

Relief Pak®

CHTM Cold DonutTM

roll-on compression sleeve

Roll On Cold / Hot Compression Sleeve

- Clinical grade polyurethane - Rolls on!
- Stays soft - Won't freeze
- Freezer or refrigerator
- Microwave or hot water
- Reusable Latex free Non Toxic



finger
11-1530



hand/wrist
11-1531
small



arm/elbow
11-1532
medium



knee/calf
11-1533
large



thigh
11-1534
x-large

Limb Circumference fits all

4-10 in	(10.2-25.4 cm)
10-15 in	(25.4-38.1 cm)
15-21 in	(38.1-53.3 cm)
21-28 in	(53.3-71.1 cm)

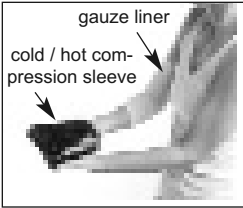
Product

finger
small
medium
large
x-large

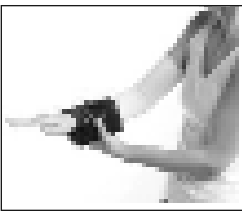
Applications

finger
hand, wrist, arm, elbow
arm, elbow, foot, ankle
knee, calf
large knee, thigh

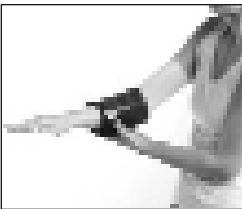
Easy to Use!



Slip insulating gauze liner or equivalent cloth on limb. Insert limb into cold/hot compression sleeve.



Gently roll cold/hot compression sleeve into place.



Experience soothing radial cold/hot compression relief.

Never place frozen pack directly on bare skin.

When not in use, store cold / hot compression sleeve in original foil bag or zip-lock bag. Keep in refrigerator or freezer when not in use.

Individuals with circulatory problems should not use cold/hot compression sleeves unless under the direct supervision of a physician. Never place a cold/hot compression sleeve in direct contact with skin. Always use the enclosed insulating sleeve between the cold / hot compression sleeve and the skin to prevent frostbite or burns. Do not exceed 20 minutes for cold applications. Wait 20 minutes prior to second application. Insure the cold / hot compression sleeve is sized correctly and does not fit too tightly, which can restrict circulation. Two fingers should easily slide between pack and treatment area. Inspect pack for leaks prior to use. Discard if leaks are found. Keep out of reach of children. Cold / hot compression sleeve is for external use only. *Suggested action for contact with gel inside of pack:* Thoroughly flush area with water & mild soap. If swallowed call doctor or poison control center. Never apply a cold / hot compression sleeve that is too tight.

Application

Place insulating gauze liner or equivalent over limb or treatment area. Gently roll the cold / hot compression sleeve over the limb to the desired position. Remove pack after 20 minutes or sooner if it becomes uncomfortable. Wait 20 minutes prior to second application if required.

Storage and handling

In order to ensure that your cold / hot compression sleeve continues to exhibit high performance and to prolong its usable life, the cold / hot compression sleeve should be stored in the freezer or refrigerator. Normal product life is about one year. If you plan to have your cold / hot compression sleeve out of the freezer for an extended period of time (several days), place it in a heavy duty zip-lock type freezer bag. Squeeze out air and seal closed.

Hot water heating method

Heat 3 quarts of water, place pack in water, heat to desired temperature. Remove and dry before use.

Microwave heating method

Lay cold / hot compression sleeve flat in center of microwave and spread gel evenly. Heat on **DEFROST** for 1 minute, remove, knead and test temperature. If required, the cold / hot compression sleeve may be heated on **DEFROST** for intervals of 20 additional seconds. Knead and test temperature before use. Let cool if the cold / hot compression sleeve feels too hot. **Warning:** Do not heat on high as overheating may occur. Do not heat finger pack in microwave.

Freezer or refrigerator chilling method

Store the cold / hot compression sleeve in freezer or refrigerator for two or more hours prior to use. Remove and gently knead to soften pack prior to use.

Gel Ingredients

Water, Propylene Glycol, Thickener FD&C Blue #3.



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