

## INSTRUCTIONS FOR USE



### REUSABLE MICROBEAD MOIST HEAT THERAPY WRAP STANDARD SIZE (12" X 8")



### FOR MOIST HEAT THERAPY

Place the moist heat pack in a clean microwave on a glass plate or a microwave safe plate for 40 seconds. If the microwave does not have a rotating base, place another microwave -safe plate over the top of it.

The plate provides a method of distributing the heat evenly and reduces the risk of hot-spots in your microwave. If it's necessary to fold the pack to fit in your microwave, fold it loosely. Halfway through the heating cycle, remove the wrap and reverse the fold. Continue heating for the remaining time. Remove product from the microwave and touch test. If additional heat is required, place the product in the microwave for 15 seconds. Remove and touch test. This can be repeated as necessary to achieve the desired temperature.

To reheat your recently used (within the last 2 hours) pack, reduce the initial heating time by half. Remove from the microwave and touch test. If additional heat is required, microwave for 15 seconds. Remove, test and repeat this 15 second cycle until desired heat is achieved.

- **To avoid risk of injury DO NOT exceed 2 MINUTES in total heatingtime.**
- **To avoid damaging the therapy wrap, make sure the microwave is completely clean before heating.**

### FOR COLD THERAPY

Place the therapy wrap in a freezer safe bag (such as a Zip Lock bag) and put in freezer overnight. Remove wrap from the freezer bag and place on the affected area for no longer than 20 – 30 minutes at a time. Place the therapy wrap back into the freezer for a minimum of 3 hours before using again. Allow the affected area at least 20 minutes before reapplying the therapy wrap. The Calorderm microbead therapy wrap delivers soothing cold, making it feel more comfortable and drier than ice or gel packs.

**If you don't plan on using the therapy wrap for cold therapy, remove it from the freezer.**

### CLEANING AND CARE INSTRUCTIONS

Wash moist heat pack if it is exposed to creams, oils, grease or food. Wait at least 3 hours to wash. Use a small brush, mild soap and cold water to hand wash the therapy wrap.

Surface clean the therapy wrap only. DO NOT place the therapy wrap in water and clean by soaking. This will damage the product.

**To improve the life of the therapy wrap, we suggest storing the wrap in a clean plastic bag when not in use.**

### CAUTION:

Pay special attention when using this product on infants, young children and older persons whose skin may be less sensitive to temperature extremes. Persons with diabetes, circulatory problems, nerve damage, paralysis or insensitve skin use only as directed by a physician. Consult your health care practitioner before treating any serious injury or when pain persists.

- **The therapy wrap is not warranted if overheated.**
- **Do not heat product by any other means other than microwave.**

- **Do not sleep with product or exceed 30 minutes of use at a time.**
- **Do not use product in conjunction with any other product. Especially skin creams, ointments, etc. Do Not apply anything to the pad, especially water.**
- **Always consult your healthcare professional before use.**
- **If there is any irritation or discomfort stop using the wrap immediately.**



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