

Note before use: Check to make sure that this form is the current issue

Liberty Hot & Cold Gel Pack

Usage as a Hot Compress

Place compress in microwave, flat on paper towel, set power level to high. Since microwave ovens vary, more or less time may be required to heat to proper temperatures, increase or decrease the heating time in fifteen second intervals to reach a comfortable temperature. Wrap the compress in a towel or cloth, then apply to affected area.

Usage as a Cold Compress

Compress should be stored in freezer for at least one hour before using, or keep one compress in the freezer for instant use. Wrap compress in a towel or cloth, then apply to affected area.

Intended Use

Cold Compress: Physical therapy for traumatic haemorrhage, heatstroke, itch, headache, strain, scald, fatigue.

Hot Compress: Alleviate rheumatic pain, neural pain, sciatica, vertebral pain, improve mucous membrane scar after surgery.

Caution

Compress can reach a high temperature. Wrap the compress with a cloth or towel before applying to bare skin. People with known or suspected circulatory problems, should not use a hot or cold compress except under the direct supervision of a doctor. Discard if compress leaks gel. If hot or cold therapy becomes uncomfortable, remove compress for a few moments, then apply. Do not use on sensory impaired patients. Use only under adult supervision.

Warranty: 2 Years

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