



WRAP-ON ICE mini **HEAT THERAPY**

HOT APPLICATION PREPARATION

This gel pack is prepared for hot use by either heating in the microwave oven or hot water immersion.

PREPARING BY HOT WATER IMMERSION

Boil approximately 2 litres of water in an appropriate sized pot. Once the water has boiled remove it from the heat and immerse the pack in the water for approximately 5 minutes. Carefully remove the pack from the hot water using tongs, or other appropriate utensil to avoid scalding, and dry.

PREPARING BY HEATING IN A MICROWAVE OVEN

Because microwaves vary in power, you need to carefully determine the correct exposure time for the pack to your microwave oven. Before you begin, flatten the pack and ensure the gel is evenly distributed. If the pack is stored at room temperature, set microwave to HIGH and heat the pack for 10 seconds then allow it to stand for **10 seconds**. If the pack is stored in the freezer, set the microwave to HIGH and heat the pack for 10 seconds then allow to stand for 20 seconds. If the pack is inadequately hot after the first heating, reheat in the microwave in 10 seconds increments, with equal standing time, until the desired temperature is reached. Record the total heating required to reach the appropriate temperature for future use.

CAUTION

NEVER LEAVE THE MICROWAVE UNATTENDED WHILST HEATING THE GEL PACK. IF THE PACK STARTS BULGING, STOP THE MICROWAVE TO AVOID BURSTING

APPLICATION

Insert the ice pack into the WRAP-ON ICE sleeve. Contour the pack to the injury site and secure with the black compression strap. Application times of 20 - 30 minutes are recommended. Repeat as required.



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