

HOT PACK™

Reusable and Microwavable

INSTRUCTIONS / PRECAUTIONS

To Prepare Hot Packs™ for First Use Only:

- Place hot pack™ in a large pan. Enamelled or stainless steel is recommended, as some aluminum pans discolor.
- Cover pack completely with tap water and soak for 2 hours.
- This soaking procedure is only required with a new hot pack™.

To Heat Hot Pack for Clinical Use:

- Place hot pack™ in Hydrocollator® Heating Unit. (Completely cover with water.)

To Heat Hot Pack™ for Home Use:

Stovetop

- Place hot pack™ in a large pan. Enamelled or stainless steel is recommended, as some aluminum pans discolor.
- Completely cover hot pack™ with water and increase temperature until water temperature reaches 160° F (71° C).
- The hot pack should remain in the 160° F (71° C) water for 20 minutes before it is ready to be used in treatment.

Microwave

- Place hot pack™ in microwave safe container and cover completely
- Place container in microwave and heat at full power until water temperature reaches 160° F (71° C).
- The hot pack™ should remain in the 160° F (71° C) water for 20 minutes before it is ready to be used in treatment.

Application:

- Carefully remove hot pack™ from water using tabs.
- Place hot pack™ in a Hydrocollator® Terry Cover (purchased separately) with several layers of dry terry toweling between hot pack™ and skin.
- The steam from the hot pack™ will penetrate the layers of toweling.
- To vary the heat intensity, increase or decrease the number of toweling layers.

To Store Hot Pack Between Uses:

For frequent, regular use:

- Keep hot pack™ in a covered pan of water. Reheat to 160° F (71° C) water temperature when needed.

For infrequent use:

- Place hot pack™ in a sealed plastic bag and store in the freezer section of the refrigerator.
- To reheat frozen hot pack™, remove from plastic bag and follow heating instructions.

CAUTION:

- Treatment time should not exceed 30 minutes.
- Constantly monitor hot pack™ application to ensure that the skin is not becoming too hot.
- Damage to skin can occur from exposure to extreme heat or cold. Note instructions for proper use.
- DO NOT apply over insensitve skin or in the presence of poor circulation.
- Never lay or sit on top of the hot pack™.
- DO NOT use hot pack™ directly over cuts, abrasions or wounds.
- Consult health care professional before using hot pack™ on non-communicative individuals.
- Exercise extreme caution when using hot pack™ on noncommunicative individuals.



WARNING:

- DO NOT apply pack directly to skin.
- Individuals with circulatory problems should consult with a physician before using this product.
- DO NOT sit or lie on the hot pack™.
- DO NOT add chlorine additive to water.
- DO NOT allow pack to come in contact with hydrocarbons (e.g., Comet®, Soft Scrub®, etc.).
- Certain additives (such as herbal teas, essential oils, etc.) will damage the HotPacs™
- Tongs made of metal or any abrasive material should not be used in the fabric area.



TERRY COVERS

While ordinary towels can be used for wrapping and applying hot packs, Terry Covers are designed to greatly simplify application. Terry Covers come in assorted sizes to accommodate most type of hot packs™. All terry, foam-filled terry and vinyl-terry styles are available.

CAUTION: Refer to *Instructions/Precautions* before applying hot pack™.

Standard Terry Cover:

This versatile cover has Velcro® fasteners for easy, reliable closing and folds over a Standard Size hot pack™.

To Heat Hot Pack™ for Clinical Use:

Simple to use. Just insert the heated hot pack™ in the pocket side of cover, fold over opposite side and apply to treatment area. Comes in two sizes: Standard Size (for use with Standard Size hot pack™) and Oversize (for use with Oversize, Spinal and Knee-Shoulder hot packs™).

Terry Cover Slings

For use with the Neck Contour hot pack™. The specially designed Cover Sling is contoured to fit the neck area comfortably and snugly. To apply, insert the heated hot pack in the open pocket of the Cover Sling. Fold over the opposite side and apply. Secure the adjustable Velcro® strap to hold the application comfortably in place. Caution: Be sure the label on the Cover Sling is facing the outside.

Vinyl-Terry Covers:

Vinyl-Terry Covers have an all terry lining and an insulated vinyl cover. This cover reduces heat loss so hot packs stay hot longer. It also prevents sheets or bedding from becoming damp. Place heated hot pack between vinyl and terry sections. Secure with Velcro® fasteners. Place application on treatment area with the terry side against the body

Care of Terry Covers:

All Terry Covers can be washed and dried as many times as necessary in the regular laundry. DO NOT bleach. If your cover has Velcro® closures, fasten before laundering. This prevents snagging and prevents lint build-up. Avoid extreme drying heat. Avoid ironing so the terry cloth retains its fluffiness.