

DIRECTIONS FOR USE

SM301 SINUS MASK

WR200 WRIST WRAP

HE5001 SMALL HAND EXERCISER - HE5005 LARGE HAND EXERCISER

COLD THERAPY: Store the product in the freezer for a minimum of two (2) hours before first use. It may be left in the freezer indefinitely until ready to use. Elasto-Gel™ will remain flexible even at -20°F (-30°C). Remove product prior to defrosting the freezer. **NOTE: Always store product in a plastic bag while in freezer to avoid the gel from absorbing moisture.**

NOTE: Remember to make sure there is a tight seal of the outside storage plastic re-closeable bag when putting product into cooler. We suggest **NOT** using “ice” to avoid getting the product wet and to prevent it from absorbing extra moisture. We recommend “re-usable ice packs” specifically made for coolers to keep items cold. Please refer to other manufactures’ directions for proper handling of these products.

CAUTION: DO NOT use cold therapy if you have loss of sensation in the area being treated or surrounding areas.

HEAT THERAPY: The most convenient method of heating the product is in a microwave oven. Microwave heating varies due to wattage, use the suggested heating time per your microwaves wattage. **NOTE: Always make sure microwave is clean and dry before heating to prevent damage to the product.**

Suggested heating times:

Microwave Strength	Heating Time
600 - 700 watt	20-30 seconds per side
1100 - 1500 watt	10 seconds per side

All microwaves vary with heating, wait one minute (60 seconds) before use. The product should feel **WARM** to the touch, **NOT HOT**. Hold the product firmly against the skin for 30 seconds **before re-heating**. If the product is not warm enough heat in 10 second increments and rotate the product each time.

The product can also be heated in a conventional oven 250°F (120°C) for **10-15 minutes**. Place product on a cookie sheet or baking dish in the center of the oven. Do not allow the straps to touch the heating element. Rotate the product after **6 minutes**, top to bottom and if folded, inside to out.

CAUTION: DO NOT OVERHEAT!!!!!! Due to the nature of the gel, it may only feel warm to the touch, but if the product has been overheated, too much heat may be transferred to the body and can cause damage to the skin.

CLEANING INSTRUCTIONS: Remove the outside cloth cover and hand wash in cold water with mild soap. Hang to dry. Wipe down the inner cover with a damp (not wet) cloth using mild soap or disinfectant. Allow the product to fully air dry before continuing to use. ** If the product does not have a removable outside cover – Follow the cleaning instructions for the inner cover.

CAUTION: Hot or cold therapy should not be used by persons with circulatory problems, except under the direct supervision of a Health Care Professional. Do not use over areas with impaired sensation. Unattended use of hot and cold packs by children or incapacitated persons may be dangerous. If skin is broken, apply a sterile bandage to the area before using compress.

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