Holder

Open the Velcro strap.

Place Gel Pack Holder on the posterior pouch with the Velcro ovals facing the pouch. Center the Gel Pack Holder and press the Velcro ovals onto the black fabric.



Feed the end of the Velcro strap through the plastic ring. Lightly snug the Velcro strap to secure the Gel Pack Holder.



Insert the Gel Pack

Open the Gel Pack Holder's Velcro tab.

Insert the Gel Pack, close the pouch by reattaching the Velcro tab.

