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## **INSTRUCTIONS FOR USE OF COMFORT GEL PACK**

### **FREEZER COLD THERAPY APPLICATION**

- Use first and second day of surgery.
- Place pack in freezer for at least 1-2 hours.
- Place cloth surface of the pack on the affected area, or if the pack is too cold, place it **in a sleeve or towel. Treat area for 15-20 minutes or as medically prescribed.**
- Remove pack and wait at least 1 hour before reapplying to area.
- After application, return pack to freezer in flat position. Comfort Gel Pack will **remain flexible.**

### **MICROWAVE HEAT THERAPY APPLICATION**

- Use third day and thereafter as needed.
- Heat with cloth surface up at full power for 20 seconds. (Time is based on 600watt)
- Remove pack from microwave and check for desired temperature. If pack is not hot **enough, return it to microwave for 10 second intervals, not to exceed a total of 50 seconds. NOTE: Over-heating could cause the skin to burn or pack to rupture.**
- Place cloth surface of the pack on affected area, or if the pack is too hot, place it in **a sleeve or towel. Treat area for 15-20 minutes or as medically prescribed.**
- Remove pack and wait a minimum of One (1) hour before re-applying.

### **CAUTION**

- Consult your physician before using this product.
- Heat should not be used if patient has circulatory problems.
- DO NOT stand or lie on pack. Excessive weight may cause rupturing or leakage.
- Discard pack if leak occurs. (Contents are NON-TOXIC)